

New!

Total Performance Turn and Burn Lab

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

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

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

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%)

FAMILY MEMBERSHIP \$195

Family members receive **15% discount on 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%) **New!**
10 thirty minute rental passes: **\$320** (save 20%)

- 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*** 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 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.

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.

*** Members Receive 15% off**



Winter 2025-26

BASEBALL

Programs for Ages 3 to 12

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

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!

Veteran's Day	11/11
Day Before Thanksgiving	11/26 (afternoon only)
Winter Break Week 1	12/24, 26
Winter Break Week 2	12/29 - 31, 1/2
Martin Luther King Jr.	1/19
February Break	2/16 - 2/20

Full Day Camp \$115*

9:00am - 3:30pm
Please pack lunch, snack & water

Half Day Camp \$60*

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 \$18* per hour.



**Golf Simulator
Rentals and Leagues**
(ages 14+)



*** Members Receive 15% off**

Please Note: To ensure the quality of our instruction, we do not offer make-up classes. This allows us to maintain safe and effective player-to-instructor ratios. Please select a class that fits your schedule. See our Facility Policies for more details.

PROGRAMS FOR AGES 3-4

BORN TO PLAY CLASS

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



SATURDAYS: 9:00am - 9:50am or 10:00am - 10:50am

SESSION 1 Nov. 15, 22, 29, Dec. 6, 13, 20 **\$210***
SESSION 2 Jan. 10, 17, 24, 31, Feb. 7, 14 **\$210***
SESSION 3 Feb. 28, Mar. 7, 14, 21, 28, Apr. 4 **\$210***

Coordinate your own Private Born To Play class with friends!

Options on Tuesdays, Wednesdays and Thursday afternoons (minimum of 6)

Call for details

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. 10, 17, 24, Dec. 1, 8, 15 **\$264***
SESSION 2 Jan. 5, 12, 19, 26, Feb. 2, 9 **\$264***
SESSION 3 Feb. 23, Mar. 2, 9, 16, 23, 30 **\$264***

SATURDAYS: 11:15am - 12:15pm

SESSION 1 Nov. 15, 22, 29, Dec. 6, 13, 20 **\$264***
SESSION 2 Jan. 10, 17, 24, 31, Feb. 7, 14 **\$264***
SESSION 3 Feb. 28, Mar. 7, 14, 21, 28, Apr. 4 **\$264***

WEDNESDAYS: 4:15pm - 5:15pm

SESSION 1 Nov. 12, 19, 26, Dec. 3, 10, 17 **\$264***
SESSION 2 Jan. 7, 14, 21, 28, Feb. 4, 11 **\$264***
SESSION 3 Feb. 25, Mar. 4, 11, 18, 25, Apr. 1 **\$264***

SUNDAYS: 10:30am - 11:30am

SESSION 1 Nov. 16, 23, 30, Dec. 7, 14, 21 **\$264***
SESSION 2 Jan. 11, 18, 25, Feb. 1, 8, 15 **\$264***
SESSION 3 Mar. 1, 8, 15, 22, 29, Apr. 5 **\$264***

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. 15, 22, 29, Dec. 6, 13, 20 **\$264***
SESSION 2 Jan. 10, 17, 24, 31, Feb. 7, 14 **\$264***
SESSION 3 Feb. 28, Mar. 7, 14, 21, 28, Apr. 4 **\$264***

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!

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

SESSION 1 Nov. 10, 17, 24, Dec. 1, 8, 15 **\$264***
SESSION 2 Jan. 5, 12, 19, 26, Feb. 2, 9 **\$264***
SESSION 3 Feb. 23, Mar. 2, 9, 16, 23, 30 **\$264***

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

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***

FRIDAYS: 4:15pm - 5:15pm (Minors)

SESSION 1 Nov. 14, 21, 28, Dec. 5, 12, 19 **\$264***
SESSION 2 Jan. 9, 16, 23, 30, Feb. 6, 13 **\$264***
SESSION 3 Feb. 27, Mar. 6, 13, 20, 27, Apr. 3 **\$264***

SATURDAYS: 12:30pm-1:30pm (Minors) 1:45pm - 2:45pm (Majors)

SESSION 1 Nov. 15, 22, 29, Dec. 6, 13, 20 **\$264***
SESSION 2 Jan. 10, 17, 24, 31, Feb. 7, 14 **\$264***
SESSION 3 Feb. 28, Mar. 7, 14, 21, 28, Apr. 4 **\$264***

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

SESSION 1 Nov. 16, 23, 30, Dec. 7, 14, 21 **\$264***
SESSION 2 Jan. 11, 18, 25, Feb. 1, 8, 15 **\$264***
SESSION 3 Mar. 1, 8, 15, 22, 29, Apr. 5 **\$264***

SCOPE & ROPE HITTING (CO-ED 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 motion, 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)

SESSION 1 Nov. 10, 17, 24, Dec. 1, 8, 15 **\$264***
SESSION 2 Jan. 5, 12, 19, 26, Feb. 2, 9 **\$264***
SESSION 3 Feb. 23, Mar. 2, 9, 16, 23, 30 **\$264***

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

SESSION 1 Nov. 12, 19, 26, Dec. 3, 10, 17 **\$264***
SESSION 2 Jan. 7, 14, 21, 28, Feb. 4, 11 **\$264***
SESSION 3 Feb. 25, Mar. 4, 11, 18, 25, Apr. 1 **\$264***

30/30 HITTING AND BASEBALL PITCHING

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

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



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

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***

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

SESSION 1 Nov. 13, 20, Dec. 4, 11, 18 **\$220***
SESSION 2 Jan. 8, 15, 22, 29, Feb. 5, 12 **\$264***
SESSION 3 Feb. 26, Mar. 5, 12, 19, 26, Apr. 2 **\$264***

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

TUESDAYS: 5:30pm - 6:30pm

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 building lower body strength.

