

F R O Z E N R O P E S

Fast Pitch

2011 Fall 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 baseball/softball! *Classes are 50 Minutes.*

Tuesdays 10:00 AM and 1:00 PM

- ☐ Session 1: Sept. 13, 20, 27, Oct. 4
- ☐ Session 2: Oct. 11, 18, 25, Nov. 1
- ☐ Session 3: Nov. 8, 15, 22, 29
- ☐ Session 4: Dec. 6, 13, 20 (\$69/\$52*)

Thursdays 10:00 AM and 1:00 PM

- ☐ Session 1: Sept. 15, 22, 29, Oct. 6
- ☐ Session 2: Oct. 13, 20, 27, Nov. 3
- ☐ Session 3: Nov. 10, 17, Dec 1 (\$69/\$52*)
- ☐ Session 4: Dec. 8, 15, 22 (\$69/\$52*)

Wednesdays 10:00 AM and 1:00 PM

- ☐ Session 1: Sept. 14, 21, 28, Oct 5
- ☐ Session 2: Oct. 12, 19, 26, Nov 2
- ☐ Session 3: Nov. 9, 16, 23, 30
- ☐ Session 4: Dec. 7, 14, 21 (\$69/\$52*)

Saturdays 9:00 AM and 10:00 AM

- ☐ Session 1: Sept. 10, 17, 24, Oct. 1
- ☐ Session 2: Oct. 8, 15, 22, 29
- ☐ Session 3: Nov. 5, 12, 19, 26
- ☐ Session 4: Dec. 3, 10, 17 (\$69/\$52*)

Beginner Pitching Class (ages 10U): \$100/\$75* per session. Beginner Softball Pitching Class to improve mechanics, velocity & prepare for game situations. *Classes are 60 Minutes.*

Mondays 6:00 PM

- ☐ Session 1: Sept. 12, 19, 26, Oct. 3
- ☐ Session 2: Oct. 10, 17, 24, 31
- ☐ Session 3: Nov. 7, 14, 21, 28
- ☐ Session 4: Dec. 5, 12, 19 (\$75/\$56*)

Saturdays 11:00 AM

- ☐ Sept. 10, 17, 24, Oct. 1
- ☐ Oct. 8, 15, 22, 29
- ☐ Nov. 5, 12, 19, 26
- ☐ Dec. 4, 11, 18 (\$75/\$56*)

Advanced Pitching Class (ages 10+): \$100/\$75* per session. Advanced Softball Pitching Class to improve mechanics, velocity & prepare for game situations. *Classes are 60 Minutes.*

Mondays 7:00 PM

- ☐ Session 1: Sept. 12, 19, 26, Oct. 3
- ☐ Session 2: Oct. 10, 17, 24, 31
- ☐ Session 3: Nov. 7, 14, 21, 28
- ☐ Session 4: Dec. 5, 12, 19 (\$75/\$56*)

Saturdays 12:00 PM

- ☐ Sept. 10, 17, 24, Oct. 1
- ☐ Oct. 8, 15, 22, 29
- ☐ Nov. 5, 12, 19, 26
- ☐ Dec. 4, 11, 18 (\$75/\$56*)

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

Tuesdays 6:00 PM

- ☐ Session 1: Sept. 13, 20, 27, Oct. 4
- ☐ Session 2: Oct. 11, 18, 25, Nov. 1
- ☐ Session 3: Nov. 8, 15, 22, 29
- ☐ Session 4: Dec. 6, 13, 20 (\$69/\$52*)

Thursdays 6:00 PM

- ☐ Session 1: Sept. 15, 22, 29, Oct. 6
- ☐ Session 2: Oct. 13, 20, 27, Nov. 3
- ☐ Session 3: Nov. 10, 17, Dec 1 (\$69/\$52*)
- ☐ Session 4: Dec. 8, 15, 22 (\$69/\$52*)

Gold Glove Defense Class (ages 8+): \$100/\$75* per session. Defense wins championships! Topics include: infield and outfield play made simple, proper footwork and developing a stronger throw. *Classes are 60 minutes.*

Wednesdays 7:00 PM

- ☐ Session 1: Sept. 14, 21, 28, Oct. 5
- ☐ Session 2: Oct. 12, 19, 26, Nov. 2
- ☐ Session 3: Nov. 9, 16, 23, 30
- ☐ Session 4: Dec. 7, 14, 21 (\$75/\$56*)

Super Girl Class(ages 10+): \$80/\$60* per session. Advanced training class with a focus on softball skills training and strength & conditioning. *Classes are 60 minutes.*

Tuesdays 6:00 PM

- ☐ Session 1: Sept. 13, 20, 27, Oct. 4
- ☐ Session 2: Oct. 11, 18, 25, Nov. 1
- ☐ Session 3: Nov. 8, 15, 22, 29
- ☐ Session 4: Dec. 6, 13, 20 (\$60/\$40*)

Thursdays 6:00 PM

- ☐ Session 1: Sept. 15, 22, 29, Oct. 6
- ☐ Session 2: Oct. 13, 20, 27, Nov. 3
- ☐ Session 3: Nov. 10, 17, Dec 1 (\$60/\$40*)
- ☐ Session 4: Dec. 8, 15, 22 (\$60/\$40*)

Girls Got Game (ages 8+) \$100/\$80* per session. Instructional softball class focusing on the fundamentals & the Big Three: Hitting, Fielding and Throwing. *Classes are 60 minutes.*

Wednesdays 7:00 PM

- ☐ Session 1: Sept. 14, 21, 28, Oct. 5
- ☐ Session 2: Oct. 12, 19, 26, Nov. 2
- ☐ Session 3: Nov. 9, 16, 23, 30
- ☐ Session 4: Dec. 7, 14, 21 (\$75/\$56*)

Saturdays 1:00 PM

- ☐ Sept. 10, 17, 24, Oct. 1
- ☐ Oct. 8, 15, 22, 29
- ☐ Nov. 5, 12, 19, 26
- ☐ Dec. 4, 11, 18 (\$75/\$56*)

Black Friday Drop and Shop Camp (ages 6-12): Drop your player off for a fun day full of softball while you enjoy the biggest shopping day of the year! Fun for the whole family!

- ☐ Option 1: 8:00 AM – 3:00 PM = \$50
- ☐ Option 2: 8:00 AM – 12:00 PM = \$30
- ☐ Option 3: 1:00 PM – 3:00 PM = \$15

Add \$5per day for 2 slices of pizza and a bottle of water

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.

- ☐ Option 1: 9:00 AM – 3:00 PM = \$175 for the week
- ☐ Option 2: 9:00 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

Add \$5 per day for 2 slices of pizza and a bottle of water

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.

- ☐ **1/2 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)

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

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