

Winter 2024 Ice and Gym Schedule

January to March
Revised: 01/30/2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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.

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|---|---|--|--|--|--|--|
| 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 <input checked="" type="checkbox"/> 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 | <input checked="" type="checkbox"/> Adult Power Skating 1:00 - 1:50 pm  | Parent & Preschool Skate 9:30 - 10:20 am 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 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  |
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Gym Schedule

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

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|--|--|---|---|--|---|---|
| Become a Meridian Community Centre Member & Save!  \$100 for 20 sessions. | <input checked="" type="checkbox"/> 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 <input checked="" type="checkbox"/> 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"/> Teen Volleyball 4:00 - 5:00 pm | <input checked="" type="checkbox"/> 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 <input checked="" type="checkbox"/> Adult Pilates 6:00 - 7:00 pm Hatha Yoga 7:00 - 8:00 pm | <input checked="" type="checkbox"/> Tiny Tots Gym 10:30 am - 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"/> Teen Soccer 4:00 - 5:00 pm Yogalates 5:30 - 6:30 pm | <input checked="" type="checkbox"/> Brock FIT 8:00 - 9:00 am 9:00 - 10:00 am Drop-In Volleyball 10:30 am - 1:00 pm Orchestra Music 1:00 - 3:00 PM <input checked="" type="checkbox"/> Adult Basketball 4:00 - 5:00 pm <input checked="" type="checkbox"/> 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. |
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☒ 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 |
|--------|--------|---------|-----------|----------|--------|----------|
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Spin Schedule Program Fee: 10 Weeks \$100.00 | 16+ | Registration is required, limited spaces

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|---|-------------------------------------|---|---|---|---|------------------------------------|
|  Scan for all the programs and activities offered at the MCC for all ages! | Spin with Cindy 9:15 - 10:00 am | Spin with Krysta 9:15 - 10:00 am | Spin and Core with Krysta 10:45 - 11:45 am | Spin with Krysta 9:15 - 10:00 am | Spin with Krysta 9:15 - 10:00 am | Spin with Sarah 8:00 - 8:45 am |
| | Spin with Cindy 10:15 - 11:00 am | Spin with Krysta 4:45 - 5:30 pm | Spin with Cindy 10:45 - 11:45 am | Spin with Krysta 4:45 - 5:30 pm |  | Spin with Cindy 9:15 - 10:00 am |
| | Spin with Krysta 4:45 - 5:30 pm | Spin with Krysta 5:45 - 6:30 pm | Spin with Cindy 5:45 - 6:30 pm | Spin and Core with Krysta 6:00 - 7:10 pm | | |
| | Spin with Jen 6:30 - 7:15 pm |  | Spin with Cindy 6:45 - 7:30 pm | | | |

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

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|  | Pickleball - All Levels 7:00 - 9:00 am | Pickleball - All Levels 7:00 - 9:00 am | Pickleball - All Levels 7:00 - 9:00 am | Pickleball - Competitive 8:00 - 10:00 am | Pickleball - All Levels 7:00 - 9:00 am | Scan to learn more about upcoming Pickleball Clinics at the MCC.  |
| | Pickleball - All Levels 12:15 - 2:15 pm | Pickleball - Competitive 8:00 - 10:00 am | Pickleball - All Levels 11:00 am - 1:00 pm | Pickleball - All Levels 1:00 - 3:00 pm | Pickleball - All Levels 1:30 - 3:30 pm | |
| | Pickleball - All Levels 2:30 - 4:30 pm | Pickleball - All Levels 10:45 am - 12:45 pm | Pickleball - Beginners 11:00 am - 1:00 pm |  | Pickleball - All Levels 8:30 - 10:30 pm | |
| | Pickleball - All Levels 8:30 - 10:30 pm | | Pickleball - All Levels 1:30 - 3:30 pm | | | |
| | Pickleball - Beginners 8:30 - 10:30 pm | | | | | |

 Indicates: Advance Online Registration Required

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