

New!

Total Performance Labs

If you want to be great and want to play at the next level, this is the program you've been looking for!

The Hit Lab (ages 13+)

Hit for more power and increase bat speed. This 75 minute class includes both skill training and performance training targeting specific areas of movement patterns in hitters swings. HitTrax will be utilized for advanced metrics.

The Pitch Lab (ages 13+)

A must for the next generation of pitchers! This 75 minute class includes both skill training and performance training featuring an arm mapping process that helps us get the athlete to create more efficient movements, deceleration patterns and increasing rotational rate of force.

Turn & Burn Lab (ages 10+)

Rotational force and speed decide how far an athlete will go. Turn and Burn combines rotational movement and functional strength training with all facets of speed development (acceleration, change of direction and linear speed).

HitTrax Data Capture and Simulation System



Individual and Team Hitting,
Pitching and Catching Simulation

30 minutes with HitTrax: \$40*

60 minutes with HitTrax: \$65*

ENHANCE YOUR TRAINING!

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 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
2025-26

BASEBALL

Programs for Ages **13+**

Session 1: 11/10/25 - 12/21/25 (No classes 11/27)

Session 2: 1/5/26 - 2/15/26

Session 3: 2/23/26 - 4/5/26 (No classes 2/16 - 2/22)



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



TRACKMAN
SIMULATOR

Golf Simulator
Rentals and Leagues
(ages 14+)



* Members Receive 15% off



New!

TOTAL PERFORMANCE HITTING LAB (CO-ED AGES 13+)

Hit for more power and increase bat speed. This class includes both skill training and performance training targeting specific areas of movement patterns in hitters swings. HitTrax will be utilized for advanced metrics.

THIS IS A 1 HOUR AND 15 MINUTE CLASS

MONDAYS: 7:45pm - 9:00pm

SESSION 1 Nov. 10, 17, 24, Dec. 1, 8, 15 **\$330***

SESSION 2 Jan. 5, 12, 19, 26, Feb. 2, 9 **\$330***

SESSION 3 Feb. 23, Mar. 2, 9, 16, 23, 30 **\$330***

WEDNESDAYS: 7:45pm - 9:00pm

SESSION 1 Nov. 12, 19, 26, Dec. 3, 10, 17 **\$330***

SESSION 2 Jan. 7, 14, 21, 28, Feb. 4, 11 **\$330***

SESSION 3 Feb. 25, Mar. 4, 11, 18, 25, Apr. 1 **\$330***



New!

TOTAL PERFORMANCE BASEBALL PITCHING LAB (AGES 13+)

A must for the next generation of pitchers! This class includes both skill training and performance training featuring an arm mapping process that helps us get the athlete to create more efficient movements, deceleration patterns, increasing rotational rate of force and creating arm actions that capture energy.

THIS IS A 1 HOUR AND 15 MINUTE CLASS

TUESDAYS: 7:45pm - 9:00pm

SESSION 1 Nov. 11, 18, 25, Dec. 2, 9, 16 **\$330***

SESSION 2 Jan. 6, 13, 20, 27, Feb. 3, 10 **\$330***

SESSION 3 Feb. 24, Mar. 3, 10, 17, 24, 31 **\$330***

THURSDAYS: 6:45pm - 8:00pm

SESSION 1 Nov. 13, 20, Dec. 4, 11, 18 **\$330***

SESSION 2 Jan. 8, 15, 22, 29, Feb. 5, 12 **\$330***

SESSION 3 Feb. 26, Mar. 5, 12, 19, 26, Apr. 2 **\$330***

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

TUESDAYS: 8:00pm - 9:00pm

SESSION 1 Nov. 11, 18, 25, Dec. 2, 9, 16 **\$264***

SESSION 2 Jan. 6, 13, 20, 27, Feb. 3, 10 **\$264***

SESSION 3 Feb. 24, Mar. 3, 10, 17, 24, 31 **\$264***

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



New!

Total Performance Turn and Burn Lab

Rotational force and speed decide how far an athlete will go. Turn and Burn combines rotational movement and functional strength training with all facets of speed development (acceleration, change of direction and linear speed).

Save with a Turn and Burn Class Package

5 Turn and Burn Classes \$176 (save 10%)

10 Turn and Burn Classes \$332 (save 15%)

20 Turn and Burn Classes \$624 (save 20%)

Class passes are valid for 1 year from purchase date

MONDAYS Ages 10+ **6:45pm - 7:45pm**

WEDNESDAYS Ages 10+ **6:45pm - 7:45pm**

\$39* per class Join anytime. Registration is required.

FAMILY MEMBERSHIP \$195

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

- Excludes discounted lesson and rental packages and golf
- 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 book online or 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: **\$40***

60 minute tunnel rental: **\$65***

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

New!

Free use of HitTrax in Tunnel 6 when available!

RENTAL PACKAGES

5 thirty minute rental passes: **\$180** (save 10%)

10 thirty minute rental passes: **\$320** (save 20%)

New!

- Passes 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***

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

2 Player 60 minute lesson: **\$72* each**

3 Player 60 minute lesson: **\$64* each**

4 Player 60 minute lesson: **\$55* each**

LESSON PACKAGES (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

5 thirty minute lessons: **\$270** (save 10%)

10 thirty minute lessons: **\$510** (save 15%)

20 thirty minute lessons: **\$960** (save 20%)

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 the Birthday Child! Ask about our Trackman Golf Simulator for the adults.