



# MELROSE HIGH SCHOOL STRENGTH AND CONDITIONING FACILITY

## **SPRING HOURS OF OPERATION**

MON	5:00PM – 7:00PM
TUE	5:00PM – 7:00PM
WED	5:00PM – 7:00PM
THU	5:00PM – 7:00PM
FRI	CLOSED
SAT	CLOSED
SUN	CLOSED

THE STRENGTH AND CONDITIONING FACILITY WILL BE CLOSED ON DAYS WHEN THERE IS NO SCHOOL. PLEASE CHECK WITH THE FACILITY SUPERVISOR OR CALL THE RECREATION DEPT. FOR A MORE DETAILED SCHEDULE

\*All participants must enter through the grey doors on the outside of Melrose High School near Melrose Street\*

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### Strength and Conditioning Facility

Grades:	7 – 12
Cost:	Free!

All participants are required to officially register to utilize the facility. Participants will be required to register once per year online on the Recreation website. There will be no cost associated with registering. Any participant under the age of 18 will require their parent / guardian's online authorization on the registration waiver. All participants are required to check-in upon arrival. If a participant has not officially registered they will not be permitted in the facility until their name is officially listed on the roster. All participants must accept and follow all rules, policies, and code of conduct set by the Recreation Dept.

Register at [www.tinyurl.com/MelroseRec](http://www.tinyurl.com/MelroseRec)

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For more information or questions please contact the Melrose Recreation Department  
at 781-979-4179 or [recreation@cityofmelrose.org](mailto:recreation@cityofmelrose.org)