



## Winter Softball Open Gyms

Come one Come all. Keystone Nationals is opening their doors to allow Softball players of all ages to get some work in during the winter. Saturday nights starting Jan 5 through March will be for Softball only. Hope to See you there. Check website for updates <https://www.keystonenationals.org/>

Athletes 5-10 yrs old can come from 4:30-6:00 pm

Athletes 11-18 yrs old can come from 6:00 – 7:30 pm

Cost \$5 per player for 1½ hour work out.



We will have instructors there to help with fielding throwing, hitting and pitching or you can bring your team and work with them (**All adults on turf must have full back grounds checks approved prior to getting on turf**).

What to bring:

- Glove
- Bat
- Helmet
- Turf shoes no cleats
- Good attitude ready to practice

Location:

6799 Carlisle Pike, Mechanicsburg, Pa 17050

Located across the street from the Cumberland Valley H.S. football stadium directly behind All-Pro trailer sales



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