



NEVER TOO YOUNG TO GET IN ON THE ACTION!

Born to Play

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Baseball & Softball activity class that introduces 3 to 5 year olds to hitting, throwing and athletic movement.

- Hand-eye coordination
- Flexibility and stretching
- Agility and body control
- Throwing, catching, hitting and fielding skills

Tuesday 1:00PM - 2:00PM

Wednesday 3:00PM - 4:00PM

Saturday 9:30AM - 10:30AM

Six sessions for \$120 (One Day a Week)



Rookie Academy

Rookie Academy

Prepares your Little Leaguer, ages 5 to 7 years, for a successful upcoming season. A fun, non-competitive and upbeat class format on the **Big Three** keys to success:

- Hitting
- Throwing
- Fielding

Exciting new drills and games to get your player ready for the next level.

Tuesday 4:00PM - 5:00PM

Wednesday 4:00PM - 5:00PM

Saturday 10:30AM - 11:30AM

Five sessions for \$150 (One Day a Week)



www.sdfrozenropes.com

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FROZEN ROPES IN THE NEWS

