

F R O Z E N R O P E S
Fast Pitch

2011/12 Winter Softball Schedule of Events

Born To Play (3-4 year olds): \$80/\$60* per session. An activity class designed to introduce children to athletic movement, supervised exercises and softball! *Classes are 50 Minutes.*

Tuesdays 10:00 AM or 1:00 PM

- Session 4: Dec. 6, 13, 20 (\$69)
- Session 5: Jan. 10, 17, 24, 31
- Session 6: Feb. 7, 14, 28 (\$69)
- Session 7: Mar. 6, 13, 20, 27

Mondays 10:00 AM

- Session 4: Dec. 5, 12, 19 (\$69)
- Session 5: Jan. 9, 16, 23, 30
- Session 6: Feb. 6, 13, 27 (\$69)
- Session 7: Mar. 5, 12, 19, 26

Saturdays 9 AM or 10 AM or 11 AM

- Session 4: Dec. 3, 10, 17 (\$69)
- Session 5: Jan. 7, 14, 21, 28
- Session 6: Feb. 4, 11, 18, 25
- Session 7: Mar. 3, 10, 17, 24

Beginner Pitching Class (Ages 7-10): \$100/\$75* per session. Beginner softball pitching class designed to teach proper mechanics, how to throw strikes and prepare for game situations. *Classes are 60 Minutes.*

Mondays 6:00 PM

- Session 4: Dec. 5, 12, 19 (\$69)
- Session 5: Jan. 9, 16, 23, 30
- Session 6: Feb. 6, 13, 27 (\$69)
- Session 7: Mar. 5, 12, 19, 26

Saturdays 11:00 AM

- Session 4: Dec. 3, 10, 17 (\$69)
- Session 5: Jan. 7, 14, 21, 28
- Session 6: Feb. 4, 11, 18, 25
- Session 7: Mar. 3, 10, 17, 24

Advanced Pitching Class (Ages 10+): \$100/\$75* per session. Advanced softball pitching class designed to improve mechanics, increase velocity and improve game situations. *Classes are 60 minutes.*

Mondays 7:00 PM

- Session 4: Dec. 5, 12, 19 (\$69)
- Session 5: Jan. 9, 16, 23, 30
- Session 6: Feb. 6, 13, 27 (\$69)
- Session 7: Mar. 5, 12, 19, 26

Saturdays 12:00 PM

- Session 4: Dec. 3, 10, 17 (\$69)
- Session 5: Jan. 7, 14, 21, 28
- Session 6: Feb. 4, 11, 18, 25
- Session 7: Mar. 3, 10, 17, 24

Hitting Boot Camp (ages 8-12) \$100/\$75* per session. Softball hitting class designed to improve the fundamentals of the swing, increase bat speed and power. *Classes are 60 minutes.*

Tuesdays 6:00 PM

- Session 4: Dec. 6, 13, 20 (\$69)
- Session 5: Jan. 10, 17, 24, 31
- Session 6: Feb. 4, 11, 18, 25
- Session 7: Mar. 6, 13, 20, 27

Advanced Hitting Boot Camp (ages 13+) \$100/\$75* per session. Advanced softball hitting class designed to improve the fundamentals of the swing, increase bat speed and power. *Classes are 60 minutes.*

Thursdays 7:00 PM

- Session 5: Jan. 12, 19, 26, Feb. 2
- Session 6: Feb. 9, 16, Mar. 1(\$69)
- Session 7: Mar. 8, 15, 22, 29

Saturdays 2:00 PM

- Session 5: Jan. 7, 14, 21, 28
- Session 6: Feb. 4, 11, 18, 25
- Session 7: Mar. 3, 10, 17, 24

Girls Got Game (ages 9-12) \$100/\$75* per session. Instructional softball class focusing on the fundamentals and the BIG 3: Hitting, Fielding and Throwing. *Classes are 60 minutes.*

Wednesdays 7:00 PM

- Session 4: Dec. 7, 14, 21 (\$69)
- Session 5: Jan. 11, 18, 25, Feb. 1
- Session 6: Feb. 18, 15, 29 (\$69)
- Session 7: Mar. 7, 14, 21, 28

Saturdays 1:00 PM

- Session 4: Dec. 3, 10, 17 (\$69)
- Session 5: Jan. 7, 14, 21, 28
- Session 6: Feb. 4, 11, 18, 25
- Session 7: Mar. 3, 10, 17, 24

Winter Break Holiday Camp (ages 6-12): Softball in December? Oh yeah!! Instead of being stuck home all week, come join Frozen Ropes as we play softball all week long. Topics include: Throwing, Pitching, Hitting, Fielding, Base running and Diamond Strength. Controlled Scrimmages, fun games and speed of play stations will get players of all ages back into the swing of things.

December 26th – 30th, 2011

- Option 1: 8:30 AM – 3:30 PM = \$175 for the week *Add \$5 per day for 2 slices of pizza and a bottle of water*
- Option 2: 8:30 AM – 12:00 PM = \$100 for the week
- Early drop off (7:30 AM) = \$10 per day extra
- Late pick up (4:30 PM) = \$10 per day extra

Private Lessons – A one on one lesson with a member of our Nationally Certified Coaching Staff. Lessons can be on any topic of your choice.

- ½ hour - \$40 *\$30 members price
- 1 hour - \$75 *\$56 members price

1/2 Hour Lesson Plan Packages: All lesson plan packages include the use of our T2 Video Analysis System

- 5 Lessons \$185 (Save \$15)
- 10 Lessons \$360 (Save \$40)
- 15 Lessons \$525 (Save \$75)
- 20 Lessons \$680 (Save \$120)

Semi Private Lessons: Train with a friend or teammate. You choose the topic. *Class length is 60 minutes*

2 players - \$45 per player 3 players - \$40 per player 4 players - \$35 per player

Facility and Cage Rentals: Rent one of our cages, pitching machines or our facility

	<input type="checkbox"/> <u>15 Minutes</u>	<input type="checkbox"/> <u>30 Minutes</u>	<input type="checkbox"/> <u>60 Minutes</u>
• Iron Mike	\$10	\$20	\$40
Open Cage		\$15	\$30
Full Field			\$120
Full Facility			\$150

World Membership: Exclusive membership that allows you to save 25% on all purchases while also earning 5% cash rewards and free training time! *\$225 for a 1 year membership or \$195 renewal fee per family!!*

- 25% Off all purchases
- 5% Cash Rewards
- 1 Hour Free Cage Time per month
- No cancellation fees



3 Interstate Ave. Albany, NY 12205
518-435-2424

albany@frozenropes.com
www.frozenropes.com