



Frozen Ropes
14 Tech Circle Natick, MA 01760



2025 Summer Programs



There's Never an offseason
BASEBALL SOFTBALL MULTI-SPORT
(For ages 3-4, 5-7, 8-12, 13+)

508-653-7673 natick@frozenropes.com www.frozenropes.com/natick
Frozen Ropes Natick 14 Tech Circle Natick, Massachusetts



CELEBRATING OVER 30 YEARS!

Dear Families, We are excited to have you join us this summer at a Frozen Ropes Summer Program! With over 30 years offering programs in the MetroWest Boston area, we are proud to offer a first class experience by fostering a love of sports, friendships and fun. With the help of our well-trained staff, your child will spend their summer days developing their skills and having fun through a variety of safe and structured activities.



We hope to see you soon!

Program Features

- Baseball
- Softball
- Multi-Sport
- Tournament Week
- Born To Play
- Giant Water Slide



Available for Ages

- 3-4 Coed
- 5-7 Coed
- 8-12 Coed Baseball
- 8-13 Softball
- 13+ Baseball



Locations

- Frozen Ropes Indoor Facility 14 Tech Circle
- Natick Natick Hunnewell Fields Pleasant Street Natick
- Medway High School Maddie Lamson Field
- EMC Park Hopkinton

FREQUENTLY ASKED QUESTIONS



Q: Can parents stay and watch?

A: Parents are more than welcome and encouraged to observe all of the activities.

Q: Do you have Policies and Procedures?

A: Yes, Frozen Ropes has many policies and procedures and meets all state and local requirements per Mass Board of Health document 105 CMR 430. You have the right to review our policies at any time.

Q: Does Frozen Ropes have insurance?

A: Yes, we are fully insured for activity within our Training Center as well as activity at offsite locations. Insurance certificates are filed with the town.

Q: What if it rains at outdoor programs?

A: There are 2 scenarios:

1. Full Day Washout - if it rains overnight and looks like it will be a washout the next day we will notify all parents via email by 7am. You can also check our website for notices. The message may also include details regarding the possibility of holding the program at our indoor facility in Natick. This will depend on the total number of registrations for all of our programs that week. If we cannot accommodate all players indoors due to town regulations, we will issue prorated vouchers good towards a future indoor or outdoor group program.

2. Partial Day Rain - if it rains while the players are outdoors, all players will go undercover and the instructors will wait for the rain to stop. If the fields become unplayable, all parents will be contacted to pick the players up. NO PLAYERS will be left unattended! Instructors will stay on site until all players have been picked up.

Q: What should the players bring?

A: Players should bring their glove, batting gloves (optional), hat, water bottle, sunscreen if needed, bat (optional), snack and lunch. All personal items should be clearly marked with the player's name. Sunglasses, cleats, protective cups, baseball pants and personal helmets are a few additional pieces of equipment that should be considered.

Q: What should the players wear?

A: Most players wear shorts and t-shirts. Uniforms and baseball pants are not required.

Q: Is lunch served?

A: No, all players ages 5-12 need to bring their lunch each day and also bring a snack.

Q: What is the instructor/player ratio?

A: The maximum ratio will be 1 instructor for 10 players but it is often lower.

Q: What is a typical day like?

A: The agenda will change throughout the week. Players will participate in stations and drills along with fun in the sun activities in the morning. Controlled scrimmages will be played daily. Players are divided by age and skill level for all stations and games. Lunch is usually at noon and players will be given water breaks throughout the day.

Q: Are any of the instructors CPR/First Aid Certified?

A: The senior instructor at each location is first aid and CPR certified. Also, many of the instructors are certified. First aid kits are available and the staff have mobile phones in the event of an emergency.

PRICING

3 Easy Ways to Register!

- Online at www.frozenropes.com/natick
- Call 508-653-7673
- In Person at 14 Tech Circle, Natick, MA



Baseball and Softball Outdoor Training Camps (5 day registration required)

Hopkinton EMC Park

Morning (8:30am - 12:30pm)	\$310*
Full Day (8:30am - 2:30pm)	\$445*

Medway High School

Morning (8:30am - 12:30pm)	\$285*
Full Day (8:30am - 2:30pm)	\$425*

Tournament Week Baseball

Full Day (8:30am - 2:30pm)	\$445*
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Multi-Sport Recreational Indoor Camps and Born To Play Indoor Camps (single day registration available)

Born To Play (co-ed ages 3-4)

Per Day (9:30am - 11:30am)	\$45*
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Multi-Sport Recreational Programs (ages 5-7, 8-12)

Morning (8:30am - 12:30pm)	
5 Days	\$285*
Per Day	\$65*

Full Day (8:30am - 2:30pm)	
5 Days	\$425*
Per Day	\$100*

Early Drop-Off and Late-Pickup (indoor camps only)

Early Drop-off (1 hour) 7:30am - 8:30am	
Late Pick-up (1 hour) 2:30pm - 3:30pm	\$15* per hour
Late Pick-up (2 hours) 2:30pm - 4:30pm	

Baseball and Softball Indoor Hitting Boot Camps (3 day registration required)

Hitting Boot Camps

3 Hours (10:00am - 1:00pm)	\$168*
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2 Great Ways to Save Money

Purchase a Family Membership and save **15% off** all programs throughout the year!

