



OFF-SEASON WORKOUTS

Hitting and Conditioning

1-Hour Sessions

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

12 SESSIONS (Includes 2 T-Shirts and Shorts)

FEE - \$400

Dates :

Options

Monday and Wednesday

November (7,9) (14,16) (28,30)

December (5,7) (12,14) (19,21)

OR

Tuesday and Thursday

November (8,10) (15,17) (29)

December (1) (6,8) (13,15) (20,22)

Ages and Times

Age 9 to 10: *5:30pm - 6:30pm
OR

*6:00pm - 7:00pm

Age 11 to 12: *6:30pm - 7:30pm
OR

*7:00pm - 8:00pm

Age 13 to 14: 7:30pm - 8:30pm

Age 15 to 18: 8:00pm - 9:00pm

* The time you choose will be the SAME time for both days of the week and ALL 12 SESSIONS (i.e. Mon. 5:30pm AND Wed. 5:30pm)

Call 914-937-6700

or

Email - Sam@proswingbaseball.com

