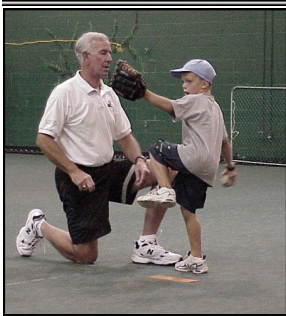


# GROUP LESSONS



## ALL SKILLS CLASSES



Choose Any Month(s) <input type="checkbox"/> November <input type="checkbox"/> December <input type="checkbox"/> January <input type="checkbox"/> February <input type="checkbox"/> March	<input type="checkbox"/> Thursday	<input type="checkbox"/> 6 PM Age 7-10	<input type="checkbox"/> 7PM Age 11-14	FULL
	<input type="checkbox"/> Friday	<input type="checkbox"/> 6 PM Age 7-10	<input type="checkbox"/> 7PM Age 11-14	FULL
	<input type="checkbox"/> Sunday	<input type="checkbox"/> 1PM Age 7-10	<input type="checkbox"/> 4PM Age 11-14	FULL

**All Skills** - Covers fundamental aspects of all skills required to play the game. The class will cover but will not be limited to throwing, hitting, defensive play, and base running.

## CATCHING CLASSES



Choose Any Month(s) <input type="checkbox"/> November <input type="checkbox"/> December <input type="checkbox"/> January <input type="checkbox"/> February <input type="checkbox"/> March	<input type="checkbox"/> Sunday	<input type="checkbox"/> 12PM H.S.>	<input type="checkbox"/> 1PM Age 12-14	FULL
	<input type="checkbox"/> Tuesday	<input type="checkbox"/> 5PM Age 8-11	<input type="checkbox"/> 6PM Age 12-14	<input type="checkbox"/> 7PM H.S.
	<input type="checkbox"/> Thursday	<input type="checkbox"/> 5PM Age 8-11	<input type="checkbox"/> 6PM Age 12-14	FULL

**Catching** - Covers basics in footwork, throwing, blocking and framing through advanced techniques. Teaches the mental aspects of catching as well as how to work well with pitchers.

## PITCHING CLASSES



Choose Any Month(s) <input type="checkbox"/> November <input type="checkbox"/> December <input type="checkbox"/> January <input type="checkbox"/> February <input type="checkbox"/> March	<input type="checkbox"/> Monday	<input type="checkbox"/> 6PM Age 9-11	<input type="checkbox"/> 7PM Age 12-14	<input type="checkbox"/> 8PM H.S.
	<input type="checkbox"/> Tuesday	<input type="checkbox"/> 6PM Age 9-11	<input type="checkbox"/> 7PM Age 12-14	<input type="checkbox"/> 8PM H.S.
	<input type="checkbox"/> Sunday	<input type="checkbox"/> 12PM H.S.	<input type="checkbox"/> 1PM Age 12-14	<input type="checkbox"/> 2PM Age 7-11

**Pitching** - This class will cover all fundamental mechanics of throwing and pitching. Players will learn proper mechanics, grip technique and pitch velocity as well as mound work.

## HITTING CLASSES



Choose Any Month(s) <input type="checkbox"/> November <input type="checkbox"/> December <input type="checkbox"/> January <input type="checkbox"/> February <input type="checkbox"/> March	<input type="checkbox"/> Tuesday	<input type="checkbox"/> 6PM Age 9-12	<input type="checkbox"/> 7PM Age 13 UP	FULL
	<input type="checkbox"/> Thursday	<input type="checkbox"/> 6 PM Age 9-12	<input type="checkbox"/> 7P M Age 13 UP	FULL
	<input type="checkbox"/> Sunday	<input type="checkbox"/> 12PM 12-14	<input type="checkbox"/> 1PM H.S.	<input type="checkbox"/> 2PM 9-12

**Hitting** - This class will cover the mechanics of the swing. Players will learn proper technique in order to develop consistency in both contact and power, hitting to all fields while increasing bat speed and velocity.

# GROUP LESSON RATES (FOUR- 1 HOUR SESSIONS PER MONTH)

**NEW!**  
NEVER LOSE YOUR SPOT.

Train For  
**\$25/Session**

MEMBER RATES		NON-MEMBER RATES	
ONE MONTH	\$100 (\$25 Per Hour)	ONE MONTH	\$125 (\$31.25 Per Hour)
		2+ CONSECUTIVE MONTHS	\$100 (\$25 Per Hour)

**The winter is when true ball players separate themselves from the pack.**

**Brand new this winter**, you have the chance to secure your spot in any class without an upfront payment in full. Complete the form below and you will be enrolled in our **BRAND NEW, SAVE MY SPOT** plan.

**Secure your spot in our classes by enrolling in our auto-pay option or pay month to month**

**Lock in your payment of \$25/session and never worry about being shut out.**

**Want To Make Sure  
Your Player Has A  
Secured Spot Each Month  
For Training?**

Check The Box and Your Player  
will be automatically added to each month's roster  
until you give a 30 day written notice to remove him  
(November-March)

## TEAM CAMPS



**2-4 Players — \$100 Per Player**  
**6 Players — \$80 Per Player**

Name 1: \_\_\_\_\_  
Name 2: \_\_\_\_\_  
Name 3: \_\_\_\_\_  
Name 4: \_\_\_\_\_  
Name 5: \_\_\_\_\_  
Name 6: \_\_\_\_\_

(Full payment must be made upon registration for special group rate.)

### Registration

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Email: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Cell#: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Signature: \_\_\_\_\_

### PAYMENT METHOD-Credit Card Required for Save My Spot Plan

Cash Check Visa MC Disc AMEX Amount Enclosed:\$ \_\_\_\_\_

Card No \_\_\_\_\_

Exp Date \_\_\_\_\_

3 digit V-Code \_\_\_\_\_

Signature: \_\_\_\_\_



(Please visit our website at [www.strikezoneomaha.com](http://www.strikezoneomaha.com) for Cancel/Release Policy.)

### Strike Zone

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