

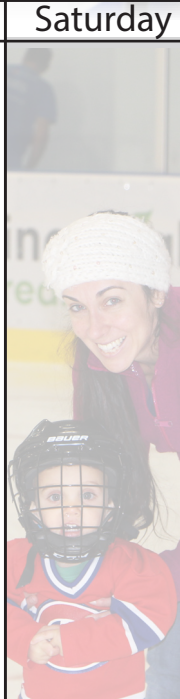


Meridian Community Centre

January- March 2019
Revised: March 14, 2019





Arena Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PUBLIC SKATE 1:00-2:20pm 	WOMEN'S LEARN TO PLAY 9:45-10:20am 65+ STICK & PUCK 10:00-10:50am WOMEN'S SHINNY 10:30-11:20am ADULT LEARN TO SKATE 1:00-1:50pm ADULT SKATE 2:00-2:50pm STICK & PUCK (Age 6 & under) 3:00-3:50pm STICK & PUCK (Age 7-12) 4:00-4:50pm	MEN'S SHINNY 9:00-9:50am ADULT & PRE-SCHOOL SKATE 1:00-1:50pm STICK & PUCK (Ages 13-17) 3:30-4:20pm	PUBLIC SKATE 4:00-4:50pm 	ADULT & PRE-SCHOOL SKATE 9:30-10:20am WOMEN'S SHINNY 9:45-10:35am MEN'S 60+ STICK AND PUCK 10:30-11:20am ADULT SKATE 1:00-1:50pm	MEN'S SHINNY 9:00-9:50am MEN'S 60+ SHINNY 10:00-10:50am TICKET ICE 3:30-4:20pm 18+ STICK & PUCK 5:00-5:50pm PUBLIC SKATE 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
	PICKLE BALL (All Levels) 11:30-2:30pm Gym PICKLE BALL (Beginner) 7:30-10:00pm Gym	WALKING CLUB 9:00am Atrium Lobby PICKLE BALL (All Levels) 11:30-2:30pm Gym ZUMBA GOLD 9:30-10:30am Accursi Room VOLLEYBALL 12:30-2:30pm Gym STAY FIT: EXERCISE PROGRAM 1:00-2:00pm Accursi Room ZUMBA 6:30-7:30pm Accursi Room	PICKLE BALL (All Levels) 9:00-12:00pm Gym ZUMBA 9:30-10:30am Accursi Room KEEPING BALANCE 10:30-11:30am Accursi Room BADMINTON 2:00-4:00pm Gym HATHA YOGA* 6:30-7:30 Accursi Room PICKLE BALL (All Levels) 7:30-10:00pm Gym	WALKING CLUB 9:00am Atrium Lobby SHUFFLEBOARD 9:30-12:30pm Accursi Room CHAIR YOGA** 10:00-11am Accursi Room PICKLE BALL (All Levels) 11:30-2:30pm Gym STAY FIT: EXERCISE PROGRAM 1:00-2:00pm Accursi Room	PICKLE BALL (All Levels) 9:00-12:00pm Gym KEEPING BALANCE 10:30-11:30am Accursi Room PICKLE BALL (All Levels) 7:30-10:00pm Gym	

*Hatha Yoga begins on April 3rd
**Chair Yoga begins of April 4th

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), 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. Starting April 3rd.

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 10:00am-11:00am. Starting April 4th.

More
Programs to
come!

Events:

PELHAM BIG BAND DANCE NIGHT

Featuring the Jimmy
Marando Swing Band

Tuesday, March 19 and runs every third
Tuesday of the month
Held at the Meridian Community Centre.

*Admission is free.

Doors open 6:30pm the band
plays 7:30-9:30pm

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

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

Children's Birthday Party Rentals

Party Rentals can be held during any public skate; includes admission for 25 children and 2 adults plus 2 hours use of the Kinsmen Room at the Meridian Community Centre.

Fee: \$125.00 plus insurance