



1 session per week: **\$95**  
 2 sessions per week: **\$170**

## HUNGRY HITTER REP SESSION

Balls-n-Strikes is launching a new program for players wanting to get more reps inside a structured and instructional setting. This program is designed as enhanced batting practices for players who want more reps and teaching guidelines along the way. Each class will have a maximum of 6 players with 1 instructor.

BNS will have a hitting instructor overseeing each week. The instructor will be responsible for:

- Organizing each session with stations and an itinerary to follow.
- Offering the hitters advice and instructional points as they see fit.
- Making sure the sessions stay on time, with equal swings and opportunities for each player.

*\*These are not private lessons: the goal of this program is for players to come in and get more reps in a controlled environment.*

HUNGRY HITTERS SCHEDULE			
AGE	DAY	TIME	DATES
7-10	Wednesday	4:00-5:00	11/2, 11/9, 11/16, 11/23
11-14	Thursday	4:00-5:00	11/3, 11/10, 11/17, 11/24*
7-10	Thursday	5:00-6:00	11/3, 11/10, 11/17, 11/24*
11-14	Thursday	8:00-9:00	11/3, 11/10, 11/17, 11/24*
11-14	Saturday	1:00-2:00	11/5, 11/12, 11/19, 11/26
7-10	Saturday	2:00-3:00	11/5, 11/12, 11/19, 11/26
11-14	Sunday	2:00-3:00	11/6, 11/13, 11/20, 11/27
7-10	Sunday	3:00-4:00	11/6, 11/13, 11/20, 11/27
11-14	Sunday	4:00-5:00	11/6, 11/13, 11/20, 11/27
7-10	Sunday	5:00-6:00	11/6, 11/13, 11/20, 11/27
11-14	Monday	4:00-5:00	11/7, 11/14, 11/21, 11/28
7-10	Monday	5:00-6:00	11/7, 11/14, 11/21, 11/28
11-14	Monday	8:00-9:00	11/7, 11/14, 11/21, 11/28
7-10	Tuesday	4:00-5:00	11/8, 11/15, 11/22, 11/29
11-14	Tuesday	8:00-9:00	11/8, 11/15, 11/22, 11/29

*\*Players will need to choose a different session this week*

**Call Balls-n-Strikes Ballwin to register: 636-394-2255**