

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

SOFTBALL

Programs for Ages 7+

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)



FROZEN ROPES NATICK
14 Tech Circle
Natick, MA 01760

Learn more and register for
programs online:

www.frozenropes.com/natick

508-653-7673

natick@frozenropes.com

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*

9:00am - 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 7-12 and 13+

ALL-SKILLS ACADEMY
(AGES 8-12 SOFTBALL ONLY)

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

If you are interested in this class on different days please see the baseball ages 3-12 schedule where co-ed options of this class is offered other days of the week.

WEDNESDAYS: 4:15pm - 5:15pm

SUNDAYS: 1:00pm - 2:00pm

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***

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.

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

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***

FRIDAYS: 5:30pm - 6:30pm (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***

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***



TOTAL PERFORMANCE HITTING (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 2 Jan. 8, 15, 22, 29, Feb. 5 **\$190***
SESSION 3 Feb. 12,26, Mar. 4,11,18,25 **\$228***

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***



30/30 HITTING AND SOFTBALL PITCHING
(AGES 8-12)

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

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***

PROGRAMS FOR AGES 7-12 and 13+

SOFTBALL PITCHING CLASS
(AGES 8-13)

Class for beginner and intermediate players. Emphasis on arm action and delivery consistency to maximize control and age appropriate speed levels. For advanced players, please see our Advanced Softball Pitching Class.



TUESDAYS: 6:45pm - 7:45pm

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***

ADVANCED SOFTBALL PITCHING CLASS
(AGES 12+)

Class for advanced players. Emphasis on pitching to locations, pitch types and conditioning. Designed to take your pitching to the next level.



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 8-12 & AGES 13+)

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



TUESDAYS: 5:30pm - 6:30pm (Ages 8-12)

TUESDAYS: 8:00pm - 9:00pm (Ages 13+)

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***



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*