



## 2023 SPRING SOFTBALL SOE

March 1st, 2023 - May 31st, 2023

**Born to Play** (Ages 3-4) Born to Play is a Co-Ed class that introduces your player to softball in a fun teaching environment.

Saturday's 10:00am- 10:50am

**4 weeks for \$80**

Co-Ed Age based skills classes focusing on the Big Four: hitting, throwing, fielding and catching.

**Rookie Class** (Ages 5-6) Saturday's 11am-12pm

**Minors Class** (Ages 7-9) Saturday's 12pm-1pm

**Majors Class** (Ages 10-12) Saturday's 1pm-2pm

**4 weeks for \$100**

**Softball Hitting Clinic** (Ages 8-12) A softball only hitting class that teaches situations, bat speed, strength, visual mechanics, contact angles and lots of reps. Quick moving stations to give you different looks and drills to improve!

(Ages 8-12) Wednesday's 6:00pm-7:00pm

(Ages 13+) *Not offered in Spring*

**4 weeks for \$100**

**Pitching Boot Camps** (Ages 10+) A softball pitching class designed to increase speed, spin and accuracy. Players will learn new pitches, how to change speeds and hit spots.

Tuesday's 6:00pm-7:00pm

**4 weeks for \$100**

**Softball Catchers Clinic** (Ages 8-16) A class just for the fastpitch catcher. Improve your receiving, blocking and throw downs.

Friday's 6:00pm-7:00pm

**4 weeks for \$100**

**Facility and Cage Rentals:** Rent one of our cages and work on hitting, pitching, or fielding! Cages are available by reservation only.

**\$50 Per Hour**

**Private Lessons** (Ages 5+) Individual lessons are available by appointment.

**30 min= \$50**

**60 min= \$95**

5 pack (30 min)= \$235

15 pack (30 min)= \$675

10 pack (30 min)= \$460

20 pack (30 min)= \$880

**World Membership:** A Family Membership that saves you money and gives you free training time. You will receive discounts on all lessons, rentals, classes, clinics and camps. Valid for 1 year from the purchase date.

- Family membership: **\$250 annual fee.** Includes 6 (1/2 hour) cage rentals and 2 free 30 minute lessons.
- Save 10% on all lessons, rentals, camp and clinics along with 10% on all pro-shop purchases.

### Frozen Ropes Albany

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[www.frozenropes.com/albany](http://www.frozenropes.com/albany)