



14 Tech Circle
 Natick, MA 01760
 508-653-ROPE(7673)
 www.frozenropes.com/natick
 natick@frozenropes.com

**Winter III 2012
 Schedule of Events
 Baseball
 Ages 3-12**

**February 13th - April 1st
 (No classes 2/20/12 - 2/26/12)**

Tunnel Rentals

Iron Mike, Home Plate and Jugs pitching machines,
 and open tunnels for hitting and pitching.
 30 min 60 min
 \$30 / \$25* \$50 / \$43*

Individual Lessons

30 minutes \$50 / \$43* (ages 8+)
 60 minutes \$90 / \$77* (ages 10+)
 See box on back for lesson plans

Semi-Private Lessons (60 minutes)

2 players.....\$100 / \$85*
 3 players\$125 / \$106*
 4 players\$145 / \$123*

* Membership Pricing

World Membership Program *

(see reverse side for details)

Birthday Parties

Open field party for 1½ hours
 Cost: \$325 / \$275* for up to 15 players
 (\$15 for each additional player)
 Package includes a Frozen Ropes t-shirt for each guest.
 Birthday child also receives a baseball hat.

Born To Play™ Club (ages 3 - 4)

An activity class designed to introduce children to athletic movement, supervised exercise and baseball!!

<u>Mon 1:00pm - 1:50pm</u>	
Feb. 13, 27, Mar. 5, 12, 19, 26	\$110 / \$94*
<u>Tue 1:30pm - 2:20pm</u>	
Feb. 14, 28, Mar. 6, 13, 20, 27	\$110 / \$94*
<u>Thurs 1:00pm - 1:50pm</u>	
Feb. 16, Mar. 1, 8, 15, 22, 29	\$110 / \$94*
<u>Sat 9:00am - 9:50am</u>	
Feb. 18, Mar. 3, 10, 17, 24, 31	\$110 / \$94*
<u>Sat 10:00am - 10:50am</u>	
Feb. 18, Mar. 3, 10, 17, 24, 31	\$110 / \$94*
<u>Sat 11:00am - 11:50am</u>	
Feb. 18, Mar. 3, 10, 17, 24, 31	\$110 / \$94*

Rookie Class (ages 5 - 7)

Have fun while you play and learn the right way!
 A fun baseball class focusing on hitting, fielding, throwing and developing an understanding of the game.

<u>Mon 4:15pm - 5:15pm</u>	
Feb. 13, 27, Mar. 5, 12, 19, 26	\$170 / \$145*
<u>Tue 4:15pm - 5:15pm</u>	
Feb. 14, 28, Mar. 6, 13, 20, 27	\$170 / \$145*
<u>Wed 3:00pm - 4:00pm (NEW Time)</u>	
Feb. 15, 29, Mar. 7, 14, 21, 28	\$170 / \$145*
<u>Wed 4:15pm - 5:15pm</u>	
Feb. 15, 29, Mar. 7, 14, 21, 28	\$170 / \$145*
<u>Thur 4:15pm - 5:15pm</u>	
Feb. 16, Mar. 1, 8, 15, 22, 29	\$170 / \$145*
<u>Fri 4:15pm - 5:15pm</u>	
Feb. 17, Mar. 2, 9, 16, 23, 30.	\$170 / \$145*
<u>Sat 11:15am - 12:15pm</u>	
Feb. 18, Mar. 3, 10, 17, 24, 31	\$170 / \$145*
<u>Sun 11:00am - 12:00pm</u>	
Feb. 19, Mar. 4, 11, 18, 25, Apr. 1	\$170 / \$145*

ICE Ball League (ages 5-7)

Indoor league where players learn in a game environment. Prior to each game there is a 30 min. instructional session on a new topic.

<u>Sat 9:00am - 10:00am</u>	
Feb. 18, Mar. 3, 10, 17, 24, 31	\$170 / \$145*
<u>Sat 10:00am - 11:00am</u>	
Feb. 18, Mar. 3, 10, 17, 24, 31	\$170 / \$145*

**After School Academy
 (ages 7-9 Minors & ages 10-12 Majors)**

Instructional sessions focusing on hitting, fielding, throwing and situational play.

<u>Mon 5:30pm - 6:30pm</u>	
Feb. 13, 27, Mar. 5, 12, 19, 26	\$170 / \$145*
<u>Tue 4:15pm - 5:15pm (Minors Only)</u>	
Feb. 14, 28, Mar. 6, 13, 20, 27	\$170 / \$145*
<u>Wed 4:15pm - 5:15pm</u>	
Feb. 15, 29, Mar. 7, 14, 21, 28	\$170 / \$145*
<u>Thur 4:15pm - 5:15pm</u>	
Feb. 16, Mar. 1, 8, 15, 22, 29	\$170 / \$145*
<u>Fri 4:15pm - 5:15pm (Minors Only)</u>	
Feb. 17, Mar. 2, 9, 16, 23, 30.	\$170 / \$145*

**Weekend Academy
 (ages 7-9 Minors & ages 10-12 Majors)**

The same class as After School Academy but offered on the weekend!

<u>Sat 11:15am - 12:15pm</u>	
Feb. 18, Mar. 3, 10, 17, 24, 31	\$170 / \$145*

**Scope and Rope Hitting Class
 (ages 7-9 Minors & ages 10-12 Majors)**

Session designed to increase bat speed and power at the plate with a focus on the visual mechanics of hitting.

