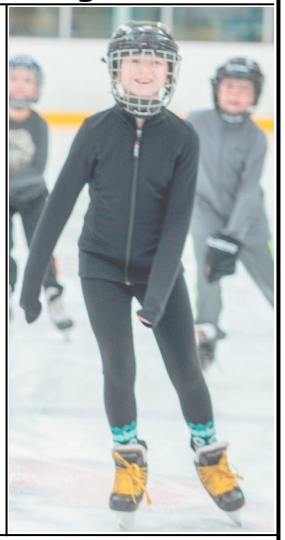
Fall & Winter 2022/23 Activity Schedule

September to March
Revised: 09/14/22

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

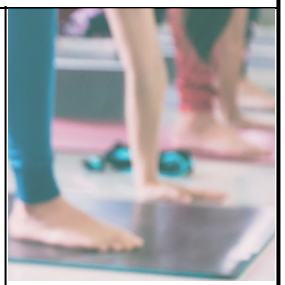
Ice Schedule

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Skating 1:00 - 2:20 PM	Women's Learn to Play 9:45 - 10:20 AM 60+ Stick & Puck 10:00 - 10:50 AM Women's Shinny 10:30 - 11:20 AM ✓ Adult Learn to Skate 1:30 - 2:20 PM Adult Only Skate 2:30 - 3:20 PM 6-12 Stick & Puck 3:45 - 4:35 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		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 - 9:20 PM	

Gym Schedule

Drop-in fees for gym programming: $6 per session, or Activity Card: $80 for 20 sessions.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Ice, gym and meeting spaces are available for private rentals. See the information desk for availability.	✓ Brock FIT 8:00 - 9:00 AM 9:00 - 10:00 AM NEW Drop-In Basketball 9:00 - 11:00 AM 55+ Aerobics 11:00 AM - 12:00 PM Pickleball 12:30 - 3:30 PM Mom Fitness 7:00 - 8:00 PM Pickleball (Beginners) 8:30 - 11:00 PM	Pickleball 9:00 AM - 12:00 PM Zumba 9:30 - 10:30 AM Chair Yoga 11:15 AM - 12:15 PM Drop-In Volleyball 12:15 - 2:15 PM	✓ Brock FIT 8:00 - 9:00 AM 9:00 - 10:00 AM Mom & Baby Fitness 9:30 - 10:30 AM Pickleball 10:30 AM - 1:30 PM Drop-In Family Gym 4:00 - 5:30 PM Hatha Yoga 6:30 - 7:30 PM	Pickleball 8:30 AM - 12:00 PM 55+ Aerobics 11:00 AM - 12:00 PM Chair Yoga 11:15 AM - 12:15 PM Yogalates 5:30 - 6:30 PM	✓ Brock FIT 8:00 - 9:00 AM 9:00 - 10:00 AM Pickleball 9:00 AM - 12:00 PM Drop-In Volleyball 10:30 AM - 1:00 PM NEW Orchestrum Music 1:00 - 3:00 PM Pickleball 8:30 - 11:00 PM	 SCAN ME

✓ Indicates: Advance Online Registration Required

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

Meridian COMMUNITY CENTRE

For more information call 905-732-7872
www.pelham.ca/mcc

Pelham NIAGARA

Meridian COMMUNITY CENTRE

Fall & Winter 2022/23 Activity Schedule

Pelham NIAGARA

Discover activity for all ages!

New!

Drop-In Basketball | Begins September 12
This weekly pick-up game of basketball is open to players of all abilities. Join us for a warm up and pick-up game to enhance your skills and meet other players. 18 or older to participate.

Orchestrum Music | Begins September 16
Come join in on a fun session of music. This inclusive session is for everyone from the absolute beginner to the seasoned expert. Please bring your own instruments. Acoustic and electric instruments welcome. 16 or older to participate.

Drop-in Family Gym | Begins September 7
Families are encouraged to get active, shoot hoops & have fun together! Basketball nets will be accessible for use. All children must be supervised during this drop-in program. Youth: $3.50 per session, Adults: $6 per session or Activity Card.

Mom Fitness | Begins September 12
Come out for an evening to sweat, recharge, and connect with other moms. Take a little time for yourself while strengthening your entire body. Classes are taught by a certified instructor. All levels are welcome. Modifications for beginner and advanced participants are always available!

Mom & Baby Fitness | Begins September 7
Small indoor group training serves as an intimate atmosphere to share your journey through motherhood while de-stressing, regaining energy (yes, energy!) and confidence. All ages are welcome. Please bring your own weights, mat and baby carrier.

Yoga for 18+ Please bring a mat

Chair Yoga | Begins September 6
A gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. Chair yoga is the perfect way for seniors to discover yoga.

Hatha Yoga | Begins September 7
Yoga helps tone, lengthen, and strengthen muscles. This gentle form of yoga is perfect for beginners and those with experience. This class focuses on alignment and breathing.

Yogalates | Begins September 22
A fitness routine that incorporates both Yoga postures, breathing techniques, and Pilates exercises.

Gym programs, unless otherwise noted, are $6 per session. Purchase an Activity Card for $80 and receive 20 sessions.

Zumba ® | Begins September 6
Classes feature exotic rhythms set to high-energy Latin international beats. There's no other fitness like a Zumba Fitness® Class. It's easy to do, effective and totally exhilarating. 18 or older to participate.

Exclusively for 55+

55+ Aerobics with Conditioning | Begins September 12
Led by Anne Cooke, includes upbeat and motivating music, warm up and cool down, cardiovascular conditioning, resistance training and balance training. Must be 55 years or older to participate.

Brock FIT | Begins September 12
This will be a supervised cardiovascular, strength and balance class designed to help with everyday living. This 12 week program is $135, including tax. Must be 55 years or older to participate. Advance online registration is required.

Recreational Pickleball | Begins September 9
Players must be 18 or older to participate. Beginner classes are to be played only by those learning how to play Pickleball. 20 players per gym, 3 Pickleball courts per gym.

Ice Programs | Several ice programs are available for a variety of ages. Visit www.pelham.ca/skate or see the info desk.

Programming | Brittany MacLeod bmacleod@pelham.ca | 905-732-7882
Ice Rentals | Halee Braun hbraun@pelham.ca | 905-732-7887
Gym & Facility Rentals | recservices-info@pelham.ca | 905-732-7891

100 Meridian Way