



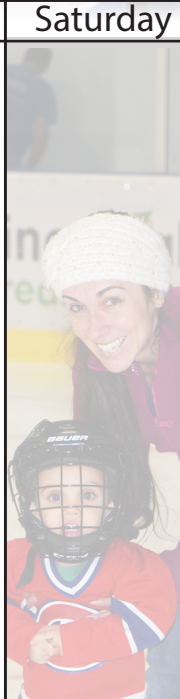
# Meridian Community Centre

## Spring Schedule

April - May 2019  
Revised: April 15, 2019





## Arena Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PUBLIC SKATE</b> 1:00-2:20pm 	<b>65+ STICK &amp; PUCK</b> 10:00-10:50am  <b>ADULT SKATE</b> 2:00-2:50pm  <b>STICK &amp; PUCK</b> (Age 6 & under) 3:00-3:50pm  <b>WOMEN'S SHINNY</b> 7:00-8:50pm	<b>MEN'S SHINNY</b> 9:00-9:50am  <b>ADULT &amp; PRE-SCHOOL SKATE</b> 1:00-1:50pm  <b>STICK &amp; PUCK</b> (Ages 13-17) 3:30-4:20pm	<b>PUBLIC SKATE</b> 4:00-4:50pm 	<b>ADULT &amp; PRE-SCHOOL SKATE</b> 9:30-10:20am  <b>MEN'S 60+ STICK AND PUCK</b> 10:30-11:20am  <b>ADULT SKATE</b> 1:00-1:50pm  <b>STICK &amp; PUCK</b> (Age 7-12) 4:00-4:50pm	<b>MEN'S SHINNY</b> 9:00-9:50am  <b>MEN'S 60+ SHINNY</b> 10:00-10:50am  <b>18+ STICK &amp; PUCK</b> 5:00-5:50pm  <b>PUBLIC SKATE</b> 7:30-9:20pm	

## Program Schedule

All dates, times and locations are subject to change.  
Arena program are subject to a 50 min hour to allow time for ice flood.  
Please visit website for full details and applicable fees.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>PICKLE BALL</b> (All Levels) 11:30-2:30pm Gym  <b>PICKLE BALL</b> (Beginner) 7:30-10:00pm Gym	<b>WALKING CLUB</b> 9:00am Atrium Lobby  <b>ZUMBA GOLD</b> 9:30-10:30am Accursi Room  <b>PICKLE BALL</b> (All Levels) 11:30-2:30pm Gym  <b>VOLLEYBALL</b> 12:30-2:30pm Gym  <b>STAY FIT: EXERCISE PROGRAM</b> 1:00-2:00pm Accursi Room  <b>ZUMBA</b> 6:30-7:30pm Accursi Room	<b>PICKLE BALL</b> (All Levels) 9:00-12:00pm Gym  <b>ZUMBA</b> 9:30-10:30am Accursi Room  <b>KEEPING BALANCE</b> 10:30-11:30am Accursi Room  <b>BADMINTON</b> 2:00-4:00pm Gym  <b>HATHA YOGA</b> 6:30-7:30 Accursi Room  <b>PICKLE BALL</b> (All Levels) 7:30-10:00pm Gym	<b>WALKING CLUB</b> 9:00am Atrium Lobby  <b>SHUFFLEBOARD</b> 9:30-12:30pm Accursi Room  <b>CHAIR YOGA</b> 10:30-11:30am Accursi Room  <b>PICKLE BALL</b> (All Levels) 11:30-2:30pm Gym  <b>STAY FIT: EXERCISE PROGRAM</b> 1:00-2:00pm Accursi Room	<b>PICKLE BALL</b> (All Levels) 9:00-12:00pm Gym  <b>KEEPING BALANCE</b> 10:30-11:30am Accursi Room  <b>PICKLE BALL</b> (All Levels) 7:30-10:00pm Gym	

For cancellations, please visit [www.pelham.ca/mcc](http://www.pelham.ca/mcc)



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## Adult/ Senior Programming

More  
Programs  
to come!

