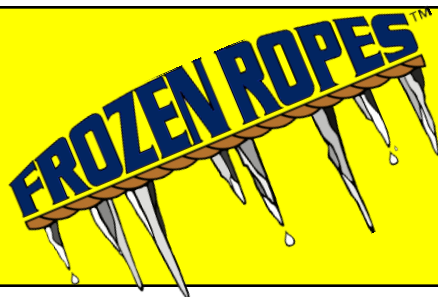


**Winter I 2020**  
**Class Session**  
**Jan 4 - Feb 13**



*at*



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

## BASEBALL/SOFTBALL CO-ED CLASSES

(limit 8 per class)

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 from Jan 8 - Feb 12 (6 Weeks) - \$180

**THURSDAY:** 5:00pm - 6:00pm from Jan 9 - Feb 13 (6 Weeks) - \$180

**SATURDAY:** 10:30am - 11:30am from Jan 4 - Feb 8 (6 Weeks) - \$180

**SUNDAY:** 10:30am - 11:30am from Jan 5 - Feb 9 (6 Weeks) - \$180

### **Senior Academy: Ages 7 - 9**

**MONDAY:** 5pm - 6pm from Jan 6 - Feb 10 (6 Weeks) - \$180

**WEDNESDAY:** 5:30pm - 6:30pm from Jan 8 - Feb 12 (6 Weeks) - \$180

**THURSDAY:** 6:00pm - 7:00pm from Jan 9 - Feb 13 (6 Weeks) - \$180

**SATURDAY:** 11:30am - 12:30pm from Jan 4 - Feb 8 (6 Weeks) - \$180

**SUNDAY:** 11:30am - 12:30pm from Jan 5 - Feb 9 (6 Weeks) - \$180

### **All Skills Academy: Ages 10 - 12**

**WEDNESDAY:** 6:30pm - 7:30pm from Jan 8 - Feb 12 (6 Weeks) - \$180

**SUNDAY:** 12:30pm - 1:30pm from Jan 5 - Feb 9 (6 Weeks) - \$180

## 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 12 - 16**

(limit 4 per class)

**SATURDAY:** 12:30pm - 1:30pm

**Jan 11 — Feb 8 (5 Weeks) - \$250**

**TUESDAY:** Two Sessions:

6pm - 7pm & 7pm - 8pm

**Jan 14 — Feb 11 (5 Weeks) - \$250**

### **“Pitching 101” - Tuesday**

(limit 5 per class)

**Ages 7-8:** 4pm - 5pm

**Ages 9-11:** 5pm - 6pm

### **“Science of Pitching” - Tuesday**

**Ages 12 - 16 :** 6pm - 7pm

**Jan 14 — Feb 11 (5 Weeks) - \$200**



at



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

## SOFTBALL WINTER WORKOUTS:

(Ages 8 - 12) Sunday: 9:00am - 10:30am from Jan 5 - March 22

(Ages 13 - 17) Monday: 6:00pm - 7:30pm from Jan 6 - March 16

ALL THINGS SOFTBALL!!

10 Weeks - \$375

\*\*NO CLASS on Feb 16, 17, 23 (snow makeup date: Feb 23)\*\*

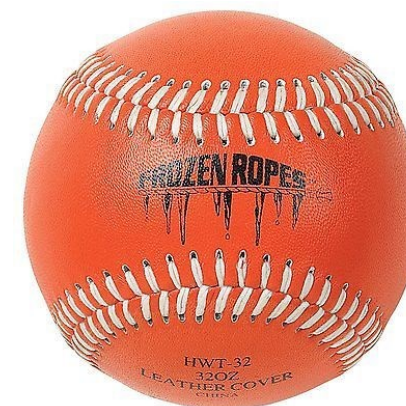
## SOFTBALL HITTING ACADEMY: All Ages Welcome

“GET YOUR 100 SWINGS” WITH OUR PROFESSIONAL COACHING STAFF

Tuesday: 6pm - 7pm from Jan 7 - Mar 17

(10 Weeks) - \$250 (\$30 walk-in rate)

\*\*NO CLASS on Feb 18\*\*



## Class Policies

- One makeup is allowed on another scheduled day DURING the Winter I Session. We require advanced notice.
- **REFUND/CANCELLATION** - Refunds will only be made for medical reasons with a doctor's note and issued in the form of account credit.