<u>Mon 6:45pm - 7:45pm</u>	
Feb. 13, 27, Mar. 5, 12, 19, 26	\$170 / \$145*
<u>Wed 6:45pm - 7:45pm</u>	
Feb. 15, 29, Mar. 7, 14, 21, 28	\$170 / \$145*

See Reverse Side for more classes!

REGISTRATION FOR CLASSES AVAILABLE ON-LINE, BY APPLICATION, OR BY PHONE

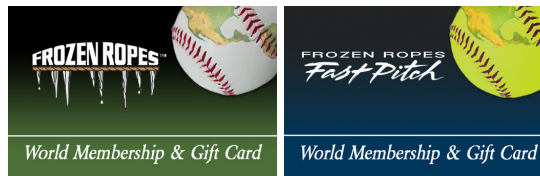
Player's Name _____ Date of Birth _____
Address _____ Parent(s) Name _____
City _____ State _____ Zip _____ Phone Number _____
Emergency Phone Number _____ Email Address _____
Class day & time _____ Session# _____ Total Payment \$ _____
Visa () Mastercard () Discover () Credit Card #: _____ Exp. Date _____

Classes begin the week of February 13th
(No classes 2/20/12 - 2/26/12)

Make checks payable to and mail to: Frozen Ropes, 14 Tech Circle Natick, MA 01760

Tel: 508-653-7673 Fax: 508-653-0733 www.frozenropes.com Email: natick@frozenropes.com

ALL PROGRAMS HAVE LIMITED ENROLLMENT



World Membership Program
3 New options

Bronze Level: \$195 (includes 10 thirty minute rentals)

Silver Level: \$295 (includes 20 thirty minute rentals and 1 session of classes)

Gold Level: \$345 (includes 30 thirty minute rentals and 1 session of classes)

All Membership plans include the following:

- ◆ Special membership pricing on all programs and Pro Shop sales
- ◆ Earn a 5% cash reward every time you visit Frozen Ropes, redeemable for instruction, apparel or equipment.
- ◆ Access to our Instructional and Coaching on-line videos in the Amateur Coaches Alliance program
- ◆ Discounts at our on-line sporting goods store with major discounts on brand name items

February Vacation Day Camps (co-ed)

2/20, 2/21, 2/22, 2/23, 2/24

(ages 5-7 morning sessions only)

(ages 8-12 all sessions)

Morning session: 9:00am - 12:00pm \$35 / \$30*

Afternoon session: 12:30pm - 3:30pm \$35 / \$30*

Full Day session: 9:00am - 3:30pm \$65 / \$55*

**Please pack snack & water for half day and snack, lunch & water for full day

Five Tool Challenge (ages 10-12)

Advanced program designed around the Five Tools of Baseball; hitting for average, hitting for power, throwing speed, running speed and fielding. To enroll in this class you must have approval from a Frozen Ropes instructor. Evaluations to see if this class is appropriate are available and can be scheduled by calling Frozen Ropes.

Tue 6:45pm - 7:45pm

Feb. 14, 28, Mar. 6, 13, 20, 27 \$170 / \$145*

Fri 5:30pm - 6:30pm

Feb. 17, Mar. 2, 9, 16, 23, 30. \$170 / \$145*

30/30 Hit & Pitch Boot Camp

(ages 7-9 Minors & ages 10-12 Majors)

30 minutes of hitting and 30 minutes of pitching. Preparing players for in-game success in the batter's box and on the mound.

Tue 6:45pm - 7:45pm (Majors only)

Feb. 14, 28, Mar. 6, 13, 20, 27 \$170 / \$145*

Wed 5:30pm - 6:30pm (Minors only)

Feb. 15, 29, Mar. 7, 14, 21, 28 \$170 / \$145*

Thur 5:30pm - 6:30pm

Feb. 16, Mar. 1, 8, 15, 22, 29 \$170 / \$145*

Sun 12:15pm - 1:15pm

Feb. 19, Mar. 4, 11, 18, 25, Apr. 1 \$170 / \$145*

Endgame Pitching Class (ages 8-12)

Increase velocity, control and develop the proper movements of a successful pitcher. Pitchers will also have the opportunity to see themselves on video; a great way for young players to learn!

Tues 5:30pm - 6:30pm

Feb. 14, 28, Mar. 6, 13, 20, 27 \$170 / \$145*

Behind The Plate Catching Class (ages 8-12)

Improve your overall catching skills. Players will catch live pitching each week while learning technique and how to build lower body strength.

Tue 5:30pm - 6:30pm

Feb. 14, 28, Mar. 6, 13, 20, 27 \$170 / \$145*

Dodgeball (ages 7-12 co-ed)

A great way to end the week and have fun with friends! Soft cushion balls used to keep it safe and fun. Space is limited. Sign up today!

Fridays 6:30pm - 8:30pm (Pizza served)

Individual night sign ups \$20 / \$17*

Each additional sibling only \$10 / \$9*

(Does not run during school vacations)

Developmental Lessons

10 thirty minute lessons	\$440 / \$375*
20 thirty minute lessons	\$850 / \$725*
30 thirty minute lessons	\$1,230 / \$1,045*
40 thirty minute lessons	\$1,580 / \$1,345*

- ◆ Thirty minute lessons can be combined for sixty minute lessons
- ◆ All lesson plans are valid for 1 year from purchase date