

# B A S E B A L L



**Session 1:**  
Nov. 8, 2021 - Jan. 13, 2022

**Session 2:**  
Jan. 17, 2022 - March 17, 2022



# S O F T B A L L

## Academy Training

Learn the fundamentals of baseball and softball from a professional instructor.

### **Academy Training Divisions:**

#### **Little Rookies:**

3-5 yrs - Wed.

#### **Fielding & Hitting:**

5-8 yrs - Thur., 9-11 yrs - Tue.,  
12+ yrs - Tue.

#### **Hitting:**

8-12 yrs - Wed., 13+ yrs - Wed.

#### **Baseball Pitching:**

9-12 yrs - Tue., 13+ yrs - Thur.

#### **Softball Pitching:**

9+ yrs - Thur.  
(Session 1: by appointment)

#### **Catching:**

8-12 years - by appointment

- 8 week per session
- 1 day per week / 1 hour per day
- Facility ID & Photo required
- See detailed schedule of dates and times on the Academy Flyer on the website.

(\*\* **Days and Times** for any and all age groups may change based upon final registration numbers, especially as a result of possible changes related to COVID-19)

Register online through your DASH account or at the Dome office.

**[www.adksc.com](http://www.adksc.com)**

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