

FROZEN ROPES



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

www.frozenropes.com/union

union@frozenropes.com

Fall 2019 Fastpitch 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	Sep. 7, 14, 21, 28
Session # 2 - Sundays	9:00am - 9:50am	Sep. 8, 15, 22, 29
Session # 3 - Saturdays	9:00am - 9:50am	Oct. 5, 12, 19, 26
Session # 4 - Sundays	9:00am - 9:50am	Oct. 6, 13, 20, 27
Session # 5 - Saturdays	9:00am - 9:50am	Nov. 2, 9, 16, 23
Session # 6 - Sundays	9:00am - 9:50am	Nov. 3, 10, 17, 24

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	Sep. 10, 17, 24, Oct. 1
Session # 2 - Wednesdays	4:00pm - 5:00pm	Sep. 4, 11, 18, 25
Session # 3 - Thursdays	4:00pm - 5:00pm	Sep. 5, 12, 19, 26
Session # 4 - Saturdays	10:00am - 11:00am	Sep. 7, 14, 21, 28
Session # 5 - Sundays	10:00am - 11:00am	Sep. 8, 15, 22, 29
Session # 6 - Tuesdays	4:00pm - 5:00pm	Oct. 8, 15, 22, 29
Session # 7 - Wednesdays	4:00pm - 5:00pm	Oct. 2, 9, 16, 23
Session # 8 - Thursdays	4:00pm - 5:00pm	Oct. 3, 10, 17, 24
Session # 9 - Saturdays	10:00am - 11:00am	Oct. 5, 12, 19, 26
Session # 10 - Sundays	10:00am - 11:00am	Oct. 6, 13, 20, 27
Session # 11 - Tuesdays	4:00pm - 5:00pm	Nov. 5, 12, 19, 26
Session # 12 - Wednesdays	4:00pm - 5:00pm	Oct. 30, Nov. 6, 13, 20
Session # 13 - Thursdays	4:00pm - 5:00pm	Nov. 7, 14, 21, Dec. 5
Session # 14 - Saturdays	10:00am - 11:00am	Nov. 2, 9, 16, 23
Session # 15 - Sundays	10:00am - 11:00am	Nov. 3, 10, 17, 24

Girls Got Game Class(ages 12 & under) Instructional softball class focusing on the fundamentals & the Big Three: Hitting, Fielding and Throwing

4 Week Session - \$115/\$103*	Session times	Session dates
Session # 1 - Fridays	4:00pm - 5:00pm	Sep. 6, 13, 20, 27
Session # 2 - Saturdays	2:00pm - 3:00pm	Sep. 7, 14, 21, 28
Session # 3 - Fridays	4:00pm - 5:00pm	Oct. 4, 11, 18, 25
Session # 4 - Saturdays	2:00pm - 3:00pm	Oct. 5, 12, 19, 26
Session # 5 - Fridays	4:00pm - 5:00pm	Nov. 1, 8, 15, 22
Session # 6 - Saturdays	2:00pm - 3:00pm	Nov. 2, 9, 16, 23

Scope & Rope Hitting Class (ages 12 & under) Softball 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 - Thursdays	5:00pm - 6:00pm	Sep. 5, 12, 19, 26
Session # 2 - Sundays	11:00am - 12:00pm	Sep. 8, 15, 22, 29
Session # 3 - Thursdays	5:00pm - 6:00pm	Oct. 3, 10, 17, 24
Session # 4 - Sundays	11:00am - 12:00pm	Oct. 6, 13, 20, 27
Session # 5 - Thursdays	5:00pm - 6:00pm	Nov. 7, 14, 21, Dec. 5
Session # 6 - Sundays	11:00am - 12:00pm	Nov. 3, 10, 17, 24

Fastpitch Pitching Class (ages 12 and under) Softball Pitching Class to improve mechanics, velocity & prepare for game situations.

4 Week Session - \$115/\$103*	Session times	Session dates
Session # 1 - Saturdays	12:00pm - 1:00pm	Sep. 7, 14, 21, 28
Session # 2 - Saturdays	12:00pm - 1:00pm	Oct. 5, 12, 19, 26
Session # 3 - Saturdays	12:00pm - 1:00pm	Nov. 2, 9, 16, 23

Girls Got Game Class (ages 12+) Instructional softball class focusing on the fundamentals & the Big Three: Hitting, Fielding and Throwing

4 Week Session - \$115/\$103*	Session times	Session dates
Session # 1 - Wednesdays	5:00pm - 6:00pm	Sep. 4, 11, 18, 25
Session # 2 - Thursdays	6:00pm - 7:00pm	Sep. 5, 12, 19, 26
Session # 3 - Wednesdays	5:00pm - 6:00pm	Oct. 2, 9, 16, 23
Session # 4 - Thursdays	6:00pm - 7:00pm	Oct. 3, 10, 17, 24
Session # 5 - Wednesdays	5:00pm - 6:00pm	Oct. 30, Nov. 6, 13, 20
Session # 6 - Thursdays	6:00pm - 7:00pm	Nov. 7, 14, 21, Dec. 5

