



HARD 90
BASEBALL ACADEMY

EST. 2005

www.hard90baseball.com

(916) 365-4977

HARD 90 BASEBALL's *Total Player Prep Program* **2011-12 WINTER QUARTER**



ALL INDOORS AT

THE CLUBHOUSE

Ten Workouts for \$80/monthly, \$100 includes Open Hitting, easy EFT contract

Five Workouts for \$50/monthly, \$70 includes Open Hitting, easy EFT contract

Single Workouts are \$35 if paid as a walk-up

SIBLING RATE IS HALF, easy Electronic Funds Transfer contract available on our website

**PROFESSIONAL INSTRUCTION ON HITTING, PITCHING,
FIELDING, CATCHING, BASERUNNING AND MORE!**

Emphasis also on game situations, mental preparation and core strength/agility.

MUST HAVE A PARTICIPATION/RELEASE FORM ON FILE OR DOWNLOAD at www.hard90baseball.com

Age as of April 30, 2012

Ages 7-9's	9:00am-11:30am (Sun)	THE CLUBHOUSE	Dec 11	Jan 8, 22	Feb 12, 26
	5:30pm-8:00pm (Tue)	THE CLUBHOUSE	Dec 6, 20	Jan 3, 17	Feb 7
Ages 10-11's	11:30am-2:00pm (Sun)	THE CLUBHOUSE	Dec 11	Jan 8, 22	Feb 12, 26
	5:30pm-8:00pm (Thurs)	THE CLUBHOUSE	Dec 8, 22	Jan 5, 19	Feb 9
Age 12	2:00pm-4:30pm (Sun)	THE CLUBHOUSE	Dec 11	Jan 8, 22	Feb 12, 26
	5:30pm-8:00pm (Tue)	THE CLUBHOUSE	Dec 13, 27	Jan 10, 24	Feb 14
Ages 13's	10:00am-12:30pm (Sat)	THE CLUBHOUSE	Dec 10	Jan 7, 21	Feb 11, 25
	5:30pm-8:00pm (Wed)	THE CLUBHOUSE	Dec 7, 21	Jan 4, 18	Feb 8
Ages 14-18's	12:30pm-3:00pm (Sat)	THE CLUBHOUSE	Dec 10	Jan 7, 21	Feb 4, 11
	5:30pm-8:00pm (Thurs)	THE CLUBHOUSE	Dec 15, 29	Jan 12, 26	Feb 2

OPEN HITTING HOURS FOR THE WINTER

Except for tourney weekends & holidays as listed:

12/3, 12/4, 12/17, 12/18, 12/24, 12/25, 12/31, 1/1, 1/14, 1/15, 1/28, 1/29, 2/5, 2/18, 2/19

The Clubhouse (EDH facility):

Ages 7-9: Wed. at 4pm-6:00pm and Saturdays 4pm-6pm

Ages 10-11: Tue. at 4pm-6:00pm and Saturdays 4pm-6pm

Age 12: Thurs. 4pm-6:00pm and Saturdays 4pm-6pm

Ages 13-18: Fri. at 6pm-8pm and Sundays 5pm-7pm



The Clubhouse (El Dorado Hills Facility): 1235 Glen Haven Ct., El Dorado Hills: Take Highway 50. Exit Latrobe/El Dorado Hills. Head South on Latrobe. DO NOT TURN on the 1st Golden Foothills Pkwy (Business Park #1). After approx. 1 mile turn right on 2nd Golden Foothills Pkwy (Business Park #3). 1st left on Robert J. Matthews. 1st right on Hillsdale. Left on Glen Haven Ct. 1235 Glen Haven Ct. (H-90 at end of court on left side).

- Lessons - Workouts - Clinics - Camps - Tournament Teams