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Offseason Batting Session 2025

Session Dates:

Offseason 2025: October 4 - December 18

Preseason 2026: January 4 - March 15 ([Calendar](#))

Registration Periods

September 5-7 Early Registration \$30 off

September 8-14 Regular Registration

[Remind me when registration opens!](#)

Price:

\$695

\$30 off early registration

\$650 when you buy two or more (siblings, offseason + preseason, hitting + pitching school).

Class Types:

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- Batting
- Slapping, Speed & Short-Game

How Registration Works:

Classes are once per week for 10 weeks. At registration, select your **class type** and also your top three **time preferences** for your class. On September 19th, 2025 you will be emailed your class assignment and information about what to expect. Players are grouped based on age and experience level.

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Or until classes fill up.

If you sign up for preseason now you will be able to choose your class times in December. If you do not sign up for the preseason now there will be another registration period in December to do so. [Click Here for the Preseason \(Jan-Mar\)](#) class times and locations.

Format:

75-Minute Small-Group Lessons - [Why Small Group?](#)

3:1 Student to Teacher Ratio

6 Pitchers Per Class Max

2 Instructors Per Class

Program

Practice Pro is designed to be a year-round program for players who want to reach their potential. In September you have the chance to register for the offseason (October - December) and preseason (January - March) together at a discount. There is also another enrollment period at the end of the year in December for the preseason program.

The offseason session is a ten-lesson program. It is often one of the most fun times to train, as advanced players have a chance to make big strides with fundamentals and learn new techniques. Beginner-level players who start well before their 2025 season will be at a huge advantage having the chance to develop a solid foundation with accuracy and speed, then will step up to the plate with confidence come April.

Slapping, Short Game and Speed Class

This class is designed for players looking to elevate their offensive game with speed, precision, and strategy. We'll focus on slapping techniques (both soft and power slaps), bunting for base hits, drag bunting, and developing elite footwork out of the box. Athletes will also work on base running IQ, first-step explosiveness, and speed drills to become a true threat on the bases. Ideal for lefties or speedy players looking to expand their game and stand out.

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Ages

3rd – 12th Grade

Locations:

Niles – 5731 N. Howard, Niles, IL

Oak Park – The Varsity Club: 809 S. Oak Park Ave., Oak Park IL

Chicago – 1801 N. Byron, Chicago, IL

Participants:

From true beginners (no experience) through college-bound players, athletes are grouped based on age, ability level, and experience with Practice Pro.

Parent Involvement:

The most successful batters have supportive parents. Parents may stay and watch lessons so that they can learn how to help their daughters when not in lessons, but it's not required.

Instructors:

[Marisa Belpedio](#) will be the lead instructor. Various instructors will be the assistants for other classes. Occasionally, instructors will sub for one another. All lead instructors for each day are listed in your scheduling app (Wodify).

Rescheduling:

Sessions are designed to attend every class in order. If you miss a class you must reschedule your class *within your current session*. You **may not roll over** any classes to any other class, lesson or camp. This includes missing the last class. Open spots in other classes are not guaranteed.

Refunds & Credits:

You may receive a refund or credit if you have a doctor's note. You may not rollover any missed classes into another session.

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CoachNow

Our new app that will help you record and share lesson videos, images, text, audio, and files of any type directly in session or anytime you like. Remember what you learned and get recaps of class. Plus much, much more!

Offseason Batting Session Calendar

Start Date: Oct 4, 2025

End Date: Dec 18, 2025

Off: November 24th - Dec 30, 2025

City, Day, Time - Lead Instructor

Chicago, Saturdays 9:00 a.m. - Marisa

Chicago, Saturdays 10:15 a.m. - Marisa

Chicago, Saturdays 11:30 a.m. - Marisa

Oak Park, Saturdays 2:30 p.m. - Marisa

Oak Park, Saturdays 3:45 p.m. - Marisa

Oak Park, Saturdays 5:00 p.m. - Marisa

~~Oak Park, Sundays 5:00 p.m. - Marisa (Reserved for a team)~~

~~Oak Park, Sundays 6:15 p.m. - Marisa (Reserved for a team)~~

Oak Park, Sundays 7:30 p.m. - Marisa (Slapping/Short Game)

Chicago, Mondays 5:15 p.m. - Marisa

Chicago, Mondays 6:30 p.m. - Marisa (Slapping/Short Game)

Chicago, Mondays 7:45 p.m. - Marisa

Niles, Tuesdays 5:15 p.m. - Marisa

Niles, Tuesdays 6:30 p.m. - Marisa

Niles, Tuesdays 7:45 p.m. - Erica or Marisa (Slapping/Short Game)

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Chicago, Wednesdays 5:15 p.m. – Marisa

Chicago, Wednesdays 6:30 p.m. – Marisa

Chicago, Wednesdays 7:45 p.m. – Marisa

Niles, Thursdays 5:15 p.m. – Marisa

Niles, Thursdays 6:30 p.m. – Marisa

Niles, Thursdays 7:45 p.m. – Marisa

*all dates and times subject to change.

