



60 Milltown Road, Union, NJ 07083 - 908-686-9060

[www.frozenropes.com/union](http://www.frozenropes.com/union)

[union@frozenropes.com](mailto:union@frozenropes.com)

## Spring 2019 Baseball Schedule of Events

### Born to Play Class (ages 3-4)

An activity class designed to introduce children to athletic movement, supervised exercise and baseball.

4 Week Session - \$100/\$90*	Session times	Session dates
Session # 1 - Saturdays	9:00am - 9:50am	Mar. 23, 30, Apr. 6, 13
Session # 2 - Sundays	9:00am - 9:50am	Mar. 24, 31, Apr. 7, 14
Session # 3 - Saturdays	9:00am - 9:50am	Apr. 20, 27, May 4, 11
Session # 4 - Sundays	9:00am - 9:50am	Apr. 28, May 5, 12, 19
Session # 5 - Saturdays	9:00am - 9:50am	May 18, Jun. 1, 8, 15
Session # 6 - Sundays	9:00am - 9:50am	Jun. 2, 9, 16, 23

### Rookie Class (ages 5-6)

Introductory baseball class focusing on the Fundamentals and the Big Three: Hitting, Fielding and Throwing.

4 Week Session - \$115/\$103*	Session times	Session dates
Session # 1 - Tuesdays	4:00pm - 5:00pm	Apr. 9, 16, 23, 30
Session # 2 - Wednesdays	4:00pm - 5:00pm	Mar. 27, Apr. 3, 10, 17
Session # 3 - Thursdays	4:00pm - 5:00pm	Mar. 28, Apr. 4, 11, 18
Session # 4 - Saturdays	10:00am - 11:00am	Mar. 23, 30, Apr. 6, 13
Session # 5 - Sundays	10:00am - 11:00am	Mar. 24, 31, Apr. 7, 14
Session # 6 - Tuesdays	4:00pm - 5:00pm	May 7, 14, 21, 28
Session # 7 - Wednesdays	4:00pm - 5:00pm	Apr. 24, May 1, 8, 15
Session # 8 - Thursdays	4:00pm - 5:00pm	Apr. 25, May. 2, 9, 16
Session # 9 - Saturdays	10:00am - 11:00am	Apr. 20, 27, May 4, 11
Session # 10 - Sundays	10:00am - 11:00am	Apr. 28, May 5, 12, 19
Session # 11 - Tuesdays	4:00pm - 5:00pm	Jun. 4, 11, 18, 25
Session # 12 - Wednesdays	4:00pm - 5:00pm	May 22, 29, Jun. 5, 12
Session # 13 - Thursdays	4:00pm - 5:00pm	May 23, 30, Jun, 6, 13
Session # 14 - Saturdays	10:00am - 11:00am	May 18, Jun. 1, 8, 15
Session # 15 - Sundays	10:00am - 11:00am	Jun. 2, 9, 16, 23

### After School Academy (ages 7-9)

Instructional baseball class focusing on the Fundamentals & the Big Three: Hitting, Fielding and Throwing

4 Week Session - \$115/\$103*	Session times	Session dates
Session # 1 - Mondays	4:00pm - 5:00pm	Apr. 8, 15, 22, 29
Session # 2 - Wednesdays	5:00pm - 6:00pm	Mar. 27, Apr. 3, 10, 17
Session # 3 - Saturdays	11:00am - 12:00pm	Mar. 23, 30, Apr. 6, 13
Session # 4 - Mondays	4:00pm - 5:00pm	May 6, 13, 20, Jun. 3
Session # 5 - Wednesdays	5:00pm - 6:00pm	Apr. 24, May 1, 8, 15
Session # 6 - Saturdays	11:00am - 12:00pm	Apr. 20, 27, May 4, 11
Session # 7 - Mondays	4:00pm - 5:00pm	Jun. 10, 17, 24, Jul. 1
Session # 8 - Wednesdays	5:00pm - 6:00pm	May 22, 29, Jun. 5, 12
Session # 9 - Saturdays	11:00am - 12:00pm	May 18, Jun. 1, 8, 15

### Scope and Rope Hitting Class (ages 7-9)

Baseball hitting class to improve the fundamentals of the swing and increase bat speed and power.

