



# SPRING 2019 Baseball/Softball Schedule of Events

\*Denotes Member Pricing

## SPRINGS SESSIONS START April 1

It's OK to jump into Classes already in Session at pro-rated fees

## AGES 3-4

Ages 3-4. Learning all sports fundamentals. Player max: 12 per class

### Get ready for ALL Organized Sports!

4 weeks <b>Wednesdays</b>	April 10 - May 1	11:00am -11:55am	\$68*/\$80
4 weeks <b>Wednesdays</b>	May 8 - May 29	11:00am -11:55am	\$68*/\$80
4 weeks <b>Fridays</b>	April 12 - May 3	1:00pm - 1:55pm	\$68*/\$80
4 weeks <b>Fridays</b>	May 10 - May 31	1:00pm - 1:55pm	\$68*/\$80
4 weeks <b>Saturdays</b>	April 6 – April 27	9:00am – 9:55am	\$68*/\$80
5 weeks <b>Saturdays</b>	May 4 – June 1	9:00am – 9:55am	\$85*/\$100

## AGES 5-12

### Throwing, Fielding, Hitting

#### FROZEN ROPES ACADEMIES (BASEBALL/SOFTBALL Ages 5-6, 7-9, and 10-12)

Our academy CLASSES will develop the next generation of baseball and softball players. Throwing, Fielding and Hitting are the main themes. Player max: 12 per class

##### Junior (Ages 5-6)

5 weeks	<b>Tuesdays</b>	April 2 – April 30	5:00pm – 5:55pm	\$119*/\$140
4 weeks	<b>Tuesdays</b>	May 7 – May 28	5:00pm – 5:55pm	\$95.20*/\$112
4 weeks	<b>Saturday</b>	April 13 – May 4	12:00pm – 12:55pm	\$95.20*/\$112
4 weeks	<b>Saturday</b>	May 11 – June 1	12:00pm – 12:55pm	\$95.20*/\$112
4 weeks	<b>Sundays</b>	April 7 – May 5 (no class April 21)	10:00am – 10:55am	\$95.20*/\$112
4 weeks	<b>Sundays</b>	May 12 – June 2	10:00am – 10:55am	\$95.20*/\$112

##### Senior (Ages 7-9)

5 weeks	<b>Tuesdays</b>	April 2 – April 30	6:00pm – 6:55pm	\$119*/\$140
4 weeks	<b>Tuesdays</b>	May 7 – May 28	6:00pm – 6:55pm	\$95.20*/\$112
4 weeks	<b>Thursdays</b>	April 4– April 25	6:00pm – 6:55pm	\$95.20*/\$112
5 weeks	<b>Thursdays</b>	May 2 – May 30	6:00pm – 6:55pm	\$119*/\$140
4 weeks	<b>Sundays</b>	April 7 – May 5 (no class April 21)	11:00am – 11:55pm	\$95.20*/\$112
4 weeks	<b>Sundays</b>	May 12 – June 2	11:00am – 11:55pm	\$95.20*/\$112

##### All-Skills (Ages 10-12)

5 weeks	<b>Tuesdays</b>	April 2 – April 30	7:00pm – 7:55pm	\$119*/\$140
4 weeks	<b>Tuesdays</b>	May 7 – May 28	7:00pm – 7:55pm	\$95.20*/\$112
4 weeks	<b>Thursdays</b>	April 4 – April 25	7:00pm – 7:55pm	\$95.20*/\$112
5 weeks	<b>Thursdays</b>	May 2 – May 30	7:00pm – 7:55pm	\$119*/\$140
4 weeks	<b>Sundays</b>	April 7 – May 5 (no class April 21)	12:00pm – 12:55pm	\$95.20*/\$112
4 weeks	<b>Sundays</b>	May 12 – June 2	12:00pm – 12:55pm	\$95.20*/\$112

# AGES 7-12

## Hitting

### TOTAL PERFORMANCE HITTING

*This session will cover all aspects of hitting with emphasis on timing and pitch selection. Player max: 12 per class*

