



# Winter 2025 - Ice, Gym & Class Schedule



January to April

Revised: 01/07/2025

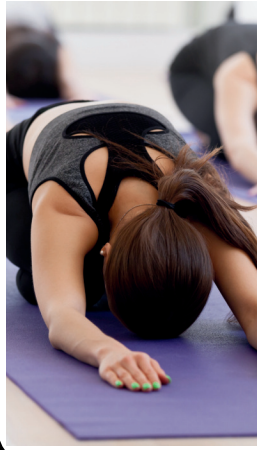


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## Ice Schedule

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 	Women's Skills & Drills 9:45 - 10:45 am 55+ Stick & Puck 10:00 - 10:50 am Women's Shinny 10:45 - 11:35 am Adult Only Skate 2:30 - 3:20 pm 6-12 Stick & Puck 3:30 - 4:20 pm	Men's Shinny 9:00 - 9:50 am Men's 60+ Shinny 10:00 - 10:50 am Parent & Preschool 1:00 - 1:50 pm 13-17 Stick & Puck 4:00 - 4:50 pm	<input checked="" type="checkbox"/> Adult Power Skate 1:00 - 1:50 pm 	Women's Shinny 9:45 - 10:35 am Parent & Preschool 10:00 - 10:50 am 55+ Stick & Puck 11:00 - 11:50 am Adult Only Skate 1:00 - 1:50 pm <input checked="" type="checkbox"/> Adult Learn to Skate 2:15 - 3:05 pm	Men's Shinny 9:15 - 10:05 am Men's 60+ Shinny 10:00 - 10:50 am Ticket Ice 3:15 - 4:05 pm 18+ Stick & Puck 4:15 - 5:05 pm	Public Skating 7:30 - 8:50 pm Men's Shinny 9:00 - 9:50 pm 
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## Gym & Class Schedule Drop-in fees : \$6 per session, or Membership Card: \$100 for 20 sessions.

<input checked="" type="checkbox"/> Indicates: Advance Online Registration Required 	<input checked="" type="checkbox"/> SeniorFIT 8:00 - 9:00 am 9:00-10:00 am Drop-In Basketball 9:00 - 11:00 am Family Music 11:00 - noon 55+ Aerobics 11:00 am - noon Drop-in Volleyball 2:45 - 4:45 pm Music Theatre 4:30-5:30 Kinder <input checked="" type="checkbox"/> Restorative Yoga 6:00 - 7:00 pm 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 	<input checked="" type="checkbox"/> SeniorFIT 8:00 - 9:00 am 9:00-10:00 am Mom & Tot Fitness 9:30 - 10:30 am Free Drop-In Mahjonn <input checked="" type="checkbox"/> <small>New!</small> 1:30 - 4:00 pm Family Drop-in Gym 4:00 - 5:00 pm <input checked="" type="checkbox"/> Pilates 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 <input checked="" type="checkbox"/> Music Theatre <input checked="" type="checkbox"/> <small>New!</small> 4:30-5:30 Primary 5:45- 7:15 Junior Yogalates 5:30 - 6:30 pm	<input checked="" type="checkbox"/> 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 Orchestrum Music 1:00 - 3:00 pm	 Ice, gym and meeting spaces are available for private rentals. See the information desk for availability.
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# Winter 2025 - Ice, Gym & Class Schedule

January to April  
Revised: 12/18/2024

- 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](http://www.pelham.ca/spin)**

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

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



## Pickleball Schedule Pre-Registered: \$6 per session | Registration is required, limited spaces



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 Levels  
10:30 - 12:30 pm

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

Pickleball - Competitive  
1:30 - 3:30 pm

Pickleball - Competitive  
8:00 - 10:00 am

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

Pickleball - Beginner  
8:30 - 10:30 am

Pickleball - All Levels  
2:00 - 4:00 pm

Pickleball - Competitive  
8:30 - 10:30 pm

Registration is required, limited spaces. Pelham Residents can register for each session 48hrs in advance.

**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, Primary & Junior music theatre 8-week sessions start January 13 & March 24**

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 | 4:30pm - 5:30pm

The other classes will work towards a final performance, learning fundamentals in singing, acting, dancing, stage etiquette, and more. Primary Ages 8-10 - 4:30 - 5:30 pm | Junior Ages 10-12 - 5:45 - 6:45 pm | \$230



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)**

