



MELROSE HIGH SCHOOL STRENGTH AND CONDITIONING FACILITY

SUMMER HOURS OF OPERATION

**HIGH SCHOOL ATHLETES
MIDDLE SCHOOL ATHLETES**

**BEGINS JUNE 21
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	<u>MS STUDENTS</u>	<u>ALL HS ATHLETES</u>
MON	4:00pm – 5:00pm	4:00pm – 7:00pm
TUE	4:00pm – 5:00pm	4:00pm – 7:00pm
WED	CLOSED	5:00pm – 7:00pm
THU	4:00pm – 5:00pm	4:00pm – 7:00pm
FRI	CLOSED	CLOSED
SAT	CLOSED	CLOSED
SUN	CLOSED	CLOSED

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

Strength and Conditioning Facility

Grades: 6 – 12
Cost: Free!

All participants are required to officially register to utilize the facility. 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

For more information or questions please contact the Melrose Recreation Department
at 781-979-4179 or recreation@cityofmelrose.org