# Winter 2024 Ice and Gym Schedule

January to March

Revised: 01/30/2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Arena programs are subject to a 50 minute hour to allow time for an ice flood.

Friday

Saturday

#### Ice Schedule

Public Skating 1:00 - 2:20 pm



Women's Skills & Drills 9:30 - 10:20 am

Women's Shinny 10:30 - 11:20 am

60+ Stick and Puck 10:00 - 10:50 am

Adult Learn to Skate 1:00 - 1:50 pm

Adult Only Skate 2:00 - 2:50 pm

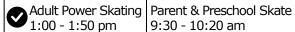
6-12 Stick & Puck 3:30 - 4:20 pm

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

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

Parent & Preschool Skate 1:00-1:50 pm

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





Women's Shinny 9:45 - 10:35 am

60+ Stick & Puck 10:30 - 11:20 am

Adult Only Skate 1:00 - 1:50 pm

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

Please visit online for full details on ice programming and fees.

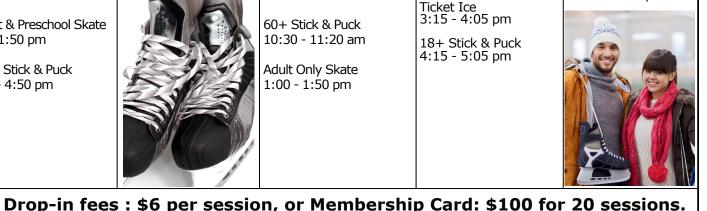
Men's 60+ Shinny 10:00 - 10:50 am

Ticket Ice 3:15 - 4:05 pm

18+ Stick & Puck 4:15 - 5:05 pm

Public Skating 7:30 - 8:20 pm

Men's Shinny 9:30 - 10:30 pm



### **Gym Schedule**

Become a Meridian Community Centre Member &

Save!



\$100 for 20 sessions.

Brock FIT 8:00 - 9:00 am 9:00-10:00 am

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

55+ Aerobics 11:00 am - 12:00 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

Teen Volleyball 4:00 - 5:00 pm Brock FIT 8:00 - 9:00 am 9:00-10:00 am

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

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

Adult Pilates 6:00 - 7:00 pm

Hatha Yoga 7:00 - 8:00 pm

Tiny Tots Gym 10:30 am - noon

55+ Aerobics 11:00 am - noon

Chair Yoga 11:15 am - 12:15 pm

FlexAaility 12:45-1:45 pm

Teen Soccer 4:00 - 5:00 pm

Yogalates 5:30 - 6:30 pm



Brock FIT 8:00 - 9:00 am 9:00 - 10:00 am

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

Orchestrum Music 1:00 - 3:00 PM

Adult Basketball 4:00 - 5:00 pm

Teen Basketball 4:00 - 5:00 pm Adult Basketball 8:30 - 10:30 pm



Ice, gym and meeting spaces are available for private rentals. See the information desk for availability.

Indicates: Advance Online Registration Required

Schedule subject to change; please visit pelham.ca/cancellations.





## Winter 2024 Spin and Pickleball Schedule

January to March Revised: 01/30/2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Spin Schedule 🗸



Program Fee: 10 Weeks \$100.00 | 16+ | Registration is required, limited spaces



Scan for all the programs and activities offered at the MCC for all ages!

Spin with Cindy 9:15 - 10:00 am

Spin with Cindy 10:15 - 11:00 am

Spin with Krysta 4:45 - 5:30 pm

Spin with Jen 6:30 - 7:15 pm Spin with Krysta 9:15 - 10:00 am

Spin with Krysta 4:45 - 5:30 pm

Spin with Krysta 5:45 - 6:30 pm



Spin and Core with Krysta 10:45 - 11:45 am

Spin with Cindy 5:45 - 6:30 pm

Spin with Cindy 6:45 - 7:30 pm

Spin with Krysta 9:15 - 10:00 am

Spin with Krysta 4:45 - 5:30 pm

Spin and Core with Krysta 6:00 - 7:10 pm

Spin with Krysta 9:15 - 10:00 am



Spin with Sarah 8:00 - 8:45 am

Spin with Cindy 9:15 - 10:00 am

### **Pickleball Schedule**

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



Pickleball - All Levels 7:00 - 9:00 am

Pickleball - All Levels 12:15 - 2:15 pm

Pickleball - All Levels 2:30 - 4:30 pm

Pickleball - All Levels 8:30 - 10:30 pm

Pickleball - Beginners 8:30 - 10:30 pm

Pickleball - All Levels 7:00 - 9:00 am

Pickleball - Competitive 8:00 - 10:00 am

Pickleball - All Levels 10:45 am - 12:45 pm Pickleball - All Levels 7:00 - 9:00 am

Pickleball - All Levels 11:00 am - 1:00 pm

Pickleball - Beginners 11:00 am - 1:00 pm

Pickleball - All Levels 1:30 - 3:30 pm

Pickleball - Competitive 8:00 - 10:00 am

Pickleball - All Levels 1:00 - 3:00 pm



Pickleball - All Levels 7:00 - 9:00 am

Pickleball - All Levels 1:30 - 3:30 pm

Pickleball - All Levels 8:30 - 10:30 pm

Scan to learn more about upcoming **Pickleball** Clinics at the MCC.



Indicates: Advance Online Registration Required

Schedule subject to change; please visit pelham.ca/cancellations.





