



# OFF-SEASON WORKOUTS

## Hitting and Conditioning

### 1-Hour Sessions

Semi-Private (5 on 1's)  
Ages 9-18

### Option 1 (Check one box)

**Monday and Wednesday**

November (7,9) (14,16) (28,30)  
December (5,7) (12,14) (19,21)

**Tuesday and Thursday**

November (8,10) (15,17) (29)  
December (1) (6,8) (13,15) (20,22)

### Option 2 (Check one box)

**Ages 9 - 10**

- 5:30pm - 6:30pm
- 6:00pm - 7:00pm

**Ages 11 - 12**

- 6:30pm - 7:30pm
- 7:00pm - 8:00pm

**Ages 13 - 14**

- 7:30pm - 8:30pm
- 

**Ages 15 - 18**

- 8:00pm - 9:00pm
- 

**Mail form to:** 36 Midland Avenue, Port Chester, NY 10573 **Phone:** 914-937-6700

Name: \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Short Size: \_\_\_\_\_  
D.O.B: \_\_\_\_/\_\_\_\_/\_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip: \_\_\_\_\_ Home # \_\_\_\_\_ Cell # \_\_\_\_\_  
Emergency Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_  
Emergency Contact #: \_\_\_\_\_  
Email: \_\_\_\_\_  
Payment Type:  
Check# \_\_\_\_\_ CC# \_\_\_\_\_ (Amount): \_\_\_\_\_  
Expiration Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Make Checks Payable to **PROSWING**  
ProSwing Athletic Training Center  
36 Midland Avenue, Port Chester, NY 10573

# Fax this to 914-937-2304

For questions email [sam@proswingbaseball.com](mailto:sam@proswingbaseball.com)

or visit [www.proswingbaseball.com](http://www.proswingbaseball.com)