

# FROZEN ROPES

## Winter Schedule of Events

December 1st, 2024 - March 31st, 2025

### Baseball Skills Classes:

Baseball Pitching (ages 8-12) Mondays 6:00 PM - 7:00 PM

Baseball Hitting (ages 8-12) Saturdays 11:00 AM - 12:00 PM

Baseball Hitting (ages 13+) Wednesdays 6:00 PM - 7:00 PM

Baseball Catching (ages 8+) Thursdays 7:00 PM - 8:00 PM

### Softball Skills Classes

Softball Pitching (ages 8-12) Mondays/Tuesdays 6:00 PM - 7:00 PM

Softball Pitching (ages 8-14) Mondays or Sundays 2:00 PM - 3:00 PM

Softball Hitting (ages 8-12) Saturdays 12:00 PM - 1:00 PM

Softball Hitting (ages 13+) Tuesdays 7:00 - 8:00 PM

Softball Catching (ages 8+) Thursdays 6:00 PM - 7:00 PM

### CO-ED Classes:

Born to Play (ages 3-4) Saturdays 10:00 AM - 10:50 AM

Rookie Class (ages 5-6) Saturdays 11:00 AM - 12:00 PM

Minors Class (ages 7-9) Saturdays 12:00 PM - 1:00 PM

Majors Class (ages 10-12) Saturdays 1:00 PM - 2:00 PM

**Cage Rentals:** \$60 per hour

**Private Lessons:** 30 min = \$55    60 min = \$105

### Lesson Plan Packages

5 pack (30 min) = \$260

10 pack (30 min) = \$510

15 pack (30 min) = \$750

20 pack (30 min) = \$980

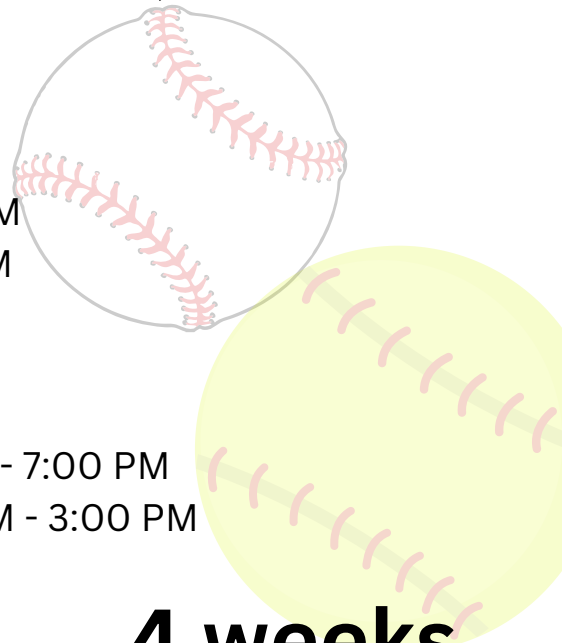
**Family Membership:** \$250 for 1 year

- 6 free 30 minute cage rentals
- 2 free 30 minute private lessons
- 10% off all other purchases

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

**E-Mail:** [albany@frozenropes.com](mailto:albany@frozenropes.com)

**Phone:** 518-435-2424



**4 weeks  
for \$120  
or \$35  
per class**