#### **Ages 7-9**

4 weeks	<b>Mondays</b>	April 1 –April 22	5:00pm – 5:55pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	April 29 – May 20	5:00pm – 5:55pm	\$95.20*/\$112
4 weeks	<b>Wednesdays</b>	April 3 –April 24	5:00pm – 5:55pm	\$95.20*/\$112
5 weeks	<b>Wednesdays</b>	May 1– May 29	5:00pm – 5:55pm	\$119*/\$140
4 weeks	<b>Sundays</b>	April 7 – May 5 (no class April 21)	2:00pm – 2:55pm	\$95.20*/\$112
4 weeks	<b>Sundays</b>	May 12 – June 2	2:00pm – 2:55pm	\$95.20*/\$112

#### **Ages 10-12**

4 weeks	<b>Mondays</b>	April 1 –April 22	6:00pm – 6:55pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	April 29 – May 20	6:00pm – 6:55pm	\$95.20*/\$112
4 weeks	<b>Wednesdays</b>	April 3 –April 24	6:00pm – 6:55pm	\$95.20*/\$112
5 weeks	<b>Wednesdays</b>	May 1– May 29	6:00pm – 6:55pm	\$119*/\$140
4 weeks	<b>Fridays</b>	April 5 –April 26	6:00pm – 6:55pm	\$95.20*/\$112
5 weeks	<b>Fridays</b>	May 3 – May 31	6:00pm – 6:55pm	\$119*/\$140
4 weeks	<b>Sundays</b>	April 7 – May 5 (no class April 21)	3:00pm – 3:55pm	\$95.20*/\$112
4 weeks	<b>Sundays</b>	May 12 – June 2	3:00pm – 3:55pm	\$95.20*/\$112

## Pitching

### BOOM! BASEBALL PITCHING BOOT CAMP (Ages 9-12)

*All aspects of throwing and building a pitching delivery. Player max: 6 per class*

4 weeks	<b>Thursdays</b>	April 4– April 25	6:00pm – 6:55pm	\$95.20*/\$112
5 weeks	<b>Thursdays</b>	May 2 – May 30	6:00pm – 6:55pm	\$119*/\$140
4 weeks	<b>Saturdays</b>	April 6 –April 27	1:00pm – 1:55pm	\$95.20*/\$112
5 weeks	<b>Saturdays</b>	May 4 – June 1	1:00pm – 1:55pm	\$119*/\$140
4 weeks	<b>Sundays</b>	April 7 – May 5( no class April 21)	9:00am – 9:55am	\$95.20*/\$112
4 weeks	<b>Sundays</b>	May 12 – June 2	9:00am – 9:55am	\$95.20*/\$112

### MIKE BERTOTTI BOOM! BASEBALL PITCHING SPL'S (Ages 10-12)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player max: 3*

4 weeks	<b>Wednesdays</b>	April 3 –April 24	6:00pm – 6:55pm	\$229.50*/\$270
5 weeks	<b>Wednesdays</b>	May 1– May 29	6:00pm – 6:55pm	\$286.87*/\$337.50
4 weeks	<b>Fridays</b>	April 5 –April 26	5:00pm – 5:55pm	\$229.50*/\$270
5 weeks	<b>Fridays</b>	May 3 – May 31	5:00pm – 5:55pm	\$286.87*/\$337.50

### INTRO TO SOFTBALL PITCHING CLASS (Ages 7-9)

*Learn the right way the first time. Class emphasis on arm action and deliver consistency to maximize control and age appropriate speed levels. Player max: 6 per class*

4 weeks	<b>Mondays</b>	April 1 –April 22	5:00pm – 5:55pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	April 29 – May 20	5:00pm – 5:55pm	\$95.20*/\$112

### SOFTBALL PITCHING CLASS (Ages 10-12)

*Learn the right way the first time. Class emphasis on arm action and deliver consistency to maximize control and age appropriate speed levels. Player max: 6 per class*

4 weeks	<b>Mondays</b>	April 1 –April 22	6:00pm – 6:55pm	\$95.20*/\$112
4 weeks	<b>Mondays</b>	April 29 – May 20	6:00pm – 6:55pm	\$95.20*/\$112

