



## S.W.A.T. CLASS

# SWINGING WITH ATHLETIC TRAINING

**AGES:** 11-18 yrs.

**CLASSES:** Mondays and Thursdays  
7:00 pm-8:00 pm

**COST:** \$250 / 10 classes

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

### FALL 2023 SESSION DATES

- September 7-October 9
- October 12-November 13
- November 16- December 21

### 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 MORE INFORMATION:

Call/Email: Joey PeJuan, Total Baseball  
Supervisor (248) 668-0166 ·

[joey@totalsportscomplex.com](mailto:joey@totalsportscomplex.com)

Web: [www.totalsportscomplex.com/locations/wixom/baseball/](http://www.totalsportscomplex.com/locations/wixom/baseball/)



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