

Throwing Program

Balls-n-Strikes **NEW** Thrower's Training Program is designed for any baseball or softball player. The 12-week program will meet twice a week for 60-minutes, in a group setting. Using our 6-level pyramid system allows you to get the exact level of training you need - at the exact time you need it.



12-week session begins Sunday, September 16
Sundays (2:00pm, 3:00pm, 4:00pm)
Tuesdays (6:00pm, 7:00pm, 8:00pm)
\$280/athlete



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