Refer friends and get a **\$25 Frozen Ropes Gift Card** for each referral. Some restrictions apply. See website for details.

Camp Policies

- 5 day pricing only applies to 5 days purchased in the same week
- Additional days for the same week may be purchased after initial registration at the daily rate
- Cancellations are allowed up until 1 week of program start. Account credit will be applied to your Frozen Ropes Account
- Credit card refunds are subject to a 3% fee
- Program cancellations or changes made within 1 week of program start will be charged a \$20 fee
- Refunds and credits are not available for same day cancellations or missed programs.

SUMMER PROGRAM FEATURES

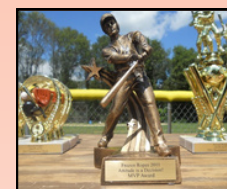
Baseball and Softball Training Camps

For the young athlete that wants to spend most of his or her day on their favorite sport. This program is held on the field. We will cover all aspects of skill development and game situations. With many years of experience, our instructors will help take your game to the next level.



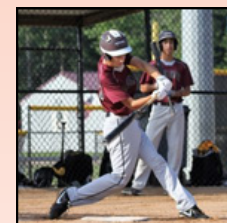
Tournament Week Baseball Camp

This camp is held at the baseball field. This is a skills camp that will also work on situational game play. Players will receive jerseys and play on the same team all week and compete in a round robin tournament style. Trophies will be awarded on Friday. We welcome parents to watch some games and cheer on their child's team!



Baseball and Softball Hitting Boot Camps

Our baseball and softball hitting boot camps for ages 13+ include visual skill development, hitting specific strength training, video analysis, live BP and in-game mental skills training.



Multi-Sport Recreational Camps

Experience the ultimate in summer fun with a Frozen Ropes recreational camp. Participants will be playing a variety of multi-sport games of baseball, wiffleball, dodgeball, soccer and much more. This multi-sport option will break-up the day by providing new games and new opportunities to have fun, make friends and stay active!









Born to Play Camps

An awesome first summer experience for co-ed ages 3-4! A great introduction to baseball with friends and friendly baseball coaches focused on making this first summer program memorable and fun!



DATES & LOCATIONS

Week	Dates	Location	Ages 3-4	Ages 5-7	Ages 8-12	Ages 8-13	Ages 13+
1	6/9/25 to 6/13/25	Frozen Ropes Indoor Facility	 Born To Play Camp (6/10, 6/11, 6/12)	 Multi-Sport Recreational Camp	 Multi-Sport Recreational Camp		
2	6/16/25 to 6/20/25	Frozen Ropes Indoor Facility		 Multi-Sport Recreational Camp	 Multi-Sport Recreational Camp		
3	6/23/25 to 6/27/25	Frozen Ropes Indoor Facility	 Born To Play Camp (6/24, 6/25, 6/26)	 Multi-Sport Recreational Camp	 Multi-Sport Recreational Camp		
4	6/30/25 to 7/3/25	Frozen Ropes Indoor Facility		 Multi-Sport Recreational Camp	 Multi-Sport Recreational Camp		
5	7/7/25 to 7/11/25	Natick Hunnewell Fields			 Tournament Week Baseball Camp		
6	7/14/25 to 7/18/25	Hopkinton EMC Park		 Baseball Camp	 Baseball Camp	 Softball Camp	
7	7/21/25 to 7/25/25	Frozen Ropes Indoor Facility		 Multi-Sport Recreational Camp	 Multi-Sport Recreational Camp		 Baseball and Softball Hitting Boot Camp (7/22, 7/23, 7/24)
8	7/28/25 to 8/1/25	Medway Lamson Field		 Baseball Camp	 Baseball Camp	 Softball Camp	
9	8/4/25 to 8/8/25	Frozen Ropes Indoor Facility		 Multi-Sport Recreational Camp	 Multi-Sport Recreational Camp		
10	8/11/25 to 8/15/25	Frozen Ropes Indoor Facility		 Multi-Sport Recreational Camp	 Multi-Sport Recreational Camp		
11	8/18/25 to 8/22/25	Frozen Ropes Indoor Facility		 Multi-Sport Recreational Camp	 Multi-Sport Recreational Camp		
12	8/25/25 to 8/29/25	Frozen Ropes Indoor Facility		 Multi-Sport Recreational Camp	 Multi-Sport Recreational Camp		