



## SPRING FLEX CLASSES FOR AGES 7-12

In an effort to provide flexibility during your son or daughter's baseball or softball season we offer our Spring Training Flex-Schedule. With game and practice schedules constantly changing during the months of April, May, June, we're giving players the flexibility to choose the class and time that works for them.

**Each 60 minute class: \$30**

Advance registration required. Limited number of spots. Program cancellations are allowed up until 24 hours of the program start. Please see Facility Policies for more details.



### SCOPE AND ROPE HITTING (COED Ages 7-9 and 10-12)

Using video to help players understand their swing, this hitting program is designed to improve overall swing improvements, increase bat speed, develop power to all-fields and bring into focus the importance of a hitter's visual mechanics while at the plate.

**MONDAYS: 4:15pm - 5:15pm (ages 7-9)** April 1, 8, 22, 29, May 6, 13, 20, June 3

**MONDAYS: 4:15pm - 5:15pm (ages 10-12)** April 1, 8, 22, 29, May 6, 13, 20, June 3

**WEDNESDAYS: 4:15pm - 5:15pm (ages 7-9)** April 3, 10, 24, May 1, 8, 15, 22, 29 June 5

**WEDNESDAYS: 4:15pm - 5:15pm (ages 10-12)** April 3, 10, 24, May 1, 8, 15, 22, 29 June 5

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### ALL-SKILLS ACADEMY (COED Ages 7-9 and 10-12)



An instructional class focused on hitting, fielding and throwing and becoming a complete player!

**TUESDAYS: 4:15pm - 5:15pm (ages 7-9)** April 2, 9, 23, 30, May 7, 14, 21, 28, June 4

**THURSDAYS: 4:15pm - 5:15pm (ages 10-12)** April 4, 11, 25, May 2, 9, 16, 23, 30, June 6

**SUNDAYS: 11:45am - 12:45pm (ages 7-9)** April 7, 14, 28, May 5, 12, 19, 26, June 2, 9

**SUNDAYS: 1:00pm - 2:00pm (ages 10-12)** April 7, 14, 28, May 5, 12, 19, 26, June 2, 9