4 Week Session - \$115/\$103*	Session times	Session dates
Session # 1 - Tuesdays	5:00pm - 6:00pm	Apr. 9, 16, 23, 30
Session # 2 - Fridays	4:00pm - 5:00pm	Mar. 29, Apr. 5, 12, 19
Session # 3 - Saturdays	4:00pm - 5:00pm	Mar. 23, 30, Apr. 6, 13
Session # 4 - Tuesdays	5:00pm - 6:00pm	May 7, 14, 21, 28
Session # 5 - Fridays	4:00pm - 5:00pm	Apr. 26, May 3, 10, 17
Session # 6 - Saturdays	4:00pm - 5:00pm	Apr. 20, 27, May 4, 11
Session # 7 - Tuesdays	5:00pm - 6:00pm	Jun. 4, 11, 18, 25
Session # 8 - Fridays	4:00pm - 5:00pm	May 31, Jun 7, 14, 21
Session # 9 - Saturdays	4:00pm - 5:00pm	May 18, Jun. 1, 8, 15



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## Spring 2019 Baseball Schedule of Events

### Pitching Class (ages 8-12)

Baseball Pitching Class to improve mechanics, velocity & prepare for game situations. Led by minor league pitchers.

4 Week Session - \$115/\$103*	Session times	Session dates
Session # 1 - Thursdays	6:00pm - 7:00pm	Mar. 28, Apr. 4, 11, 18
Session # 2 - Saturdays	2:00pm - 3:00pm	Mar. 23, 30, Apr. 6, 13
Session # 3 - Thursdays	6:00pm - 7:00pm	Apr. 25, May. 2, 9, 16
Session # 4 - Saturdays	2:00pm - 3:00pm	Apr. 20, 27, May 4, 11
Session # 5 - Thursdays	6:00pm - 7:00pm	May 23, 30, Jun, 6, 13
Session # 6 - Saturdays	2:00pm - 3:00pm	May 18, Jun. 1, 8, 15

### After School Academy (ages 10-13)

Instructional baseball class focusing on the Fundamentals & the Big Three: Hitting, Fielding and Throwing

4 Week Session - \$115/\$103*	Session times	Session dates
Session # 1 - Wednesdays	6:00pm - 7:00pm	Mar. 27, Apr. 3, 10, 17
Session # 2 - Sundays	2:00pm - 3:00pm	Mar. 24, 31, Apr. 7, 14
Session # 3 - Wednesdays	6:00pm - 7:00pm	Apr. 24, May 1, 8, 15
Session # 4 - Sundays	2:00pm - 3:00pm	Apr. 28, May 5, 12, 19
Session # 5 - Wednesdays	6:00pm - 7:00pm	May 22, 29, Jun. 5, 12
Session # 6 - Sundays	2:00pm - 3:00pm	Jun. 2, 9, 16, 23

### Scope and Rope Hitting Class (ages 10-13)

Baseball hitting class to improve the fundamentals of the swing and increase bat speed and power.

4 Week Session - \$115/\$103*	Session times	Session dates
Session # 1 - Mondays	5:00pm - 6:00pm	Apr. 8, 15, 22, 29
Session # 2 - Wednesdays	7:00pm - 8:00pm	Mar. 27, Apr. 3, 10, 17
Session # 3 - Mondays	5:00pm - 6:00pm	May 6, 13, 20, Jun. 3
Session # 4 - Wednesdays	7:00pm - 8:00pm	Apr. 24, May 1, 8, 15
Session # 5 - Mondays	5:00pm - 6:00pm	Jun. 10, 17, 24, Jul. 1
Session # 6 - Wednesdays	7:00pm - 8:00pm	May 22, 29, Jun. 5, 12

### Pitching Class (ages 12+)

Baseball Pitching Class to improve mechanics, velocity & prepare for game situations. Led by minor league pitchers.

4 Week Session - \$115/\$103*	Session times	Session dates
Session # 1 - Tuesdays	6:00pm - 7:00pm	Apr. 9, 16, 23, 30
Session # 2 - Fridays	6:00pm - 7:00pm	Mar. 29, Apr. 5, 12, 19
Session # 3 - Tuesdays	6:00pm - 7:00pm	May 7, 14, 21, 28
Session # 4 - Fridays	6:00pm - 7:00pm	Apr. 26, May 3, 10, 17
Session # 5 - Tuesdays	6:00pm - 7:00pm	Jun. 4, 11, 18, 25
Session # 6 - Fridays	6:00pm - 7:00pm	May 31, Jun 7, 14, 21

### Diamond Strength (ages 10+)

Strength and Conditioning Class intended to increase flexibility and functional strength.

4 Week Session - \$115/\$103*	Session times	Session dates
Session # 1 - Mondays	8:00pm - 9:00pm	Apr. 8, 15, 22, 29
Session # 2 - Wednesdays	8:00pm - 9:00pm	Mar. 27, Apr. 3, 10, 17
Session # 3 - Mondays	8:00pm - 9:00pm	May 6, 13, 20, Jun. 3
Session # 4 - Wednesdays	8:00pm - 9:00pm	Apr. 24, May 1, 8, 15
Session # 5 - Mondays	8:00pm - 9:00pm	Jun. 10, 17, 24, Jul. 1
Session # 6 - Wednesdays	8:00pm - 9:00pm	May 22, 29, Jun. 5, 12

\*World Member Pricing