

Batting Cage Etiquette:

- If people are waiting in line use only 2 tokens at a time then allow others to take their turn
- Kick or toss balls back after each round (Don't throw or hit).
 - Wait your turn

Our Cages:

There are 5 batting stalls at *In the Zone* which feature 10 separate pitching machines. Each stall can deliver either baseballs or softballs.

The baseball machines are set at 30, 40, 50, 60 and 70 mph with Cage 1 at 30 mph and increase in speed moving to the right.

There are 2 slow pitch softball machines throwing a 6-10 ft arc and 3 fast pitch machines. The fast pitch machines start in cage 3 and are set at 35, 45 and 55 mph.

Our batting cages use "soft" dimpled balls that will not damage expensive aluminum bats.

IN THE ZONE

The Lehigh Valley's premiere sports training and fitness center is located in Bath, PA, and is a multi-sport facility which includes:

Baseball Zone:

- ☑ 5 Indoor Batting Cages
- ☑ Baseball and Softball
- ☑ Team Training Areas
- ☑ Camps & Clinics

Basketball Zone:

- ☑ 2 Full-Size Basketball Courts
- ☑ 2 Shooting Trainers
- ☑ Camps & Clinics

Fitness Zone:

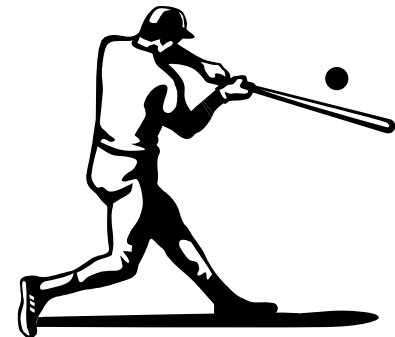
- ☑ Free Weights
 - ☑ Cardiovascular Machines
 - ☑ 11-Station Circuit Weight Training
- Speed Agility & Quickness (SAQ)
- ☑ Group, Team, or Individual SAQ for ages 8 and Over.

Also at In The Zone:
Aeroball and Aeroball Jr.!



**Champions are made in the off
season!!**

Baseball/Softball Memberships



6 Month & 1 Year

In the Zone

6870 Chrisphalt Drive
Bath, PA 18014
610-837-8605

www.inthezonesports.biz

To join, complete application below, and mail with payment to: *In the Zone, 6870 Chrisphalt Drive, Bath, PA 18014*

Name _____

Address _____

Phone _____ DOB _____

E-mail _____

Date _____ 6 Month or 1 year

Rules:

- Tokens received under this agreement are for exclusive use by the member and are NOT to be given to others.
- Tokens cannot be 'banked' for use after membership expires.

Violation of these rules will result in forfeiture of Baseball/Softball Membership without refund.

Consent and Waiver:

I certify that my child _____ has had a physical examination by a licensed physician within the last year and is in sound physical condition for participation at In the Zone.

I authorize the staff of In the Zone to act for me to use their best judgment in situations requiring first aid or medical attention.

I understand participation in athletics has certain inherent risks and assume responsibility for those risks. I waive and release In the Zone and those directing the program from any and all liability for any injury my child might incur while participating.

I have read and agree to the above rules.

Signature of Member/Parent/Guardian Date

Baseball/Softball
Membership Includes:

****Unlimited Hitting***

That's right, FREE tokens for the duration of Membership.

There is no limit on number of tokens used by the member at each visit or limit on number of visits.



**** Use of soft toss area and pitching lane***

- ***FREE May 1-Oct 31***

Please put balls back in buckets after use.

**** Please call for training area availability.***



Six Month Membership
ONLY \$145.00

One Year Membership
ONLY \$270.00

- Membership starts on day agreement is accepted by In the Zone and dues are paid in full.
- Membership expires either 6 months or 12 months from start date.

PLUS:

- * 20% Discount on Speed, Agility and Quickness Classes.
- * 20% Discount on Vertical Leap and Explosion Training