



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.

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.

*** Members Receive 15% off**



**Winter
2023-24**

BASEBALL

Programs for Ages 3 to 12

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



FROZEN ROPES NATICK
14 Tech Circle
Natick, MA 01760

MARK YOUR CALENDAR FOR THESE SPECIAL PROGRAMS!

School Vacation Day Camps

(co-ed ages 5-7 and 8-12)

Recreational camp includes lots of baseball along with other sports such as dodgeball, floor hockey, mini-golf, soccer and more!

Day After Thanksgiving 11/24/23
Winter Break 12/26/23 - 12/29/23
Martin Luther King 1/15/24
February Break 2/19/24 - 2/23/24
Good Friday 3/29/24

Full Day Camp \$104*
9:00pm - 3:30pm
Please pack lunch, snack & water

Half Day Camp \$48*
MORNING 9:00am - 12:00pm
AFTERNOON 12:30pm - 3:30pm
Please pack snack & water

We offer **early drop off** at 8:00am and **late pick-up** until 4:30pm or 5:30pm. Additional \$15* per hour.

New!

Trackman Golf Simulator Rentals and Leagues
(ages 14+)



*** Members Receive 15% off**

PROGRAMS FOR AGES 3-4

BORN TO PLAY CLASS

Supervised exercise classes designed to introduce 3-4 year olds to athletic movement and beginner baseball and softball skills.



TUESDAYS: 1:30pm - 2:20pm

SESSION 1 Nov. 14,21,28, Dec. 5,12,19 \$150*
 SESSION 2 Jan. 2, 9, 16, 23, 30, Feb. 6 \$150*
 SESSION 3 Feb. 13,27, Mar. 5,12,19,26 \$150*

SATURDAYS: 9am-9:50am or 10am-10:50am

SESSION 1 Nov. 18, 25, Dec. 2, 9, 16, 23 \$150*
 SESSION 2 Jan. 6, 13, 20, 27, Feb. 3, 10 \$150*
 SESSION 3 Feb. 17, Mar. 2, 9, 16, 23, 30 \$150*

THURSDAYS: 1:30pm - 2:20pm

SESSION 1 Nov. 16, 30, Dec. 7, 14, 21 \$125*
 SESSION 2 Jan. 4, 11, 18, 25, Feb. 1, 8 \$150*
 SESSION 3 Feb. 15,29, Mar. 7,14,22,28 \$150*

SATURDAYS: 11:15am - 12:15pm

SESSION 3 Feb. 17, Mar. 2, 9, 16, 23, 30 \$150*

PROGRAMS FOR AGES 5-7



ROOKIE CLASS

A fun baseball class focusing on hitting, fielding, throwing and developing an understanding of the game.

MONDAYS: 4:15pm - 5:15pm

SESSION 1 Nov. 13,20,27, Dec. 4,11,18 \$228*
 SESSION 2 Jan. 8, 15, 22, 29, Feb. 5 \$190*
 SESSION 3 Feb. 12,26, Mar. 4,11,18,25 \$228*

SATURDAYS: 12:30pm - 1:30pm

SESSION 1 Nov. 18, 25, Dec. 2, 9, 16, 23 \$228*
 SESSION 2 Jan. 6, 13, 20, 27, Feb. 3, 10 \$228*

WEDNESDAYS: 4:15pm - 5:15pm

SESSION 1 Nov. 15,22,29, Dec. 6,13,20 \$228*
 SESSION 2 Jan. 3, 10, 17, 24, 31, Feb. 7 \$228*
 SESSION 3 Feb. 14, 28 Mar. 6, 13, 20, 27 \$228*

SATURDAYS: 11:15am - 12:15pm (NEW)

SESSION 3 Feb. 17, Mar. 2, 9, 16, 23, 30 \$228*

FRIDAYS: 4:15pm - 5:15pm

SESSION 1 Nov. 17, 24, Dec. 1, 8, 15, 22 \$228*
 SESSION 2 Jan. 5, 12, 19, 26, Feb. 2, 9 \$228*
 SESSION 3 Feb. 16, Mar. 1, 8, 15, 22, 29 \$228*

SUNDAYS: 10:30am - 11:30am

SESSION 1 Nov. 19, 26, Dec. 3, 10, 17 \$190*
 SESSION 2 Jan. 7, 14, 21, 28, Feb. 4, 11 \$228*
 SESSION 3 Feb. 18, Mar. 3, 10, 17, 24 \$190*

ICE BALL CLASS

Class where players learn in a game environment. Prior to each game there is a 30 min. Instructional session on a new topic.



