

**Winter I 2025
Class Session
Jan 2 - Feb 21**



165 Eileen Way
Syosset, NY 11791
516-364-ROPE (7673)
www.frozenropes.com/syosset
email: syosset@frozenropes.com

BASEBALL/SOFTBALL CO-ED CLASSES

Emphasis is put on hitting, throwing, and fielding, along with game situations. From beginners to advanced players, each academy level hones and develops their overall skills.

Junior Academy: Ages 5 - 6

MONDAY: 5:00pm - 6:00pm Jan 6 - Feb 10 (6 Weeks) - \$240
WEDNESDAY: 4:30pm - 5:30pm Jan 8 - Feb 12 (6 Weeks) - \$240
SATURDAY: 10:30am - 11:30am Jan 4 - Feb 8 (6 Weeks) - \$240
SUNDAY: 10:30am - 11:30am Jan 5 - Feb 9 (6 Weeks) - \$240

Senior Academy: Ages 7 - 9

MONDAY: 6:00pm - 7:00pm Jan 6 - Feb 10 (6 weeks) - \$240
WEDNESDAY: 5:30pm - 6:30pm Jan 8 - Feb 12 (6 Weeks) - \$240
SATURDAY: 11:30am - 12:30pm Jan 4 - Feb 8 (6 Weeks) - \$240
SUNDAY: 11:30am - 12:30pm Jan 5 - Feb 9 (6 Weeks) - \$240

All Skills Academy: Ages 10 - 12

WEDNESDAY: 6:30pm - 7:30pm Jan 4 - Feb 8 (6 Weeks) - \$240
SUNDAY: 12:30pm - 1:30pm Jan 5 - Feb 9 (6 Weeks) - \$240

ADVANCED BASEBALL CLASSES

These classes will focus on form and technique with an emphasis on the mental approach to the game.

“Art of Hitting”: Ages 11 - 16

\$330 (limit 4 per class)

**TUESDAY: 8:00pm - 9:00pm
Jan 7 - Feb 11 (6 Weeks)
and/or**

**SATURDAY: 1:00pm - 2:00pm
Jan 4 - Feb 8 (6 Weeks)**

“Pitching 101”: Ages 7 - 8

FRIDAY: 5:00pm - 6:00pm

“Science of Pitching”: Ages 9 - 11

FRIDAY: 6:00pm - 7:00pm

\$225 (limit 5 per class)

Jan 10 - Feb 7 (5 Weeks)

10% discount for signing one player for 2 classes



at



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WINTER I HOLIDAY CAMPS

COED Ages 6-11

MLK DAY: Jan 20 (Mon)
Lunar New Year: Jan 29 (Wed)
February Break: Feb 17 -21 (Mon-Fri)

DAILY SCHEDULE

Co-Ed (Ages 6-11)

10:00am - 2:30pm - \$80

Early drop at 9:00am or Late Pickup at 3:30pm (\$20)

Early drop 9:30am or Late Pickup at 3:00pm (\$10)

Lunch and Snacks are NOT Included

Boys and girls will work on their diamond skills and have fun playing various other playground games!

SOFTBALL WINTER WORKOUTS! \$500 for TEN 90 min sessions

(AGES 7 - 12) SUNDAYS: JAN 5 - MAR 23 from 9:00 - 10:30AM

*no class Feb 16 & 23

(AGES 13 - 17) TUESDAYS: JAN 7 - MAR 18 from 7:30 - 9:00PM

*no class Feb 18

(snow makeup date: Sunday, Feb 23)

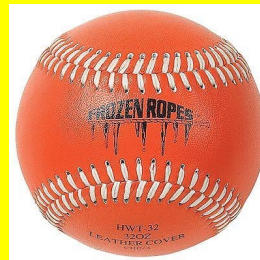
HITTING & WINDMILL PITCHING

CATCHING & THROWING

INFIELD & OUTFIELD PLAY

SPEED/AGILITY/CONDITIONING

BUNTING & SLAP HITTING



CREATE-A-CLASS

**CHOOSE A DAY & TIME
THAT WORKS BEST FOR YOUR GROUP**

Class Policies

- ONE makeup is allowed during the WINTER I Session.
- **REFUND/CANCELLATION** - Refunds will only be made for medical reasons with a doctor's note and issued in the form of account credit.