

Winter II 2024
Class Session
Feb 26 - Apr 18



at



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

MONDAY: 4:00pm - 5:00pm Feb 26 - Apr 15 (8 Weeks) - \$280

WEDNESDAY: 4:30pm - 5:30pm Feb 28 - Apr 17 (8 Weeks) - \$280

SATURDAY: 10:30am - 11:30am Mar 2 - Apr 13 (7 Weeks) - \$245

SUNDAY: 10:30am - 11:30am Mar 3 - Apr 14 (6 Weeks) - \$210 *no class Mar 31

Senior Academy: Ages 7 - 9

MONDAY: 5:00pm - 6:00pm Feb 26 - Apr 15 (8 Weeks) - \$280

WEDNESDAY: 5:30pm - 6:30pm Feb 28 - Apr 17 (8 Weeks) - \$280

SATURDAY: 11:30am - 12:30pm Mar 2 - Apr 13 (7 Weeks) - \$245

SUNDAY: 11:30am - 12:30pm Mar 3 - Apr 14 (6 Weeks) - \$210 *no class Mar 31

All Skills Academy: Ages 10 - 12

WEDNESDAY: 6:30pm - 7:30pm Feb 28 - Apr 17 (8 Weeks) - \$280

SUNDAY: 12:30pm - 1:30pm Mar 3 - Apr 14 (6 Weeks) - \$210 *no class Mar 31

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
Feb 27 - Apr 2 (6 Weeks)

and/or

\$275 (limit 4 per class)

SATURDAY: 1:00 - 2:00pm
Mar 2 - Mar 30 (5 Weeks)

PITCHING CLASSES

FRIDAY: Mar 1 - Apr 5 (5 Weeks) *no class Mar 29

\$225 (limit 5 per class)

“Pitching 101”: Ages 7 - 8

5:00pm - 6:00pm

“Science of Pitching”

Ages 9 - 11

6:00pm - 7:00pm



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WINTER II & SPRING HOLIDAY CAMPS

COED Ages 6-11

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

Holy Thursday/Good Friday: Mar 28 & 29

Eid al Fitr: Apr 10 (Wed)

Spring Break: Apr 22 - 26 & 29 - 30

(Mon-Fri then Mon & Tue)

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!

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ASK ABOUT: MIDDLE SCHOOL BASEBALL & SOFTBALL TRAINING

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CREATE-A-CLASS

CHOOSE A DAY & TIME
THAT WORKS BEST FOR YOUR GROUP
(MINIMUM 4 PLAYERS REQUIRED)