



WELCOME TO THE HOME OF THE

Keystone Nationals



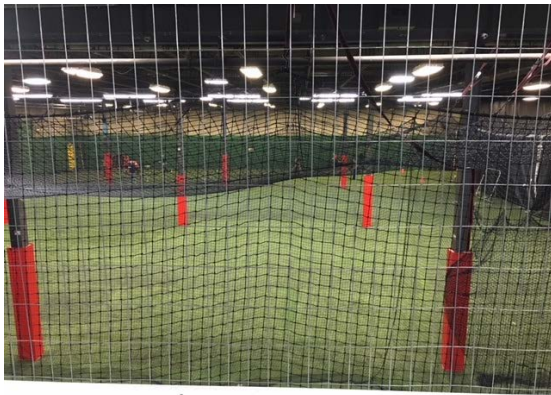
Winter Softball Open Gyms

Come one Come all. Keystone Nationals is once again opening their doors to allow Softball players of all ages to get some work in during the winter. Saturday nights starting Jan 9 through February 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 4:00-5:30 pm

Athletes 11-18 yrs old can come from 5:30 – 7:00 pm

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



We will have instructors there to help with fielding, throwing, hitting and pitching. From the most experienced to the least experienced players will work side by side sharpening their skills for the spring. **(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



Contact: Rob George rgeorge@riteaid.com or Mike Lebo pl8blkr@gmail.com

717-418-3777

717-884-2339

