

Winter II 2025
Class Session
Feb 24 - Apr 18



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

BASEBALL/SOFTBALL CO-ED CLASSES

These classes focus on teaching age-specific skills in baseball and softball. 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: 4:00pm - 5:00pm Feb 24 - Apr 7 (7 Weeks) - \$280
WEDNESDAY: 4:30pm - 5:30pm Feb 26 - Apr 9 (7 Weeks) - \$280
SATURDAY: 10:30am - 11:30am Mar 1 - Apr 5 (6 Weeks) - \$240
SUNDAY: 10:30am - 11:30am Mar 2 - Apr 6 (6 Weeks) - \$240

Senior Academy: Ages 7 - 9

MONDAY: 5:00pm - 6:00pm Feb 24 - Apr 7 (7 Weeks) - \$280
WEDNESDAY: 5:30pm - 6:30pm Feb 26 - Apr 9 (7 Weeks) - \$280
SATURDAY: 11:30am - 12:30pm Mar 1 - Apr 5 (6 Weeks) - \$240
SUNDAY: 11:30am - 12:30pm Mar 2 - Apr 6 (6 Weeks) - \$240

All Skills Academy: Ages 10 - 12

WEDNESDAY: 6:30pm - 7:30pm Feb 26 - Apr 9 (7 Weeks) - \$280
SUNDAY: 12:30pm - 1:30pm Mar 2 - Apr 6 (6 Weeks) - \$240

BRING YOUR OWN EQUIPMENT!!

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: 8:00 - 9:00pm
Mar 4 - Apr 8 (6 Weeks)
and/or

SATURDAY: 1:00 - 2:00pm
Mar 1 - Apr 5 (6 Weeks)

PITCHING CLASSES

“Pitching 101”: Ages 7 - 8

FRIDAY: 5:00pm - 6:00pm

“Science of Pitching”: Ages 9 - 11

FRIDAY: 6:00pm - 7:00pm

\$270 (limit 5 per class)

Feb 28 - Apr 4 (6 Weeks)

10% discount for signing one player for 2 classes



at



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WINTER II & SPRING HOLIDAY CAMPS

COED Ages 6-11

February Break: Feb 17 - 21 (Mon-Fri)

Eid al Fitr: Mar 31 (Mon)

Spring Break: Apr 14 - 18 (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!

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ASK ABOUT: MIDDLE SCHOOL BASEBALL & SOFTBALL TRAINING

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CREATE - A - CLASS

**CHOOSE A DAY & TIME
THAT WORKS BEST FOR YOUR GROUP
(MINIMUM 4 PLAYERS REQUIRED)**

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