

# INSIDE THE ZONE



WEEK OF JULY 1, 2026

**SWING ZONE 4TH OF JULY HOURS THIS WEEK!**

**MONDAY, TUESDAY, WEDNESDAY 4PM - 8PM**

**THURSDAY: CLOSED**

**FRIDAY: CLOSED**

**SATURDAY: CLOSED**

**SUNDAY: CLOSED**

**SWING ZONE  
WELCOMED WFRV  
CHANNEL 5  
RECENTLY TO DO A  
LOCAL  
"HOMETOWN"  
PIECE ON OUR  
BUSINESS! DETAILS  
RELEASED SOON  
ON WHEN IT WILL  
AIR!**



**4TH OF JULY**  
**SWING ZONE**

**CELEBRATING AMERICA'S 250<sup>TH</sup> WITH  
HUGE SWING ZONE SAVINGS!**

**JULY 1 - JULY 5**

**4 LANE RENTALS FOR \$25**

**25 AUTOMATED PITCHING MACHINES ROUNDS  
FOR \$25**

**BUY A \$250  
CERTIFICATE,  
GET \$100  
FREE**

**BOTH ARE AVAILABLE ONLINE ONLY AND ON  
OUR APP. (CLICK ON PACKAGES)**

\*30 MINUTE BATTING CAGE CREDITS MUST BE USED BY 9/30/26\*

\*\*HITTING MACHINE SWIPE CARDS DON'T EXPIRE\*\*

\*\*\*WE ARE CLOSED JULY 2 - JULY 5. OFFER ONLINE ONLY\*\*\*

**SWINGZONEFDL.COM**



EXTENDED  
SUMMER  
TRAINING AVAILS!



GO TO  
SWINGZONEFDL.COM  
TO LEARN ALL  
AVAILABILITY!

# MEET OUR TRAINERS



**NICK TERRELL**

Hitting/Fielding/Pitching



**JALEN GELLINGS**

Hitting/Fielding/Pitching



**SAM MUNSON**

Hitting/Fielding/Pitching



**REGHAN ZIEGLER**

Catching / Hitting



**SUSAN VOKES**

Pitching / Hitting

SUMMER TRAINING IS AVAILABLE OUTSIDE OF REGULAR BUSINESS HOURS!  
AVAILS ARE DIFFERENT FOR EACH TRAINER!  
EASIEST WAY TO BOOK IS ON OUR SWING ZONE FDL APP

THERE ARE STILL SOME  
OPPORTUNITIES LEFT TO  
SIGN UP FOR COACH  
TERRELL'S SUMMER CIRCUIT!  
JUST \$39 PER CAMP!  
DATES LEFT INCLUDE:  
JULY 7, 8, 9  
JULY 21, 22, 23

## *This week's* **SZ HOURS**

|                   |             |
|-------------------|-------------|
| Monday            | 4 pm - 8 pm |
| Tuesday           | 4 pm - 8 pm |
| Wednesday         | 4 pm - 8 pm |
| Thursday          | CLOSED      |
| Friday            | CLOSED      |
| Saturday & Sunday | CLOSED      |

Happy 4<sup>th</sup> of July from Swing Zone!

## JOIN TRAINER NICK TERRELL!

# SWING ZONE

### 4 WEEK SUMMER CIRCUIT!

WEEKS OF JUNE 23, JUNE 30, JULY 7, JULY 21

**\$139**

Get all 4 weeks  
in that specific  
Camp!

**\$349**

Get ALL 12  
Camp Dates!

**\$39**

Per Camp  
Available!

**About our SZ Summer Camps**

Join Trainer Terrell and Staff and get in the "Zone." Focused, personalized instruction for your student - athlete.

**Swing Zone**  
W4506 Lakepark Drive, FDL

**Register here**  
[www.swingzonefdl.com](http://www.swingzonefdl.com)  
Download the Swing Zone FDL APP

| Hitting/Contact Camp! | Tuesdays                                |
|-----------------------|-----------------------------------------|
| 11:00AM - 12:00PM     | 3 <sup>RD</sup> - 5 <sup>TH</sup> GRADE |
| 12:00PM - 1:00PM      | 6 <sup>TH</sup> - 8 <sup>TH</sup> GRADE |

| Speed / Strength Camp! | Wednesdays                              |
|------------------------|-----------------------------------------|
| 11:00AM - 12:00PM      | 3 <sup>RD</sup> - 5 <sup>TH</sup> GRADE |
| 12:00PM - 1:00PM       | 6 <sup>TH</sup> - 8 <sup>TH</sup> GRADE |

| Pitching / Arm Care Camp | Thursdays                               |
|--------------------------|-----------------------------------------|
| 11:00AM - 12:00PM        | 4 <sup>TH</sup> - 5 <sup>TH</sup> GRADE |
| 12:00PM - 1:00PM         | 6 <sup>TH</sup> - 8 <sup>TH</sup> GRADE |

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