

Winter I 2020
Class Session
Jan 4 - Feb 13



at



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



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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)****

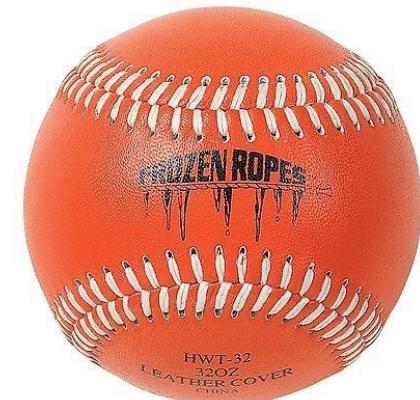
SOFTBALL HITTING ACADEMY: All Ages Welcome

“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.