SATURDAYS: 9am-10am or 10am-11am (Ages 5-7)

SESSION 1 Nov. 18, 25, Dec. 2, 9, 16, 23 \$228*
 SESSION 2 Jan. 6, 13, 20, 27, Feb. 3, 10 \$228*
 SESSION 3 Feb. 17, Mar. 2, 9, 16, 23, 30 \$228*

SATURDAYS: 11:15am - 12:15pm (Ages 5-7)

SESSION 1 Nov. 18, 25, Dec. 2, 9, 16, 23 \$228*

PROGRAMS FOR AGES 7-12

ALL-SKILLS ACADEMY

(CO-ED AGES 7-9 MINORS & AGES 10-12 MAJORS)

An instructional class focused on hitting, fielding, throwing and becoming a complete player!

FRIDAYS: 5:30pm - 6:30pm (Minors)

SESSION 1 Nov. 17, 24, Dec. 1, 8, 15, 22 \$228*
 SESSION 2 Jan. 5, 12, 19, 26, Feb. 2, 9 \$228*
 SESSION 3 Feb. 16, Mar. 1, 8, 15, 22, 29 \$228*

MONDAYS: 4:15pm - 5:15pm (Majors)

SESSION 1 Nov. 13,20,27, Dec. 4,11,18 \$228*
 SESSION 2 Jan. 8, 15, 22, 29, Feb. 5 \$190*
 SESSION 3 Feb. 12,26, Mar. 4,11,18,25 \$228*

SATURDAYS: 1:45pm-2:45pm (Majors & Minors)

SESSION 1 Nov. 18, 25, Dec. 2, 9, 16, 23 \$228*
 SESSION 2 Jan. 6, 13, 20, 27, Feb. 3, 10 \$228*
 SESSION 3 Feb. 17, Mar. 2, 9, 16, 23, 30 \$228*

TUESDAYS: 4:15pm-5:15pm (Majors & Minors)

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*

SUNDAYS: 11:45am-12:45pm (Minors)

SESSION 1 Nov. 19, 26, Dec. 3, 10, 17 \$190*
 SESSION 2 Jan. 7, 14, 21, 28, Feb. 4, 11 \$228*
 SESSION 3 Feb. 18, Mar. 3, 10, 17, 24 \$190*

SCOPE & ROPE HITTING (COED AGES 7-9 MINORS & AGES 10-12 MAJORS)

Using video to help players understand their swing, this hitting program is designed to improve overall swing improvements, increase bat speed, develop power to all-fields and bring into focus the importance of a hitter's visual mechanics while at the plate.

WEDNESDAYS: 5:30pm - 6:30pm (Majors & Minors)

SESSION 1 Nov. 15,22,29, Dec. 6,13,20 \$228*
 SESSION 2 Jan. 3, 10, 17, 24, 31, Feb. 7 \$228*
 SESSION 3 Feb. 14, 28 Mar. 6, 13, 20, 27 \$228*

MONDAYS: 5:30pm - 6:30pm (Minors)

SESSION 1 Nov. 13,20,27, Dec. 4,11,18 \$228*
 SESSION 2 Jan. 8, 15, 22, 29, Feb. 5 \$190*
 SESSION 3 Feb. 12,26, Mar. 4,11,18,25 \$228*

FRIDAYS: 5:30pm - 6:30pm (Majors)

SESSION 1 Nov. 17, 24, Dec. 1, 8, 15, 22 \$228*
 SESSION 2 Jan. 5, 12, 19, 26, Feb. 2, 9 \$228*
 SESSION 3 Feb. 16, Mar. 1, 8, 15, 22, 29 \$228*

30/30 HITTING AND BASEBALL PITCHING

(COED AGES 7-9 MINORS & AGES 10-12 MAJORS)

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



TUESDAYS: 6:45pm-7:45pm (Majors & Minors)

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*

THURSDAYS: 4:15pm - 5:15pm (Minors) 5:30pm - 6:30pm (Majors)

SESSION 1 Nov. 16, 30, Dec. 7, 14, 21 \$190*
 SESSION 2 Jan. 4, 11, 18, 25, Feb. 1, 8 \$228*
 SESSION 3 Feb. 15, 29, Mar. 7, 14, 22, 28 \$228*

BEHIND THE PLATE CATCHING CLASS (CO-ED AGES 8-12)

TUESDAYS: 5:30pm - 6:30pm

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 building lower body strength.

