



## After School Enrichment Program

Since 1988, Frozen Ropes has been a valuable resource for schools and civic organizations across the Hudson Valley by offering sports and fitness activities at your facility or at our new complex in Chester, NY. Elementary schools, PTA's, YMCA's and Boys and Girls Clubs have partnered with our Enrichment programs as a vehicle to provide safe and organized activities while raising dollars for other projects!

Our full-time staff scripts out the format of the session, with your input, and brings all the necessary equipment to conduct a fun and organized activity session. Our new 10 acre sports park in Chester NY will allow us to expand our offerings to players and families throughout the Hudson Valley. **The Rock Sports Park** will host our Spring and Summer camps and also provide schools with the ultimate field trip destination. **Top Gun** is our new youth football skill program directed by the best Football Coaches in Orange County.

Our After School Enrichment programs include:

### Born to Play

(ages 3-4) An introductory class to throwing, catching and fielding skills for the beginner baseball player.

### Little Kickers Soccer

(ages 5-10) Introductory soccer class to prepare players for rec. soccer.

### After School Baseball Academy

(ages 5-10) Fun games and instruction to prepare players for little league.

### Girls Got Game Softball Academy

(ages 5-10): Major emphasis on throwing and hitting to prepare the girls for little league.

### Top Gun Football Class

(ages 5-10): An introductory class to teach children the rules and skills to play football.

### All-sport Academy

(ages 5-10): An interactive session with soccer, football and baseball activities all in one!

### RockFit Fest

(ages 5-10): Contests and fun games with emphasis on flexibility, coordination and cardio improvement.

All programs typically run for at least one hour and pricing is set after input from the school. Prices will range from \$7-10 per child.

Our staff to player ratio is 12:1 and we supply all equipment and instructional tools. All programs also offer a **Fruit of the Day** where students are offered a different fruit each session. This feature has been a big hit in getting students to experiment with different fruits and healthy snacks as an alternative to “junk foods” and high-fat choices.

We have introduced our **Give Back Program** as part of the **Enrichment Program** whereby a percentage of all registration fees collected in connection with the programs are donated back to the school, or to a designated charity. We would welcome the opportunity to meet with you at your school or at Frozen Ropes to discuss this exciting program. In the event gym space is a challenge, we can discuss how these exciting programs can be conducted at our facility during the week or on weekends for your students.

**Physical activity, healthy eating habits and participation in sports is a crucial component of all students’ daily lives. We look forward to being part of this journey with them!**

For more information please contact:

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