

2026 ERIE STRIKE ZONE ACADEMY CLASSES AND PROGRAM DETAILS

WHICH PROGRAM IS RIGHT FOR ME?

PROGRAM

AGE & SKILL

DESCRIPTION

ERIE STRIKE ZONE ACADEMY



5-8*

YOUTH LEAGUES

Lil' Strikers indoor baseball program includes a 50 minute training session each week for 4 weeks. Sessions are designed to develop young players in a fun environment that builds fundamental skills of throwing, catching and fielding in drills that maximize reps and engages athletes to learn and build confidence. Sessions run winter to early spring to help prepare athletes for summer youth leagues in tee ball or coach pitch.
SESSIONS ARE LIMITED TO 6 ATHLETES!

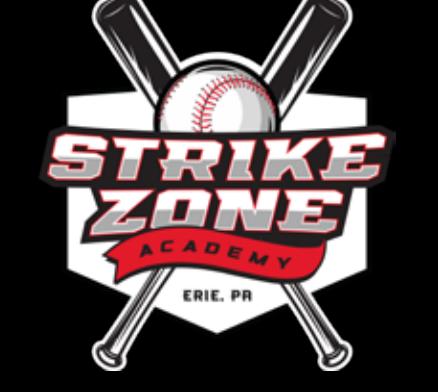
ERIE STRIKE ZONE ACADEMY



8-10*

YOUTH LEAGUES

Strikers indoor baseball program includes a 2 hour training session each week for 4 weeks. This program is designed for youth league athletes that want to develop their skills in the offseason in a team environment. Each training sessions focuses on offensive and defensive skills in small groups and ends with a scrimmage or game. Sessions run winter to early spring to help prepare athletes for summer youth leagues.
SESSIONS ARE LIMITED TO 12 ATHLETES & ARE DIVIDED INTO 2 GROUPS OF 6!



FUNDAMENTAL CLASSES

8-10*

TRAVEL/CLUB

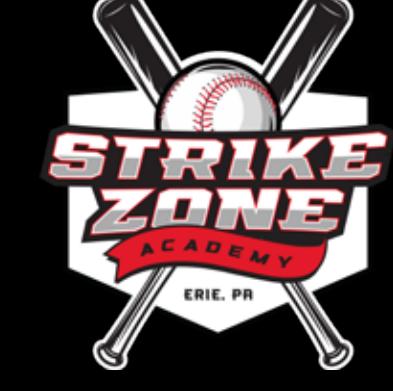
10-12*

YOUTH LEAGUES

Strike Zone approved instructors offer fundamental classes for:

- Hitting
- Fielding
- Pitching
- Catching

Classes are 1 hour each week for 4 weeks and limited to 4 athletes. Fundamental classes provide quality reps in a structured environment and challenge athletes based on their skill level and age. Sessions run winter to early spring to help prepare athletes for summer programs.



ADVANCED CLASSES

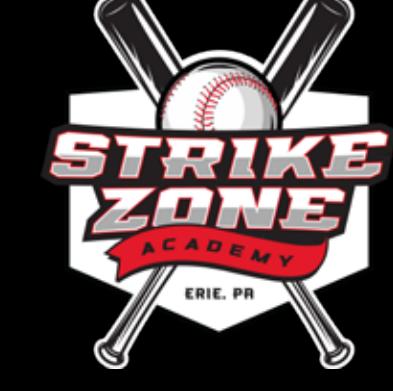
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TRAVEL/CLUB

Strike Zone approved instructors offer advanced classes for:

- Hitting
- Fielding
- Pitching
- Catching
- Speed and agility

Classes are 1 hour each week for 4 weeks and limited to 4 athletes. Advanced classes teach higher level skills and mindset while providing quality reps in a structured environment that challenge athletes. Sessions run winter to early spring to help prepare for summer programs.



GROUPS & CLINICS

13*-18+

Small groups and clinics can be set up for older athletes and teams for challenging training sessions with Strike Zone approved instructors. These are available for all aspects of the game.

Group availability, rates and session details are determined based on instructor availability. Group training runs year round. Non-members are required to pay a facility fee but are welcome to participate in group training.

Email the Strike Zone for additional details.



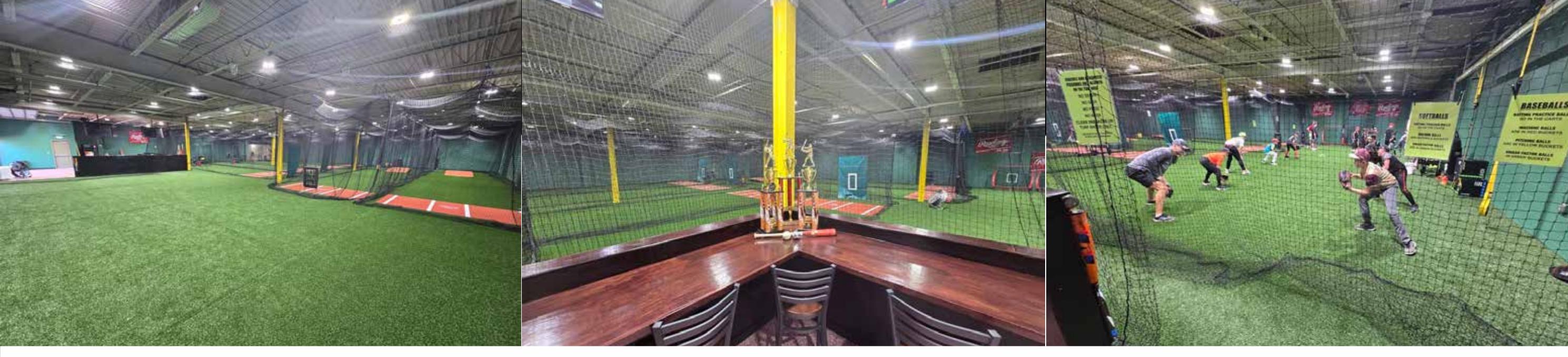
PRIVATE INSTRUCTION

8*-18+

The Strike Zone works with several approved instructors. Private lessons are recommended for athletes seeking to take specific areas of their game to another level. Private instruction is comparable to having a tutor to advance a student faster through a class.

Strike Zone members work directly with instructors for lessons and are not required to pay a facility fee. Non-members are required to pay a facility fee each time they are at the Strike Zone and cannot utilize the facility except for their lesson.

*Younger ages can be accepted after evaluation



**SIGN UP FOR PROGRAMS AT WWW.ERIESTRIKEZONE.COM OR DOWNLOAD THE APP!
CONTACT INFO@ERIESTRIKEZONE.COM FOR ANY QUESTIONS**

