

# Ultimate Membership

Individual Membership or Family membership (12 Months – Either Monthly or Pay in Full)

## Membership Includes: 1 Year

- 2 Customized Workouts with our trainers for age & sports specific - Pitching, Hitting, Strength, Speed & Agility – Your choice
- 1 (4 Week) SAS program – pick a month
- Unlimited Use of the SAS room – Includes, Ropes, Ladder work, tire Flips, Plyo boxes
- Unlimited Use of Cardio Machines
- Unlimited Use of Unlimited Use of the Workout Room (Free Weights and Machines) – after your receive a workout from our trainers – Note: Ages 12 & Older
- Unlimited Use of the Baseball Cages upstairs – Throwing, Soft-toss, Iron Mike Machine, BBS and radar Gun (this will be during certain hours)
- Opening hitting w/Paul Cambra – see schedule
- Ultimate Sports T-Shirt and key card for scanning in

**Set your goals, whether you want to increase arm strength, bat speed, etc., Ultimate Sports will help you get there.** We feel this is the best Sports Specific Membership available. Call or stop by at your convenience to discuss.

### **Individual membership - Month to month - \$25 per month or \$250 for the whole year**

Individual Monthly: \$25 a month

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1920336>

Individual (Pay in Full) - \$250 whole year (Saving \$50)

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1920353>

### **Family Membership - Month to Month - \$35 or \$350 (Parents can work out as they wait)**

Family Monthly: \$35 a month

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1920340>

Family (Pay in Full) - \$350 whole year (Savings \$70)

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1920350>

## **SAS Program (Speed, Agility, Strength) Complete your Game!!!!**

**Overview:** We all know that Speed and Strength training are extremely important in training for any sport. Many athletes are only focused on the sport skills and are lacking in this area. Speed/Agility and Strength Training will **complete your game**, allowing you to sharpen your skills, get stronger, and become more athletic. Ultimate Sports SAS program get the most out of its athletes. Speed, Agility, and Strength are just some of the components we focus on during this program. The results that our athletes have shown in the training facility can be seen immediately with their performance on the athletic field. It is very apparent that those athletes who spend time honing their skills at Ultimate Sports reap the benefits on the field.

Day	Dates	Time	Age	Cost	Max of 10 kids
Tuesday	Feb 6,13,20,27	7-8 P.M	8-13	\$70	

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2042967>

Day	Dates	Time	Age	Cost	Max of 10 kids
Thursday	Feb 1,8,15,22	7-8 P.M	8-13	\$70	

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2042959>

# 10 Week Fall /Winter 2017/18 Clinic

This clinic is an overall clinic that will focus on fielding, throwing, catching, hitting, bat speed, base running, sliding, speed & agility, and conditioning. There will be a maximum of 30 kids per class. Sessions will be offered on Mondays and Fridays. 1 to 6 ratio with Instructors.

## Format

- Circuit Training(Station Work) , Bat Speed / BBS
- Fielding, Pitching, Live Hitting (Virtual Machine)
- Throwing Speed ,Cutoffs / Outfield, All Aspects of the Game

**Cost:** \$230 per program (10 weeks)  
\$500 for 2 programs

AGES	DAY	TIME	Spots	Start Date	Link
5-6	Fri	4-5 P.M.	9 of 10	Jan 29	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879046">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879046</a>
7-8	Mon	5-6 P.M.	Sold Out		Sold Out
7-8	Tues	6-7 P.M.	7 of 15	Jan 23rd	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1950028">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1950028</a>
7-8	Fri	5-6 P.M.	Sold Out		Sold Out
9-10	Mon	5-6 P.M.	Sold Out		Sold Out
9-10	Tues	6-7 P.M.	7 of 10	Jan 23	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1950028">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1950028</a>
9-10	Fri	6-7 P.M.	15 of 20	Jan 29	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879063">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879063</a>
11-12	Fri	7-8 P.M.	Sold Out		Sold Out

## 10 Week Hitting School

This clinic specifically works on hitting mechanics and bat speed. There will be a maximum of 20 kids per class. Sessions will be offered on Mondays and Wednesdays. 1 to 6 ratio with Instructors. We will be using the Virtual Machine for Live hitting as well.

## Format:

- Proper Mechanics, BBS / Bat Speed
- Live Hitting – All Different Pitches and Speed
- Mental Approach, Situational Hitting

**Cost:** \$230 per program (10 weeks)  
\$500 for 2 programs

AGES	DAY	TIME	Spots	Start Date	Link
6-8	Mon	6-7 P.M.	Sold out	Jan 29	Sold Out
9-10	Mon	6-7 P.M.	7 of 10	Jan 29	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879084">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879084</a>
9-10	Weds	6-7 P.M.	3 of 15	Jan 31	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879086">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879086</a>
11-12	Mon	7-8 P.M.	12 of 15	Jan 29	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879168">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879168</a>
11-12	Weds	7-8 P.M.	12 of 15	Jan 31	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879068">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879068</a>
13-16	Mon	8-9 P.M.	7 of 15	Jan 29	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879076">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879076</a>
13-16	Weds	8-9 P.M.	Sold Out	Jan 31	Sold Out

## Pitching School (4 Weeks)

This clinic aims to teach proper throwing techniques and the fundamentals of pitching, while improving velocity and control. There will be a maximum of 6 kids for this program and everybody will be tested on the radar gun

Day	Dates	Time	Age	Cost	Max of 10 kids
Thursday	Feb 1,8,15,22	6-7 P.M	9-12	\$75	

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2043011>

## Fielding Clinic (4 Weeks)

Ultimate's Fielding Clinics teach players the drills and skills necessary to improve their defensive games. Learn the proper mechanics of the fielding stance, footwork, balance and the importance of using 2 hands, along with proper throwing techniques.

Day	Dates	Time	Age	Cost	Max of 6 kids
Tues	Feb 6,13,20,27	5-6 P.M	9-12	\$75	

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2042969>