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Scope & Rope Hitting Class (ages 12+)

Softball 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	6:00pm - 7:00pm	Sep. 10, 17, 24, Oct. 1
Session # 2 - Fridays	6:00pm - 7:00pm	Sep. 6, 13, 20, 27
Session # 3 - Tuesdays	6:00pm - 7:00pm	Oct. 8, 15, 22, 29
Session # 4 - Fridays	6:00pm - 7:00pm	Oct. 4, 11, 18, 25
Session # 5 - Tuesdays	6:00pm - 7:00pm	Nov. 5, 12, 19, 26
Session # 6 - Fridays	6:00pm - 7:00pm	Nov. 1, 8, 15, 22

Fastpitch Pitching Class (ages 12+)

Softball Pitching Class to improve mechanics, velocity & prepare for game situations.

4 Week Session - \$115/\$103*	Session times	Session dates
Session # 1 - Mondays	7:00pm - 8:00pm	Sep. 9, 16, 23, 30
Session # 2 - Mondays	7:00pm - 8:00pm	Oct. 7, 14, 28, Nov. 4
Session # 3 - Mondays	7:00pm - 8:00pm	Nov. 11, 18, 25, Dec. 2

Super Girl Class for HS & MS players

2 Hour Advanced training class with a focus on softball skills training and speed & agility.

\$45 per class; 4 Pack - \$175/\$157*	Session times	Session dates
Session - Tuesdays	7:00pm - 9:00pm	Sep. 10, 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5, 12, 19, 26
Session - Sundays	2:00pm - 4:00pm	Sep. 8, 15, 22, 29, Oct. 6, 13, 20, 27, Nov. 3, 10, 17, 24

Intensive Skills Clinics with Danny Zeffiro

Hitting Skill Specific Training Session led by Danny Zeffiro.

60 Minute Sessions: \$35 per session - Hitting Sessions for Softball

Hitting 2:00pm - 3:00pm Saturday, November 16th

Speed and Agility (ages 10+)

Speed and Agility Class intended to increase flexibility and functional strength.

4 Week Session - \$115/\$103*	Session times	Session dates
Session # 1 - Mondays	8:00pm - 9:00pm	Sep. 9, 16, 23, 30
Session # 2 - Tuesdays	8:00pm - 9:00pm	Sep. 10, 17, 24, Oct. 1
Session # 3 - Saturdays	3:00pm - 4:00pm	Sep. 7, 14, 21, 28
Session # 4 - Sundays	3:00pm - 4:00pm	Sep. 8, 15, 22, 29
Session # 5 - Mondays	8:00pm - 9:00pm	Oct. 7, 14, 21, 28
Session # 6 - Tuesdays	8:00pm - 9:00pm	Oct. 8, 15, 22, 29
Session # 7 - Saturdays	3:00pm - 4:00pm	Oct. 5, 12, 19, 26
Session # 8 - Sundays	3:00pm - 4:00pm	Oct. 6, 13, 20, 27
Session # 9 - Mondays	8:00pm - 9:00pm	Nov. 4, 11, 18, 25
Session # 10 - Tuesdays	8:00pm - 9:00pm	Nov. 5, 12, 19, 26
Session # 11 - Saturdays	3:00pm - 4:00pm	Nov. 2, 9, 16, 23
Session # 12 - Sundays	3:00pm - 4:00pm	Nov. 3, 10, 17, 24

Softball Skills Clinic - Intensive Skills Training

90 Minute Skills Clinic with a Specific Training Area of Focus taught by our professional instructors

90 Minute Clinics offered throughout the Fall - \$30 per player - Open to All Ages - Players Grouped by Age

Saturday, September 21st	3:00pm - 4:30pm	Hitting Session
Saturday, October 19th	3:00pm - 4:30pm	Hitting Session
Monday, October 21st	7:30 pm - 9:00 pm	Softball Pitching
Saturday, November 16th	3:00pm - 4:30pm	Softball Fielding and Throwing

Columbus Day Camp

Baseball & Softball Day Camp - Training in a fun & learning environment. Full Day and Half Day options available.

Full Day: \$65/\$58* Half Day: \$35/\$31*

Monday, October 14th Half Day : 9:00 - 12:00 or 12:30 - 3:30 Full Day : 9:00 - 3:30

Teachers' Convention Day Camp

Baseball & Softball Day Camp - Training in a fun & learning environment. Full Day and Half Day options available.

Full Day: \$65/\$58* Half Day: \$35/\$31*

Thursday & Friday, November 7th & 8th Half Day : 9:00 - 12:00 or 12:30 - 3:30 Full Day : 9:00 - 3:30

Thanksgiving Friday Day Camp

Baseball & Softball Day Camp - Training in a fun & learning environment. Full Day and Half Day options available.

Full Day: \$65/\$58* Half Day: \$35/\$31*

Friday, November 29th Half Day : 9:00 - 12:00 or 12:30 - 3:30 Full Day : 9:00 - 3:30

*World Member Pricing