### PICKLE BALL

Mondays from 11:30am-2:30pm (All Levels), 7:30-10:00pm (Beginner)  
Tuesdays from 11:30am-2:30pm (All Levels),  
Wednesdays from 9:00am-12:00pm (All Levels), 7:30-10:00pm (All Levels)  
Thursdays from 11:30am-2:30pm (All Levels)  
Fridays from 9:00am-12:00pm (All Levels), 7:30pm-10:00pm (All Levels)  
Co-ed, recreational pickle ball -players must be 18 or older to participate.  
Drop in fee \$6.00 or Activity Punch Pass \$80 for 20 drop in classes.

### THE WALKING CLUB

Tuesdays and Thursdays at 9:00am  
Meeting in the lobby of the Meridian Community Centre.  
Get out, be healthy and be social! The Walking Club meets all year round,  
rain or shine! Make sure to dress appropriately for the weather.

### VOLLEYBALL

Tuesdays from 12:30-2:30pm  
Co-ed, recreational volleyball -players must be 18 or older to participate.  
Drop in \$6.00 or Activity Punch Pass \$80 for 20 drop in classes.

### BADMINTON

Wednesdays from 2pm-4pm.  
Co-ed, recreational badminton. Players must be 18 or older to participate.  
Drop in \$6.00 or Activity Punch Pass \$80 for 20 drop in classes.

### SHUFFLEBOARD

Thursdays from 9:30am-11:00am.  
Co-ed, recreational badminton. Players must be 18 or older to participate.  
Drop in \$6.00 or Activity Punch Pass \$80 for 20 drop in classes.

### YOGA

Must be 18 or older to participate. Yoga Mat is required.  
Drop in \$6.00 or Activity Punch Pass \$80 for 20 drop in classes.

**Hatha Yoga:** Yoga helps tone, lengthen, and strengthen muscles. This gentle form of yoga is perfect for beginners and those with experience. This drop-in class focuses on alignment and breath.

Wednesdays from 6:30pm-7:30pm.

**Chair Yoga:** Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Though yoga is beneficial for all, chair yoga is the perfect way for seniors to discover yoga.

Thursdays from 10:30am-11:30am.

## Children's Birthday Party Rentals

Looking for something fun to do for your next birthday party? Why not rent the ice or gym at the Meridian Community Centre! The rental fees include admission for 15 children and 2 adults and can be booked during public skating or include 1 hour of gym use.

For more information on fees and birthday party packages, please visit:

[pelham.ca/child-youth-programs](http://pelham.ca/child-youth-programs)

## Events:

### SAVE THE DATE: EASTER

### EGGSTRAVGANZA

Saturday, April 20, 2019

**NEW LOCATION: Centennial Park, Fenwick**

999 Church St, Fenwick, ON L0S 1C0

Beginning at 11am

[www.pelham.ca/easter-egg-hunt](http://www.pelham.ca/easter-egg-hunt)

### PITCH IN PELHAM

### (COMMUNITY CLEAN UP)

Saturday, April 27, 2019

Centennial Park, Fenwick

999 Church St, Fenwick, ON L0S 1C0

Beginning at 11am

[www.pelham.ca/community-clean-up](http://www.pelham.ca/community-clean-up)

### SAVE THE DATE: PELHAM FARMERS' MARKET

Begins May 2 through to October 10th  
4pm-Dusk

Located at 20 Pelham Town Square, Fonthill  
in the Municipal Parking lot

[www.pelham.ca/farmers-market](http://www.pelham.ca/farmers-market)

### THEATRE SERIES:

### Carousel Players Theatre Presents: The Incredible Adventures of Mary Jane Mosquito

Saturday May 4th at 4pm

Meridian Community Centre

Tickets: \$10

Tickets can be purchased online or at the  
Front Desk of the Meridian Community Centre

[www.pelham.ca/theatre](http://www.pelham.ca/theatre)