



Baseball AND Softball TRAINING CENTERS

Friday Night Baseball Clinics

Catchers Clinic 5:30 - 6:30 PM
Pitching 6:30 - 7:30 PM
Hitting 7:30 - 8:30 PM

Thursday Night Softball Clinics

Catchers Clinic 5:30 - 6:30 PM
Pitching 6:30 - 7:30 PM
Hitting 7:30 - 8:30 PM
Ages 7-13

Max Player to Instructor Ratio 8:1
\$20.00 per player

Academy Memberships

All Star Membership \$225 per month. 4 - 30 Min. Lessons & 30 days OFF-Peak Tunnel Rentals.

MVP Membership \$225 per month. 8 - 1 Hour Classes & 30 days OFF-Peak Tunnel Rentals.

* OFF Peak Time is 12-4 PM Daily
** Must use ALL Lessons OR Classes during the 30 day period

Individual or Team Rentals

15 Minutes - \$15.00
30 Minutes - \$30.00
45 Minutes - \$45.00
60 Minutes - \$50.00

Hours of Operation
Monday - Friday 12 - 9 PM
Saturday 9 AM - 3 PM
Sunday 12 - 3 PM

www.sdfrozenropes.com
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Frozen Ropes Programs 4S Ranch

Private Lessons

Work in Private with Professional Coaches. Weekly, Monthly and Yearly Progress Evaluations. Focus on Process over Results.

\$50 for 30 Minutes

\$90 for 60 Minutes

**1st Time Clients \$60 with Video Base Point Tracking
1 Hour**

Classes

(Player to Instructor Ratio 5:1)

Born to Play (ages 3-5) Tue, Wed & Sat

Rookies (ages 5-7) Tue, Wed & Sat

Minors Hitting (ages 8-10) Mon & Sat

Minors 5 Tool (ages 8-10) Thurs

Majors Hitting (ages 10-12) Tues & Sat

Five week sessions - \$150

Buddy Classes

Have a group of 3-6 that wants to train together? You tell us what you want to work on and we can arrange the day and time around your schedule.

\$100 per 1 Hour Session

High School Classes

Frozen Ropes brings local baseball players a Bigger-Faster-Stronger (BFS) training program designed to make them better players and athletes.

Tuesday & Wednesday Evenings 7:00 - 8:00 PM

\$20 per 60 minute session

10 sessions for \$180

Fall Baseball League

9/5 - 10/29

\$399 for 8 Weeks of Practices & Games

1 weekday practice & 1 Sunday night game each week

Ages 6-12 (will be separated by age/ability)

FROZEN ROPES IN THE NEWS

