

New! Fall 2024 - Ice, Gym & Class Schedule




September to December

Revised: 10/07/2024

- 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 - 2:20 pm</p> 	<p>Women's Skills & Drills 9:45 - 10:45 am</p> <p>60+ Stick & Puck 10:00 - 10:50 am</p> <p>Women's Shinny 10:45 - 11:35 am</p> <p>Adult Only Skate 2:30 - 3:20 pm</p> <p>6-12 Stick & Puck 3:30 - 4:20 pm</p>	<p>Men's Shinny 9:00 - 9:50 am</p> <p>Men's 60+ Shinny 10:00 - 10:50 am</p> <p>Parent & Preschool 1:00 - 1:50 pm</p> <p>13-17 Stick & Puck 4:00 - 4:50 pm</p>	<p>✓ Adult Power Skate 1:00 - 1:50 pm</p> 	<p>Women's Shinny 9:45 - 10:35 am</p> <p>Parent & Preschool 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>✓ Adult Learn to Skate 2:15 - 3:05 pm</p>	<p>Men's Shinny 9:15 - 10:05 am</p> <p>Men's 60+ Shinny 10:00 - 10:50 am</p> <p>Ticket Ice 3:15 - 4:05 pm</p> <p>18+ Stick & Puck 4:15 - 5:05 pm</p>	<p>Public Skating 7:30 - 8:50 pm</p> <p>Men's Shinny 9:00 - 9:50 pm</p> 
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Gym & Class Schedule Drop-in fees : \$6 per session, or Membership Card: \$100 for 20 sessions.

<p>✓ Indicates: Advance Online Registration Required</p> 	<p>✓ SeniorFIT 8:00 - 9:00 am 9:00-10:00 am</p> <p>Drop-In Basketball 9:00 - 11:00 am</p> <p>Family Music 11:00 - noon</p> <p>55+ Aerobics 11:00 am - noon</p> <p>✓ Youth Soccer New! 5 - 6 pm 4-7yrs 6 - 7 pm 8-12yrs</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>✓ Yin Yoga 7:00 - 8:00 pm</p> 	<p>✓ SeniorFIT 8:00 - 9:00 am 9:00-10:00 am</p> <p>Mom & Tot Fitness 9:30 - 10:30 am</p> <p>55+ Aerobics 10:00 - 11:00 am</p> <p>✓ Crush your Core 10:15 - 11:15 am</p> <p>Family Drop-in Gym 4:00 - 5:00 pm</p> <p>✓ Pilates 5:30 - 6:30 pm</p> <p>Hatha Yoga 7:00 - 8:00 pm</p>	<p>Tiny Tots Gym Time 10:30 - 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>✓ Music Theatre New! 4:15-5:15 Kinder 5:30 - 7:00 Junior</p> <p>Yogalates 5:30 - 6:30 pm</p>	<p>✓ SeniorFIT 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® noon - 1:00 pm</p> <p>Orchestra Music 1:00 - 3:00 pm</p>	<div style="text-align: center;">  </div> <p>Ice, gym and meeting spaces are available for private rentals.</p> <p>See the information desk for availability.</p>
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New! Fall 2024 - Spin & Pickleball Schedule

September to December
Revised: 09/04/2024

- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday

Spin Schedule ✓ Spin Program Fee: \$10 per Week | 16+ | Registration is required, limited spaces

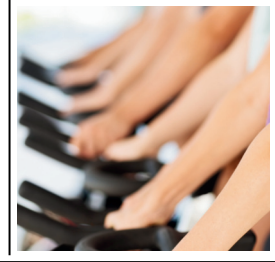


This low-impact exercise class includes weight loss, improved strength, endurance and stress relief. High energy, cardio and a rocking playlist make this class suitable for all fitness levels!

Come give it a spin! www.pelham.ca/spin

Spin Class Fee: \$10 per Week* Based on registering for weekly programs offered in seven to eight-week sessions.

New! Open Access Spin Passes available. See Customer Service for details. \$30 per month and one-time \$50 deposit.



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



Pickleball - All Levels
12:30 - 2:30 pm

Pickleball - Beginner (Gym 1)
All Levels (Gym 2)
8:30 - 10:30 pm

Pickleball - Competitive
8:00 - 10:00 am

Pickleball - All - Level
10:45 - 12:45 pm

Pickleball - Beginner (Gym 1)
All Levels (Gym 2)
11:15 am - 1:15 pm

Pickleball - Competitive
1:30 - 3:30 pm

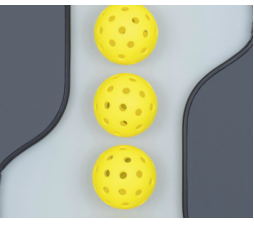
Pickleball - Competitive
7:00 - 9:00 am

Pickleball - All Levels
12:30 - 2:30 pm

Pickleball - All Levels
8:30 - 10:30 am

Pickleball - Competitive
2:00 - 4:00 pm

Pickleball - All Levels
8:30 - 10:30 pm



Save with Membership

Membership cards can be used for all drop-in programs offered at the Meridian Community Centre.
Visit the customer service desk to purchase your membership and start saving!
\$100 | Valid for 20 drop-in programs at the MCC



✓ **Kinder and Junior music theatre classes**

For the kinder who's always dressing up, dancing around, and singing along with their favourite soundtracks! Channel creative energy in this introductory class. Ages 4-7 | \$160 | 7-week sessions beginning Sept 12 & Nov 7 | 4:15pm - 5:15pm

The junior class will work towards a final performance, students will learn fundamentals in singing, acting, dancing, stage etiquette, and more. Ages 10-12 | \$230 | 7-week sessions beginning Sept 12 & Nov 7 | 5:30pm - 7:00pm

✓ Indicates: Advance Online Registration Required

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



For a full listing of programs and classes call 905-732-7872 or visit www.pelham.ca/mcc