## AGES 7-12

### **Catching**

#### **INTRO TO CATCHING** (Ages 9-12)

*This session will cover all aspects of CATCHING. Player max: 6 per class*

4 weeks	<b>Thursdays</b>	April 4– April 25	5:00pm – 5:55pm	\$95.20*/\$112
5 weeks	<b>Thursdays</b>	May 2 – May 30	5:00pm – 5:55pm	\$119*/\$140
4 weeks	<b>Sundays</b>	April 7 – May 5 (no class April 21)	1:00pm – 1:55pm	\$95.20*/\$112
4 weeks	<b>Sundays</b>	May 12 – June 2	1:00pm – 1:55pm	\$95.20*/\$112

## AGES 12+

### **Hitting**

#### **HITTING SPL'S** (Ages 13+)

*Our SPL's (Semi Private Lessons) allow our staff added training time and players more reps. Player Max:3*

4 weeks	<b>Sundays</b>	April 7 – May 5	5:00pm – 5:55pm	\$229.50*/\$270
4 weeks	<b>Sundays</b>	May 12 – June 2	5:00pm – 5:55pm	\$229.50*/\$270

### **Strength**



**B<sup>4</sup> STRENGTH & FITNESS CLASS**  
You'll thank us AFTER!

**Bands, Balls, Bells & Body**

Designed by strength & fitness experts in the industry in an easy to follow but challenging workout environment. Using conventional strength equipment, B<sup>4</sup> gets "customized" by varying rest time, reps and loads.

**After never looked so good**

**--- One Hour Classes ---**  
**MON - FRI 7:00 pm**

**Monthly Membership: \$60/month**  
(30 days from your enrollment date)  
**3-Month Membership:**  
**\$150 Unlimited Classes**

## E = EVERYONE

### **Private & Group Lessons**

#### **PRIVATE LESSONS** (All Ages)

30 Minute Lesson \$42.50\*/\$50. 1 Hour Lesson \$76.50\*/\$90. Pre-paid lessons are valid for one year from purchase date.

#### **PRIVATE LESSONS 10 PACK SPECIAL!** (All Ages)

10 (30 minute) lesson package \$374\*/\$440 Pre-paid lessons are valid for one year from purchase date.

#### **For the COMPLETE PLAYER**

*Choose your topic/s: Hitting, Pitching, Catching, Fielding, Speed & Agility, Strength, & or Mental Skills*

#### **CREATE A GROUP LESSON** (All Ages)

Don't see a class time that fits your schedule? You can create a GROUP lesson with your teammates for 1 hour working on your choice of skills. Minimum of 3 players and a maximum of 6 players. **\$120 per session.** Schedule your day and time, available every day.



# MEMBERSHIP

## Being a Member has it's perks!

- 15% OFF Classes, Lessons, Rentals...to name a few
- Earn 5% Credit back with our Rewards Points
- SIX FREE ½ hour Tunnel Time
- FREE Quarterly Weapons of Mental Dominance Workshops

## Facility Rentals



## RENTALS

### TUNNELS or FULL FACILITY



NEVER CANCEL a Practice or Event! Safely book one or ALL of our 6 Tunnels  
[www.frozenropes.com/chester](http://www.frozenropes.com/chester)

Tunnel Rental \$45 /30 minutes or \$65/ 1 hour

Special Team Tunnel Rental \$50/ 1 hour

After Hours Special: Full Indoors \$195/ 1.5 hours

After Hours = Monday-Saturday 8:15pm-9:45pm & Sundays 7:00pm-8:30pm

## ASK ABOUT OUR SUMMER CAMPS!

24 Old Black Meadow Road  
Chester, NY 10918  
Return Service Requested

Take advantage of our **EARLY BIRD SPECIAL**

PSRST STD  
U.S. POSTAGE  
PAID  
MONSEY, NY  
PERMIT NO. 1862

**FROZEN ROPES SUMMER CAMPS**  
BASEBALL • SOFTBALL • ALL SPORT

**EARLY BIRD DISCOUNT**

Register by:

- March 31 Save \$75
- April 30 Save \$50
- May 31 Save \$25

For full-day, full-week camp only

*There's Something for Every Camper, ages 5-13*

FULL DAY Camp	HALF DAY Camp
9am-3pm	9am-12pm
Weekly: \$225 / *191.25	Weekly: \$135 / *114.75
Daily Rate: \$55 / *46.75	Daily Rate: \$30 / *25.50
*Membership Pricing	

➤ Early drop-off available, starting at 7:30am

➤ Late pick-up available until 5:00pm (\$10 per service, per day)

\$20 CHANGE FEE will be charged if changing camps after initial registration.

