



WARREN HILLS WINTER WORKOUT

LVBA would like to offer a special rate for a 10-week session of The Winter Workout to Warren Hills Youth baseball players. Each session includes a dynamic warm-up followed by training in 3 different areas. Players will be rotated through a hitting station, a pitching/throwing station and a fielding station. LVBA's professional staff will administer all sessions of the Winter Workout.

Age range is from 9-14.

The sessions go once a week for 90 minutes at a cost of \$250.00 for the entire program & we will also offer an 8-week program for \$200. Our time slot is 5:30-7:00 PM on Sundays starting January 22.

Online registration will be open ASAP at www.WHYBA.net

Please contact Katie Hoffmann @908-343-5750, or email: katieh1213@yahoo.com. If you are interested in this special offer and would like to register.

Its only minutes from Coca Cola Park.

LVBA's physical address is 1716 E. Tremont Street, Allentown, PA 18109.