TEAM means reserved. Non-team members may not sub into those classes.

October 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OP- Oak Park Varsity Club Chicago - 1803 N. Byron Niles- 5731 W. Howard			1	2	3	4 9AM – Chicago 10:15AM – Chicago 11:30AM – Chicago 2:30PM – OP 3:45PM – OP 5PM – OP
5 5PM – OP 6:15PM – OP 7:30PM – OP	6 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	7 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	8 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	9 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	10	11 9AM – Chicago 10:15AM – Chicago 11:30AM – Chicago 2:30PM – OP 3:45PM – OP 5PM – OP
12 5PM – OP 6:15PM – OP 7:30PM – OP	13 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	14 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	15 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	16 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	17	18 9AM – Chicago 10:15AM – Chicago 11:30AM – Chicago 2:30PM – OP 3:45PM – OP 5PM – OP
19 5PM – OP 6:15PM – OP 7:30PM – OP	20 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	21 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	22 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	23 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	24	25 9AM – Chicago 10:15AM – Chicago 11:30AM – Chicago 2:30PM – OP 3:45PM – OP 5PM – OP
26 5PM – OP 6:15PM – OP 7:30PM – OP	27 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	28 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	29 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	30 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	31	

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November 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OP- Oak Park Varsity Club Chicago - 1803 Byron Niles- 5731 W. Howard						1 9AM – Chicago 10:15AM – Chicago 11:30AM – Chicago 2:30PM – OP 3:45PM – OP 5PM – OP
2 5PM – OP 6:15PM – OP 7:30PM – OP	3 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	4 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	5 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	6 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	7	8 9AM – Chicago 10:15AM – Chicago 11:30AM – Chicago 2:30PM – OP 3:45PM – OP 5PM – OP
9 5PM – OP 6:15PM – OP 7:30PM – OP	10 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	11 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	12 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	13 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	14	15 9AM – Chicago 10:15AM – Chicago 11:30AM – Chicago 2:30PM – OP 3:45PM – OP 5PM – OP
16 5PM – OP 6:15PM – OP 7:30PM – OP	17 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	18 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	19 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	20 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	21	22 9AM – Chicago 10:15AM – Chicago 11:30AM – Chicago 2:30PM – OP 3:45PM – OP 5PM – OP
23 5PM – OP 6:15PM – OP 7:30PM – OP	24	25	26	27 Thanksgiving	28	29
30 No Classes						

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December 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	2 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	3 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	4 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	5	6 9AM – Chicago 10:15AM – Chicago 11:30AM – Chicago 2:30PM – OP 3:45PM – OP 5PM – OP
7 5PM – OP 6:15PM – OP 7:30PM – OP	8 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	9 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	10 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	11 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	12	13 9AM – Chicago 10:15AM – Chicago 11:30AM – Chicago 2:30PM – OP 3:45PM – OP 5PM – OP
14 5PM – OP 6:15PM – OP 7:30PM – OP	15 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	16 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	17 5:15PM – Chicago 6:30PM – Chicago 7:45PM – Chicago	18 5:15PM – Niles 6:30PM – Niles 7:45PM – Niles	19	20
21	22	23	24	25	26	27
28	29	30	31		OP- Oak Park Varsity Club Chicago - 1803 Byron Niles- 5731 W. Howard	

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FAQ

Can I have a private lesson?

We do not do private lessons from October – July. We only do them August & September

What do I get for signing up?

10, 75 minute batting lessons with expert former-player coaches. Players will learn commitment, mental game skills, and accomplish quantitative and qualitative improvements.

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Can I make up one of my pitching lessons in a hitting class?

No, our lessons are meant to be taken in order with the same players for 10 weeks, so we do not allow switching between programs.

What if I need to cancel or reschedule a lesson?

Sessions are designed to attend every class in order. If you miss a class you must reschedule your class *within your current session*. You **may not roll over** any classes to any other class, lesson or camp. This includes missing the last class. Open spots in other classes are not guaranteed.

I have a whole team of players who want to take lessons together. Can we do that?

Yes! You can reserve a whole 10-week class just for your athletes at a discount. Contact advanceyourgame@practice-pro.com **before registration opens** to learn more.