**3 EASY WAYS TO REGISTER**

Online: [www.frozenropes.com/chester](http://www.frozenropes.com/chester)  
 Phone: (845) 469-9507  
 Mail: Frozen Ropes, 24 Old Black Meadow Rd. Chester, NY 10918

Refunds: No refunds except for medical reasons, with a doctor's note. Weather/rain policy: In case of rain, camp will be moved into our facilities. If accommodations cannot be made for all campers, parents will be notified. Parent Handbook: This handbook contains essential information regarding summer camp. Health forms, waiver, and pick-up authorization must be returned at least one week prior to camp start. Health Director details: Frozen Ropes has a Health Director on staff during camp hours. This children's camp must have a permit to operate from the Orange County Department of Health. The camp is required to be inspected at least twice annually. Copies of inspection reports are on file and available for review at the OC Dept. of Health, Division of Environmental Health, 124 Main Street, Goshen, NY.

**FROZEN ROPES CAMPS**  
 Instructional Baseball & Softball Camps with FUN skills & game situations  
 Recreational All Sport Camp with FUN games & activities

**BASEBALL**

**ROOKIES** Ages 5,6,7

- Morning Skills and Drills
- Afternoon game play
- Last 2 weeks of Tournament Introduction
- 2 Snacks and Lunch Break
- 2 optional Water-Fun Activities

**JUNIORS** Ages 8,9,10

- Morning Skills and Drills
- Last 2 weeks of full day Tournaments
- 1 Snack and Lunch Break
- 2 optional Water-Fun Activities

**SENIORS** Ages 11,12,13

- Morning Skills and Drills
- Last 2 weeks of full day Tournaments
- 1 Snack and Lunch Break
- 1 optional Water-Fun Activity

**SOFTBALL**

**JUNIORS** Ages 8,9,10

- Morning Skills and Drills
- Afternoon game play
- Last 2 weeks of Tournament Introduction
- 1 Snack and Lunch Break
- 2 optional Water-Fun Activities

**SENIORS** Ages 11,12,13

- Morning Skills and Drills
- Afternoon game play
- Last 2 weeks of afternoon Tournaments
- 1 Snack and Lunch Break
- 1 optional Water-Fun Activity

**ALL SPORT Divided Age Groups**

Ages 5-13

- Rotated Sports and Games
- Fun Friday - Fopo Olympics
- 2 Snacks and Lunch Break
- 2 Water-Fun Activities

\*1 water activity for ages 11-13

**SUMMER CAMPS REGISTRATION**

SESSION	ALL SPORT	BASEBALL	SOFTBALL
July 1-3 (3 days)	Full/Half	Full/Half	Full/Half
July 8-12	Full/Half	Full/Half	Full/Half
July 15-19	Full/Half	Full/Half	Full/Half
July 22-26	Full/Half	Full/Half	Full/Half
July 29-Aug 2	Full/Half	Full/Half	Full/Half
Aug 5-9	Full/Half	Full/Half	Full/Half
Aug 12-16	Full/Half	Full/Half	Full/Half
Aug 19-23	Full/Half	Full/Half	Full/Half
Aug 26-30	Full/Half	Full/Half	Full/Half

Campers Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ D.O.B: \_\_\_\_\_  
 Parent's Name: \_\_\_\_\_ Cell#: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Credit Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ CVV: \_\_\_\_\_ Total Payment: \_\_\_\_\_

PLEASE MAKE ALL CHECKS PAYABLE TO:  
**FROZEN ROPES**  
 24 OLD BLACK MEADOW RD.  
 CHESTER, NY 10918

ALL PROGRAMS HAVE LIMITED ENROLLMENT      VIEW FULL PROGRAMS AT: [WWW.FROZENROPES.COM/CHESTER](http://WWW.FROZENROPES.COM/CHESTER)

Baseball & Softball Camp expanded to Age 14!

## FROZEN ROPES NATIONAL TRAINING CENTER

24 Old Black Meadow Rd, Chester NY 10918 | (845) 469-9507 | [Chester@frozenropes.com](mailto:Chester@frozenropes.com)