

F R O Z E N R O P E S

Fast Pitch

14 Tech Circle
Natick, MA 01760
508-653-ROPE(7673)

www.frozenropes.com/natick
natick@frozenropes.com

**Winter III
2011-2012
Schedule of Events
Fastpitch Softball**

**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 to right 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.

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.

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

Behind The Plate Catching Class

(Co-ed 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 6:45pm - 7:45pm
Feb. 14, 28, Mar. 6, 13, 20, 27 \$170 / \$145*

After School Academy

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

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

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

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

FastPitch Pitching Class (ages 8-12)

Increase velocity, improve control, learn new pitches and
improve arm strength to take your pitching to the next
level.

Thurs 5:30pm - 6:30pm
Feb. 16, Mar. 1, 8, 15, 22, 29 \$170 / \$145*

30/30 Fastpitch & Hit (ages 8-12)

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

Mon 4:15pm - 5:15pm
Feb. 13, 27, Mar. 5, 12, 19, 26 \$170 / \$145*
Wed 5:30pm - 6:30pm
Feb. 15, 29, Mar. 7, 14, 21, 28 \$170 / \$145*

See reverse side for more programs!

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 _____

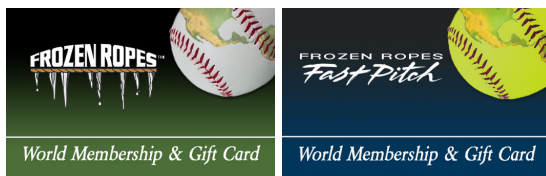
Classes begin the week of February 13th
(No classes 2/20/12 - 2/26/12)

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

The Frozen Ropes Advantage



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

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

FastPitch Pitching Boot Camp (ages 13+)

Topics include: Increasing velocity, throwing to each side of the plate, developing new pitches, fielding your position and taking charge of the mound.

Mon 8:00pm - 9:00pm

Feb. 13, 27, Mar. 5, 12, 19, 26 \$170 / \$145*

FastPitch Gold Level Hitting (ages 13+)

Using video analysis, reach your goals as a hitter by increasing bat speed in the batter's box, understanding your swing and the role visual mechanics plays in hitting

Tue 8:00pm - 9:00pm

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

Wed 8:00pm - 9:00pm

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