

# New! Spring 2025 - Ice, Gym & Class Schedule

April to June  
Revised: 03/21/2025

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.

Public Skating  
1:00 - 2:20 pm



Adult Only Skate  
2:30 - 3:20 pm

6-12 Stick & Puck  
3:30 - 4:20 pm

Women's Shinny  
8:00 - 8:50 pm

Men's Shinny  
9:00 - 9:50 pm

Men's 60+ Shinny  
10:00 - 10:50 am

13-17 Stick & Puck  
4:00 - 4:50 pm

Women's Shinny  
10:00 - 10:50 am



Parent & Preschool  
10:00 - 10:50 am

60+ Stick & Puck  
11:00 - 11:50 am

Adult Only Skate  
1:00 - 1:50 pm


Men's Shinny  
9:00 - 9:50 am

Men's 60+ Shinny  
10:00 - 10:50 am

18+ Stick & Puck  
4:30 - 5:20 pm

Adult Ticket Ice  
6:30 - 7:20 pm

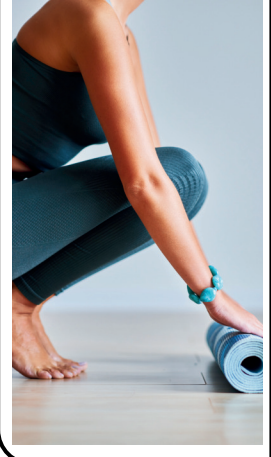
Public Skating  
7:30 - 8:50 pm



## Gym & Class Schedule

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

✓ Indicates:  
Advance  
Online  
Registration  
Required



✓ SeniorFIT  
8:00 - 9:00 am  
9:00-10:00 am

Drop-In Basketball  
9:00 - 11:00 am

Family Music  
11:00 - noon  
(ends May 26)

55+ Aerobics  
11:00 am - noon


Lift & Sweat  
7:00 - 8:00 pm

Zumba®  
9:30 - 10:30 am

Walking/sitting  
Meditation  
10:00 - 11:00 am


Chair Yoga  
11:15 am - 12:15 pm

Drop-In Volleyball  
12:15 - 2:15 pm




✓ SeniorFIT  
8:00 - 9:00 am  
9:00-10:00 am

Mom & Tot Fitness  
9:30 - 10:30 am

Free Drop-In  
Mahjonn   
1:30 - 4:00 pm

Family Drop-in Gym  
4:00 - 5:00 pm

Drop-in Step   
5:30 - 6:30 pm

Hatha Yoga  
7:00 - 8:00 pm


Tiny Tots Gym Time  
10:30 - noon

55+ Aerobics  
11:00 am - noon

Chair Yoga  
11:15 am - 12:15 pm

FlexAgility  
12:45-1:45 pm

Yogalates  
5:30 - 6:30 pm




✓ SeniorFIT  
8:00 - 9:00 am  
9:00 - 10:00 am

Free Drop-In Bridge  
10:00 am to noon

Drop-In Volleyball  
10:30 am - 1:00 pm

Zumba®  
noon - 1:00 pm

Orchestra Music  
1:00 - 3:00 pm



Ice, gym and  
meeting spaces  
are available for  
private rentals.




See the  
information desk  
for availability.

# New! Spring 2025 - Spin & Pickleball Schedule


April to June  
Revised: 03/21/2025

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

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

	<p>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!</p> <p><b>Come give it a spin! <a href="http://www.pelham.ca/spin">www.pelham.ca/spin</a></b></p>	<p>Spin Class Fee: \$10 per Week* Based on registering for weekly programs offered in seven to eight-week sessions.</p> <p>Open Access Spin Passes available. See Customer Service for details. \$30 per month and one-time \$50 deposit.</p>		
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## Pickleball Schedule ✔ New! Pre-Registered: \$6 per session | Registration is required, limited spaces

	<p>Pickleball - All Levels 12:30 - 2:30 pm</p>	<p>Pickleball - Competitive 8:00 - 10:00 am</p>	<p>Pickleball - Competitive 11:15 am - 1:15 pm</p>	<p>Pickleball - Competitive 8:00 - 10:00 am</p>	<p>Pickleball - Beginner 8:30 - 10:30 am</p>	<span style="color: green; font-size: small;">New!</span> Registration is required, limited spaces. Pelham Residents can register for each session 48hrs in advance.
	<p>Pickleball - Beginner (Gym 1) All Levels (Gym 2) 8:30 - 10:30 pm</p>	<p>Pickleball - All Levels 10:30 - 12:30 pm</p>	<p>Pickleball - Beginner (Gym 1) All Levels (Gym 2) 1:30 pm - 3:30 pm</p> <p>Pickleball - Competitive 8:30 - 10:30 pm</p>	<p>Pickleball - All Levels 12:30 - 2:30 pm</p> <p><b>Private Pickleball court rentals are available - See customer service for availability</b></p>	<p>Pickleball - All Levels 2:00 - 4:00 pm</p>	

**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**



Group, private and semi-private lessons are offered over four sessions. **New adult swim lessons**, Aqua Zumba, Swim Team and lifesaving courses of Bronze Star, Bronze Medallion and Bronze Cross are available. **905-732-7882 | [www.pelham.ca/pool](http://www.pelham.ca/pool)**



### Centennial Park Outdoor Courts

Memberships Available | See Customer Service Desk  
**[www.pelham.ca/outdoorcourts](http://www.pelham.ca/outdoorcourts)**

✔ Indicates: Advance Online Registration Required

**Schedule subject to change; please visit [pelham.ca/cancellations](http://pelham.ca/cancellations).**



**For a full listing of programs and classes call 905-732-7872 or visit [www.pelham.ca/mcc](http://www.pelham.ca/mcc)**

