

Spring 2024 - Ice, Gym & Class Schedule

April to June
Revised: 03/21/2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

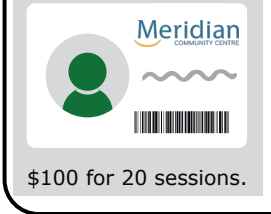

Saturday

Ice Schedule

Arena programs are subject to a 50 minute hour to allow time for an ice flood.
Please visit online for full details on ice programming and fees.

<p>Public Skating 1:00 - 1:50 pm</p> 	<p>Men's 60+ Shinny 10:00 - 10:50 am</p> <p>Adult Only Skate 2:30 - 3:20 pm</p> <p>6-12 Stick & Puck 3:30 - 4:20 pm</p> <p>Women's Shinny 8:00 -8:50 pm</p> <p>Men's Shinny 9:00 - 9:50pm</p>	<p>13-17 Stick & Puck 4:00 - 4:50 pm</p>  <p>Scan for programs and activities offered at the MCC for all ages!</p>	<p>Women's Shinny 10:00 - 10:50 am</p> 	<p>Parent & Preschool Skate 10:00 - 10:50 am</p> <p>60+ Stick & Puck 11:00 - 11:50 am</p> <p>Adult Only Skate 1:00 - 1:50 pm</p>	<p>Men's Shinny 9:00 - 9:50 am</p> <p>Men's 60+ Shinny 10:00 - 10:50 am</p> <p>Ticket Ice 3:30 - 4:20 pm</p> <p>18+ Stick & Puck 4:30 - 5:20 pm</p>	<p>New! Adult Ticket Ice 6:30 - 7:20 pm Starting June 1, 2024</p> <p>Public Skating 7:30 - 8:50 pm</p> 
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Gym & Class Schedule Drop-in fees : \$6 per session, or Membership Card: \$100 for 20 sessions.

<p>Become a Meridian Community Centre Member & Save!</p>  <p>\$100 for 20 sessions.</p>	<p><input checked="" type="checkbox"/> Brock FIT 8:00 - 9:00 am 9:00-10:00 am</p> <p>Drop-In Basketball 9:00 - 11:00 am</p> <p>55+ Aerobics 11:00 am - 12:00 pm</p> <p>Lift & Sweat 7:00 - 8:00 pm</p>	<p>Zumba® 9:30 - 10:30 am</p> <p>Walking & Sitting Meditation 10:00 - 11:00 am</p> <p>Chair Yoga 11:15 am - 12:15 pm</p> <p>Drop-In Volleyball 12:15 - 2:15 pm</p>	<p><input checked="" type="checkbox"/> Brock FIT 8:00 - 9:00 am 9:00-10:00 am</p> <p>Mom & Tot Fitness 9:30 - 10:30 am</p> <p>Family Drop-in Gym 4:00 - 5:00 pm</p> <p><input checked="" type="checkbox"/> Adult Pilates 5:50 - 6:30 pm</p> <p>Hatha Yoga 7:00 - 8:00 pm</p>	<p>Tiny Tots Gym Time 10:30 am - noon</p> <p>55+ Aerobics 11:00 am - noon</p> <p>Chair Yoga 11:15 am - 12:15 pm</p> <p>FlexAgility 12:45-1:45 pm</p> <p>Yogalates 5:30 - 6:30 pm</p>	<p><input checked="" type="checkbox"/> Brock FIT 8:00 - 9:00 am 9:00 - 10:00 am</p> <p>Free - Drop-In Bridge 10:00 am to noon</p> <p>Drop-In Volleyball 10:30 am - 1:00 pm</p> <p>Zumba® 12:00 - 1:00 pm</p> <p>Orchestrum Music 1:00 - 3:00 pm</p>	 <p>Ice, gym and meeting spaces are available for private rentals. See the information desk for availability.</p>
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Indicates: Advance Online Registration Required

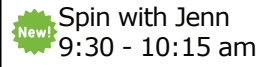
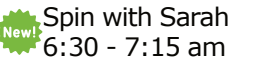
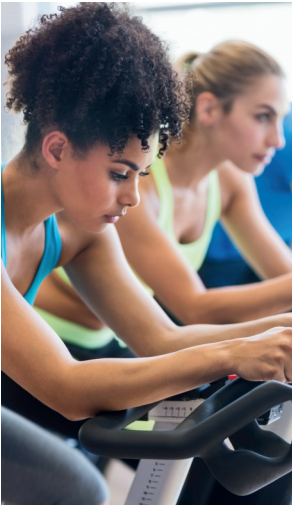

Schedule subject to change; please visit pelham.ca/cancellations.

Spring 2024 - Spin & Pickleball Schedule


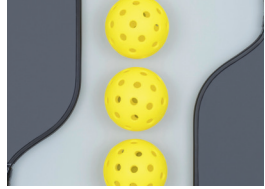
April to June
Revised: 03/26/2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Spin Schedule Spin Program Fee: \$10 per Week | 16+ | Registration is required, limited spaces

 <p>Spin with Jenn 9:30 - 10:15 am</p>	 <p>Spin with Sarah 6:30 - 7:15 am</p>	<p>Spin with Cindy 9:15 - 10:00 am</p>	<p>Spin with Cindy 10:30 - 11:15 am</p>		<p>Spin with Cindy 10:30 - 11:15 am</p>	<p>Spin with Sarah 8:00 - 8:45 am</p>
 <p>Spin with Cindy 9:15 - 10:00 am</p> <p>Spin with Cindy 10:15 - 11:00 am</p> <p>Spin with Jenn 5:00 - 5:45 pm</p> <p>Spin with Jenn 6:00 - 6:45 pm</p>	<p>Spin with Sarah 4:45 - 5:30 pm</p> <p>Spin with Sarah 5:45 - 6:30 pm</p>	<p>Spin with Cindy 5:45 - 6:30 pm</p> <p>Spin with Cindy 6:45 - 7:30 pm</p>	<p>Spin with Sarah 9:00 - 9:45 am</p> <p>Spin Fee: \$10 per Week</p> <p>Based on registering for a seven to nine week program.</p>			

Pickleball Schedule Drop-in fees : \$6 per session, or Membership Card: \$100 for 20 sessions.

	<p>Pickleball - All Levels 12:30 - 2:30 pm</p>	<p>Pickleball - All Levels 8:00 - 10:00 am</p>	<p>Pickleball - Beginners 11:00 am - 1:00 pm</p>	<p>Pickleball - All Levels 8:00 - 10:00 am</p>	<p>Pickleball - Competitive 7:00 - 9:00 am</p>	
	<p>Pickleball - Beginner (Gym 1) All Levels (Gym 2) 8:30 - 10:30 pm</p>	<p>Pickleball - Competitive 3:00 - 5:00 pm</p>	<p>Pickleball - All Levels 8:30 - 10:30 pm</p>	<p>Pickleball - Competitive 12:30 - 2:30 pm</p>	<p>Pickleball - Beginner 9:30 - 11:30 am</p>	



Centennial Park Outdoor Pickleball Courts opening on April 15

Weather Permitting | Memberships Available | See Customer Service Desk

 Indicates: Advance Online Registration Required

Schedule subject to change; please visit pelham.ca/cancellations.



For more information call 905-732-7872
www.pelham.ca/mcc

