

HitTrax Data Capture and Simulation System



Rentals for Batting Practice, Home Run Derby, Hitting Contests and Games

30 minutes with HitTrax: \$45
60 minutes with HitTrax: \$80

ENHANCE YOUR TRAINING!



COLLEGE BOUND PROGRAM

"Get Better, Get Noticed, Get Ready!"

All high school baseball and softball players who are interested in playing at the collegiate level are invited to schedule a meeting with a member of our staff to discuss how the College Bound Program can aid them in the college recruiting & decision process that should begin your freshman year in high school.

Our College Bound information night will be held in December or January. Please continue to check our website for details.

"There is a college baseball or softball program for every player!"

Our mission is simple: to provide players of all ages the opportunity to develop their skills through professional baseball and softball instruction in a fun, fast-paced environment designed to challenge individuals so as to have them reach their full potential.



508-653-ROPE (7673)
www.frozenropes.com/natick

14 Tech Circle
Natick, MA 01760

* Members Receive 15% off



Winter 2023-24

BASEBALL

Programs for Ages 13+

Session 1: 11/13/23 - 12/24/23 (No classes 11/23 & 12/24)

Session 2: 1/1/24 - 2/11/24 (No classes 1/1)

Session 3: 2/12/24 - 3/31/24 (No classes 2/19 - 2/25 & 3/31)



Learn more and register for programs online:
www.frozenropes.com/natick
508-653-7673
natick@frozenropes.com

New!

TRACKMAN



Trackman Golf
Simulator
Rentals and
Leagues
(ages 14+)



* Members Receive 15% off



TOTAL PERFORMANCE HITTING (CO-ED AGES 13+)

Hit for more power and increase bat speed. HitTrax will be utilized for advanced metrics. Work on the mental side of hitting. Combine this class with our RockFit fitness class. See RockFit section for details.

MONDAYS: 8:00pm - 9:00pm

WEDNESDAYS: 8:00pm - 9:00pm

SESSION 1 Nov. 13,20,27, Dec. 4,11,18 **\$228*** **SESSION 1** Nov. 15,22,29, Dec. 6,13,20 **\$228***
SESSION 2 Jan. 8, 15, 22, 29, Feb. 5 **\$190*** **SESSION 2** Jan. 3, 10, 17, 24, 31, Feb. 7 **\$228***
SESSION 3 Feb. 12,26, Mar. 4,11,18,25 **\$228*** **SESSION 3** Feb. 14, 28 Mar. 6, 13, 20, 27 **\$228***



BASEBALL PITCHING (AGES 13+)

Topics include: increased velocity while not sacrificing control, pitching from the wind-up vs. the stretch, holding running on and building arm strength through the weighted ball program. Pitchers will take part in our video analysis.

TUESDAYS: 8:00pm - 9:00pm

SESSION 1 Nov. 14,21,28, Dec. 5,12,19 **\$228***
SESSION 2 Jan. 2, 9, 16, 23, 30, Feb. 6 **\$228***
SESSION 3 Feb. 13,27, Mar. 5,12,19,26 **\$228***

BEHIND THE PLATE CATCHING CLASS (CO-ED AGES 13+)



TUESDAYS: 8:00pm - 9:00pm

SESSION 1 Nov. 14,21,28, Dec. 5,12,19 **\$228***
SESSION 2 Jan. 2, 9, 16, 23, 30, Feb. 6 **\$228***
SESSION 3 Feb. 13,27, Mar. 5,12,19,26 **\$228***

Improve your overall catching skills including receiving, blocking, throwing and how to build lower body strength. (Co-ed class)



RockFit is a fitness program that is reshaping how athletes of all ages & Levels workout. Whatever your sport or position, RockFit will take your game to another level!

Combining the 10 Principles of Fitness: Accuracy, Coordination, Speed, Balance, Agility, Cardiovascular, Stamina, Strength, Flexibility, Power.

MONDAYS ages 10+ **7:00pm-7:50pm**

WEDNESDAYS ages 10+ **7:00pm-7:50pm**

\$20* per class

You may join anytime. Registration is required.

COMBO CLASSES FOR AGES 13+

Take RockFit from 7:00-7:50pm before our Total Performance Hitting Classes and save!

5 week combo class \$245*
 6 week combo class *294*

FAMILY MEMBERSHIP \$195

Family members receive **15% discount on all programs**

- Valid for immediate family members only.
- Membership is valid for 1 year.
- No refunds or credits once activated.



RENTALS Iron Mike BB, Jugs BB and SB, Atec BB. HitTrax Simulator & Open Tunnels

State of the art indoor hitting for Baseball and Softball players, teams and small groups. We suggest you call 508-653-7673 in advance to reserve your space. You are also welcome to walk-in and use any available tunnels and equipment.

30 minute tunnel rental: \$35*

30 minutes with HitTrax: \$45*

60 minute tunnel rental: \$60*

60 minutes with HitTrax: \$80*

Please note: Independent instruction by non-Frozen Ropes staff is strictly prohibited.

RENTAL PLANS \$295* for 10 thirty minute rental passes (regular price \$350)

\$395* for 10 thirty minute HitTrax rental passes (regular price \$450)

- Passes are valid for 1 year. No refunds or credits once activated. Passes do not carry over past exp. date.
- During peak season (February 1st - April 30th) limit of 2 thirty minute rental passes per day.
- For team rentals, rosters must be submitted and online facility waivers must be signed for all players prior to rentals. Head coach or assistant coach must be present for all rentals.

PRIVATE and SEMI-PRIVATE LESSONS You choose the skill to work on in a private 1-on-1 or semi-private session.

Private 30 minute lesson (ages 8+): \$60*

2 Player 60 minute lesson: \$72* each

Private 60 minute lesson (ages 10+): \$110*

3 Player 60 minute lesson: \$64* each

4 Player 60 minute lesson: \$55* each

LESSON PLANS (Available for ages 8+)

- All lesson passes are valid for 1 year from purchase date
- Passes do not carry over past expiration date
- Two passes can be used for sixty minute lessons
- Lesson passes are for private lessons and not for use with semi-private lessons.

10 thirty minute lessons: \$492*

20 thirty minute lessons: \$948

30 thirty minute lessons: \$1,368

40 thirty minute lessons: \$1,752*

PARTIES \$350* for up to 15 players. Additional players \$15* each

A winning combination of fun and exciting multi-sport games and contests! One hour of games and contests on the turf with our staff. Thirty minutes in our party room. Includes a Frozen Ropes t-shirt for each guest and a special gift for a Birthday Child! Ask about our Trackman Golf Simulator for the adults.