



670 N. Redwood Rd.  
 North Salt Lake, UT 84054  
 801-295-0070  
 www.frozenropes.com  
 northsaltlake@frozenropes.com

**September & October  
 2010  
 Schedule of Events  
 Baseball  
 All Ages**

<u>Tunnel Rentals</u>		
	<u>30 min</u>	<u>60 min</u>
Tunnel w/ Tee & L Screen	\$15 / \$13*	\$25 / \$21*
Pitching machine	\$20 / \$17*	\$30 / \$26*
Video Pitching Simulator	\$30 / \$26*	\$45 / \$38*

<u>Individual Lessons</u>	
30 minutes .....	\$40 / \$34*
60 minutes .....	\$60 / \$51*

<u>Semi-Private Lessons (60 minutes)</u>	
2 players.....	\$40 / \$34* each
3 players .....	\$30 / \$25* each

<u>Hit off Live Pitching</u>
\$30 per 30 minutes

\* Membership Pricing

**World Membership Program**\*

(recently discounted—see reverse side for details)

**Birthday Parties**

Open field party for 1 hour 15 minutes

Cost: \$16 per player

(minimum of 8 players)

Package includes: 45 minutes of field play, 30 min. in our “DugOut” for opening gifts and eating, a Frozen Ropes T-shirt and a baseball cookie for each guest

Add: \$3 per player for pizza & drinks (add’l pie \$12)

**Born To Play™ Club (ages 3 to 5)**

An activity class designed to introduce children to athletic movement, supervised exercise and baseball!!

**Tues 2:00pm - 2:50pm**

Sept 7, 14, 21, 28 \$48 / \$41\*

Oct 5, 12, 19, 26 \$48 / \$41\*

**Rookie Class (Co-Ed ages 5-7)**

*Have fun while you play and learn the right way!*

A fun baseball class focusing on hitting, fielding, throwing and developing an understanding of the game.

**Thurs 4:00pm - 5:00pm**

Sept 2, 9, 16, 23, 30 \$100/\$85\*

Oct 7, 14, 21 \$60 / \$51\*

**After School Academy (Co-Ed ages 7-12)**

Instructional sessions focusing on hitting, fielding and throwing.

**Thurs 4:45pm - 5:45pm**

Sept 2, 9, 16, 23, 30 \$125/\$106\*

Oct 7, 14, 21 \$75 / \$64\*

**Scope & Rope Hitting Class**

Combine strength, power, speed and flexibility to take your hitting to the next level. Increase bat speed and develop an approach with each at-bat.

**Wed 6:00pm - 7:00pm (ages 7-11)**

Sept 1, 8, 15, 22, 29 \$125/\$106\*

Oct 6, 13, 20, 27 \$100/\$106\*

**Mon 5:15pm - 6:15pm (ages 12+)**

Sept 13, 20, 27 \$75 / \$64\*

Oct 4, 11, 18, 25 \$100/\$85\*

**Speed Thrills Pitching Class**

Combine strength, power, speed and flexibility to take your pitching to the next level.

**Wed 7:15pm - 8:15pm (ages 7-11)**

Sept 1, 8, 15, 22, 29 \$125/\$106\*

Oct 6, 13, 20, 27 \$100/\$106\*

**Tues 5:15pm - 6:15pm (ages 12+)**

Sept 7, 14, 21, 28 \$100/\$85\*

Oct 5, 12, 19, 26 \$100/\$85\*

**Homework Catching Class (ages 8-13)**

Through the use of effective drills and learning proper technique, you will enhance your defensive skills.

**Fri 4:30pm - 5:30pm (ages 8 - 13)**

Sept 3, 10, 17, 24 \$100 / \$85\*

Oct 1, 8, 15, 22 \$100 / \$85\*

**REGISTRATION FOR CLASSES AVAILABLE ON-LINE, BY APPLICATION, OR BY PHONE**

Player's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Address \_\_\_\_\_ Parent(s) Name \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone Number \_\_\_\_\_  
Emergency Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_  
Class day & time \_\_\_\_\_ Session# \_\_\_\_\_ Total Payment \$ \_\_\_\_\_  
Visa ( ) Mastercard ( ) Amex ( ) Credit Card #: \_\_\_\_\_ Exp. Date \_\_\_\_\_

**Make checks payable to and mail to: Frozen Ropes, 670 N. Redwood Rd. North Salt Lake, UT 84054**

Tel: 801-295-0070 www.frozenropes.com Email: northsaltlake@frozenropes.com

**ALL PROGRAMS MAY HAVE LIMITED ENROLLMENT**

**World Membership Program**

Don't leave home plate without it!

Look what you receive as a world member!

- ◆ Unlimited tunnel use with same day reservation. (pitching machine available on First come first served basis)
- ◆ Earn 5% cash rewards each time you visit Frozen Ropes
- ◆ 15% discount on all programs and Pro Shop sales
- ◆ Access to our National Video Training Library offering tips and drills on how to improve your game
- ◆ Free subscription to End Game, the Frozen Ropes monthly newsletter
- ◆ Members only Slumpbuster's blog on our national web site. Submit a player's problem to our staff and we'll provide you with strategies to break your slump!
- ◆ Parents receive free on-line coaching material
- ◆ All World Members are eligible to win 4 tickets to a Yankees, Mets, Red Sox or White Sox game with airfare and hotel expenses for the weekend and much more!!

Cost: \$450/ player\* — Individual Annual World Membership  
\$360/player\* — Family Annual World Membership (2 or more family members must enroll together)

**Monthly Membership Program**

Cost: \$50/month

Look what you receive:

- ◆ Unlimited Tunnel use with same day reservation. (Iron Mike pitching machine available on first come first served basis)

Cost: \$75/month

- ◆ Includes Pro Batter

“If you want to be a complete hitter, spend time improving with your visual skills. Frozen Ropes is the best in baseball in teaching the visual game.”

**Manny Ramirez**, Seven-Time All Star

“Frozen Ropes has the ability to develop a player's skills both mentally and physically. Their quality instructors prepare players for the next level. As a former Frozen Ropes participant, I strongly recommend it.”

**Sam Militello**,  
Former NY Yankee Pitcher  
Assistant Baseball Coach  
University of Tampa

**Developmental Lesson Plans 12+**

*Build a program that fits your schedule and skill level!  
(valid for 1 year from purchase date)*

**10 Lesson Plan** Cost: \$320 (a \$540 value) / \$272\*

- ◆ 10 individual half hour lessons
- ◆ Video analysis of your skills (the same system we use with our professional players)

**20 Lesson Plan** Cost: \$620 (a \$1040 value) / \$524\*

- ◆ 20 individual half hour lessons
- ◆ Video analysis of your skills (the same system we use with our professional players)