

PERFORMANCE TRAINING

SESSION RATES

Our strength program is for athletes of all levels and is designed to improve performance while reducing the risk of injury.

LESSONS		PRICE
BASE HIT	ONE 30 MINUTE SESSION	\$40
DOUBLE PLAY	60 MINUTE SESSION	\$75

GROUP SESSION RATES

Bring your own group or we can fit your athlete in with other athletes that have similar needs and goals.

LESSONS		PRICE
SINGLE	ONE 30 MINUTE SESSION	\$25
TURN TWO	60 MINUTE SESSION	\$50

Do not assume you have a standing appointment. At the end of each month please notify us to carry you over to the next month.

24 hour advanced notice is required when canceling a lesson or you will be charged for that lesson. NO EXCEPTIONS.

PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

BCAP ATHLETIC PERFORMANCE

5746 Venice Blvd • Los Angeles, CA 90019

Phone: 323-954-0200 • www.BASEBALLCENTRALLA.com

Hours: Monday-Friday 2pm-9pm • Saturday 9am-6pm AND Sunday 9am-6pm