

Winter I 2024
Class Session
Jan 2 - Feb 15



165 Eileen Way
Syosset, NY 11791
516-364-ROPE (7673)
www.frozenropes.com/syosset
email: syosset@frozenropes.com

BASEBALL/SOFTBALL CO-ED CLASSES

These classes focus on teaching age-specific skills in baseball and softball. Emphasis is put on hitting, throwing, and fielding, along with game situations. From beginners to advanced players, each academy level hones and develops their overall skills.

Junior Academy: Ages 5 - 6

WEDNESDAY: 4:30pm - 5:30pm Jan 3- Feb 14 (7 Weeks) - \$245

SATURDAY: 10:30am - 11:30am Jan 6- Feb 10 (6 Weeks) - \$210

SUNDAY: 10:30am - 11:30am Jan 7- Feb 11 (6 Weeks) - \$210

Senior Academy: Ages 7 - 9

MONDAY: 5:00pm - 6:00pm Jan 8- Feb 12 (6 Weeks) - \$210

WEDNESDAY: 5:30pm - 6:30pm Jan 3- Feb 14 (7 Weeks) - \$245

SATURDAY: 11:30am - 12:30pm Jan 6 - Feb 10 (6 Weeks) - \$210

SUNDAY: 11:30am - 12:30pm Jan 7- Feb 11 (6 Weeks) - \$210

All Skills Academy: Ages 10 - 12

WEDNESDAY: 6:30pm - 7:30pm Jan 3 - Feb 14 (7 Weeks) - \$245

SUNDAY: 12:30pm - 1:30pm Jan 7 - Feb 11 (6 Weeks) - \$210

BRING YOUR OWN EQUIPMENT!!

ADVANCED BASEBALL CLASSES

These classes will focus on form and technique with an emphasis on the mental approach to the game.

“Art of Hitting”: Ages 11 - 16

\$330 (limit 4 per class)

TUESDAY: 8:00 - 9:00pm
Jan 9 - Feb 13 (6 Weeks)

and/or

SATURDAY: 1:00 - 2:00pm
Jan 6 - Feb 10 (6 Weeks)

PITCHING CLASSES

FRIDAYS: Jan 5 - Feb 9 (6 Weeks)

\$270 (limit 5 per class)

“Pitching 101”: Ages 7 - 8

5:00pm - 6:00pm

“Science of Pitching”

Ages 9 - 11

6:00pm - 7:00pm



at



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WINTER I HOLIDAY CAMPS

COED Ages 6-11

MLK DAY: Jan 15 (Mon)

February Break: Feb 19 -23 (Mon-Fri)

DAILY SCHEDULE

Co-Ed (Ages 6-11)

10:00am - 2:30pm - \$80

Early drop at 9:00am or Late Pickup at 3:30pm (\$20)

Early drop 9:30am or Late Pickup at 3:00pm (\$10)

Lunch and Snacks are NOT Included

Boys and girls will work on their diamond skills and have fun playing various other playground games!

SOFTBALL WINTER WORKOUTS! \$450 for TEN 90 min sessions

(AGES 8 - 12) SUNDAYS: JAN 7 - MAR 24 from 9:00 - 10:30AM

*no class Feb 18 & 25

(AGES 13 - 17) TUESDAYS: JAN 2 - MAR 12 from 7:30 - 9:00PM

*no class Feb 20

(snow makeup date: Sunday Feb 25)

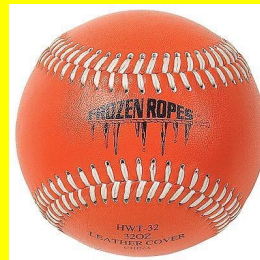
HITTING & WINDMILL PITCHING

CATCHING & THROWING

INFIELD & OUTFIELD PLAY

SPEED/AGILITY/CONDITIONING

BUNTING & SLAP HITTING



CREATE-A-CLASS

**CHOOSE A DAY & TIME
THAT WORKS BEST FOR YOUR GROUP**

Class Policies

- ONE makeup is allowed during the WINTER I Session.
- **REFUND/CANCELLATION** - Refunds will only be made for medical reasons with a doctor's note and issued in the form of account credit.