

Something for Everyone !!!!

1. Summer Baseball Clinics
2. One on One Lessons and true live hitting with instructor
3. Memberships,
4. SAS (Speed, Agility & Strength)

5. Pitching School
6. Team Training
7. Fall/Winter Annual clinics that begins in Oct
8. Fast Pitch Softball hitting Clinic
9. Birthday Parties

1. Ultimate Sports Summer Camp - This will be a 5 day comprehensive baseball training program designed specifically by age group and will stress the fundamentals of fielding, throwing, hitting, and game strategy. The participants will be taught by the expert staff of Ultimate Sports. Each client will be tested on how hard they throw the speed at which they hit a ball (BBS), and will be educated in how to increase both their arm strength and BBS. We also do an evaluation on every client.

Time: 9:00 - 12:00 PM

Ages: 5-7 / 8-10 / 11-12

Location: Ultimate Sports (Mon, Weds, Fri) working on Skill work / Tuesdays & Thursdays are at McNamara Field in Cheshire. (Working on live games, outfield, base-running and more)

Notes: Each participant is required to bring their own snack and lunch if they are doing SAS.

Also: We will be doing an SAS Class. SAS (Speed, Agility and Strength) we will be doing SAS for 3 days a week. Mon, Weds and Friday from 12:30 - 2:00- The SAS class Will be the week of the summer camps and run after the camps.

Ex: for Mon, Weds, Fri – Baseball Camp – 9-12 P.M (12:00 – 12:30, break in Party Room) 12:30 – 2:00 - SAS

Summer Camps Weeks

Week 1) June 25

Week 2) July 9 – Sold Out

Week 3) July 23 – Sold Out

Week 4) Aug 6

	Baseball Clinic (9-12 P.M - Mon- Fri)				
# of Sessions	1	2	3	4	5
Cost Per Session	\$175	\$160	\$150	\$140	\$130

Option also:

	SAS (Mon, Weds, Fri 12:30- 2:00)				
# of Sessions	1	2	3	4	5
Cost Per Session	\$75	\$70	\$65	\$60	\$55

If doing multiple weeks, need to call so we can manually customize it for you. 203-265-1961

2. One on One Lessons – We customize all lessons – They are one on one with an instructors. True live hitting is with our Virtual Machine and instructor

3. Memberships - Includes: 1 Year

- 1 Customized Workouts with our trainers for age & sports specific -
- Unlimited Use of the SAS room (Speed Tunnel) – Includes, Ropes, Ladder work, tire Flips, Plyo boxes – Any time during operation hours
- Unlimited Use of the Workout Room– after your receive a workout from our trainers –Any time during operation hours
- Unlimited Use of the Baseball Cages upstairs – Throwing, Soft-toss, Iron Mike Machine, BBS and radar Gun (Needs to be done **before 5 P.M** on weekdays and open on weekends during parties - Must Call ahead)

Single Membership: \$200

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

Family Membership - \$300

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

4. SAS (Speed, Agility & Strength) – SAS - 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

AGES	DAY	TIME	Spots Left	Cost \$75 (4 Weeks)
10-14	Thurs	5-6 P.M P.M	10	Dates: Sept 6, 13, 20, 27th

link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2175355>

5. Pitching School - This clinic aims to teach proper throwing techniques and the fundamentals of pitching, while improving velocity and control. There will be a maximum of 5 kids per instructor for this program and everybody will be tested on the radar gun

AGES	DAY	TIME	Spots Left	Cost \$75 (4 Weeks)
9-12	Thurs	6-7 P.M	10	Dates: Sept 6, 13, 20, 27th

link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2175010>

6. **Team Training** .Last year we had 20 teams that did customized team training programs with us from all over the state so please schedule your visits as soon as possible. We offer to little league, travel, middle school, high school, and adult teams so anybody can benefit. Not to mention, we also do league tryouts and evaluations for many towns. With the addition of a 4th virtual baseball machine (Throws live pitches, Curveball, Sliders, Fastballs and more), Ultimate is positive we can provide all the necessary components to allow teams to properly get ready for the season. We are known as an added value facility for all teams; **we are not affiliated with any teams and remain neutral.** There is no other place like us in New England and we are very proud of it. We can customize any workout for any team! We will have a staff member to help organize the workout.

7. 20 Weeks Overall Clinic: (Every Year we sell out)

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

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>
<u>5-6</u>	<u>Fri</u>	<u>4-5 P.M.</u>
<u>7-8</u>	<u>Mon</u>	<u>5-6 P.M.</u>
<u>7-8</u>	<u>Fri</u>	<u>5-6 P.M.</u>
<u>9-10</u>	<u>Mon</u>	<u>5-6 P.M.</u>
<u>9-10</u>	<u>Fri</u>	<u>6-7 P.M.</u>
<u>11-12</u>	<u>Fri</u>	<u>7-8 P.M</u>

20 Week Hitting School (Every Year we sell out)

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

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>
<u>6-8</u>	<u>Mon</u>	<u>6-7 P.M.</u>
<u>9-10</u>	<u>Mon</u>	<u>6-7 P.M.</u>
<u>9-10</u>	<u>Weds</u>	<u>6-7 P.M.</u>
<u>11-12</u>	<u>Mon</u>	<u>7-8 P.M.</u>
<u>11-12</u>	<u>Weds</u>	<u>7-8 P.M.</u>
<u>13-16</u>	<u>Mon</u>	<u>8-9 P.M.</u>
<u>13-16</u>	<u>Weds</u>	<u>8-9 P.M</u>

8. **Sept Hitting Clinic for Softball** - This clinic specifically works on hitting mechanics and bat speed. There will be a maximum of 12 kids per class. Sessions will be offered on Wednesdays. 1 to 6 ratio with Instructors. We will be using the Jugs Machine for Live hitting as well.

Format:Proper Mechanics, BBS / Bat Speed , Live Hitting Mental Approach, Situational Hitting

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>	<u>Spots Left</u>	<u>Cost \$75 (4 Weeks)</u>
10 -15 (10-12, 13-15)	Weds	5-6 P.M	10 Spots	Sept 5,12,19,26

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2176296>

9. Birthday Parties: Come to Ultimate Sports & Party Center to celebrate your next birthday! We guarantee that it will be the ultimate party experience and will put a smile on the birthday boy/girl and all of their guests. Where else can you go and play the sports of your choice in a full size arena and have your own private party room immediately after? At Ultimate Sports you can have both! Ultimate Sports has made another upgrade to its parties. Since the Glow in the Dark Parties is in such high demand, we decide to make the Arena GLOW more. We repainted the Green monster so it will glow. We also did the whole arena border so everything is unique

Standard Package: Max # of participant up to 20
Length: 1 hour & 45 minutes 1 hour in the arena, pick the sports of your choice (organized by ultimate staff members) 45 minutes in 1 of our 3 themed party rooms. Design your party/theme using your own supplies. (We supply tables, chairs, tablecloths, freezer, and refrigerator) Cost: \$225 (Requires \$100 Deposit)

Ultimate Package: Max # of participant up to 20
Length: 2 hour & 45 minutes. 2 hour in the arena, pick the sports of your choice (organized by ultimate staff members) 45 minutes in 1 of our 3 themed party rooms. Design your party/theme using your own supplies. (We supply tables, chairs, tablecloths, freezer, and refrigerator)
Cost: \$325 (Requires \$150 Deposit)