




Meridian Community Centre

Spring Schedule

April - May 2019
Revised: May 15, 2019





Arena Schedule

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

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

For cancellations, please visit www.pelham.ca/mcc



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Adult/ Senior Programming

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),
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.
Please note that there will no longer be any Wednesday evening Pickleball.

ADULT LEARN TO SKATE

Mondays at 1:00pm
\$63 for 9 weeks (per person)
Instructor-led. Players must be 18 or older to participate.
A CSA approved helmet is required.
No Session on May 20 (Victoria Day), July 1 (Canada Day) & July 8

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 shuffleboard. 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.

Events:

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

COMMUNITY TREE PLANT

Friday, May 31, 2019
Harold Black Park,
953 Haist Street, Fonthill, ON
Beginning at 9am-12pm
Registration is required.
www.pelham.ca/treeplant

PELHAM BIG BAND DANCE NIGHT

Featuring the Jimmy Marando Swing Band
Tuesday, May 21 and runs every third Tuesday of the month
Held at the Meridian Community Centre.
*Admission is free.
Food and Drink are available
Doors open 6:30pm the band plays 7:30-9:30pm

HERITAGE TEA

June 2, 2019 @ 1pm
Old Pelham Town Hall
(491 Canboro Road, Ridgville)
Tickets available at the MCC, Online & Nature's Corner
\$20.00
www.pelham.ca/heritage-tea

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