

# BALTIMORE BASEBALL ACADEMY



**LOCATION:** PerformFit  
10880 Railroad Ave.  
Cockeysville, MD 21030

**DATES:** December 7th - March 1st

**DAYS:** Wednesday evenings

**TIMES:** Ages 8-14 6:00-7:00pm

## PROGRAM:

This one hour professional style workout will focus on the fundamentals of hitting, pitching, and fielding. Our small group stations will allow for quality instruction and plenty of repetitions. We will also cover scapular stabilizing exercises for the throwing shoulder as well as core strengthening routines. Our instructors consist of top quality professionals with years of playing and coaching experience.

## COST:

\$25 payable the day of the Academy. Cash or Check only. First 30 players to sign up in each age group will be admitted to the Academy.

## CANCELLATION POLICY:

You must cancel 24 hours in advance or your credit card will be charged \$25.

## HOW TO REGISTER:

- Go to [www.performfit.com](http://www.performfit.com).
- Click on Baseball tab (under Sports).
- Print out WAIVER, fill out and bring with you to your first session
- Sign up ONLINE. If you are new to our site, you will need to create an account. Make sure to enter all the required information. You will need to enter your credit card information but your card **WILL NOT BE CHARGED**, you will be paying at the door. Choose your age group and click SIGN UP NOW. Then choose the sessions you wish to attend.

***\*Individual Hitting, Pitching, and Catching Lessons are also available at other times. Please visit [www.performfit.com](http://www.performfit.com) for more details.***

***For more information, please visit our website at [www.performfit.com](http://www.performfit.com)***