



S.W.A.T. CLASS: SWINGING WITH ATHLETIC TRAINING

CLASSES: Mondays and Thursdays

AGES: 9 - 13 yrs old · 8:00 pm-9:00 pm

COST: \$250 / 10 Classes

LOCATION: Total Sports Complex
30990 S. Wixom Rd., Wixom MI 48393

FALL 2021 SESSIONS

1. Thurs, Sept 9 - Thurs, Oct 7
(9 classes = \$225)
 2. Mon, Oct 11 - Thurs, Nov 11
(10 classes)
 3. Mon, Nov 15 - Mon, Dec 20
(10 classes)
- *No class Nov 25

DESCRIPTION: This intense hitting class is designed to get players power in their baseball swing with more reps and drills. This detail oriented class will go over proper swing path, extending through the ball, use of the back side and developing more power.

TO REGISTER OR FOR MORE INFORMATION:

CALL/EMAIL: Rick Wing, Total Baseball Supervisor at (248) 668-0166 · rickw@totalsportscomplex.com

WEB:

www.totalsportscomplex.com/locations/wixom/baseball/



totalsportscomplex.com

