Meridian Community Centre

Winter Schedule

January to March 2020
Revised: January 6, 2020

Pelham NIAGARA

Arena Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PUBLIC SKATE 1:00-2:20pm	**WOMEN'S LEARN TO PLAY** 9:45-10:30am **65+ STICK & PUCK** 10:00-10:50am **WOMEN'S SHINNY** 10:30-11:20am **ADULT LEARN TO SKATE*** 12:30-1:20pm **ADULT SKATE** 1:30-2:20pm **STICK & PUCK** (Age 6 & under) 3:00-3:50pm **STICK & PUCK** (Age 7-12) 4:00-4:50pm	**MEN'S SHINNY** 8:00-8:50am **ADULT & PRE-SCHOOL SKATE** 1:00-1:50pm **STICK & PUCK** (Ages 13-17) 3:30-4:20pm		**ADULT & PRE-SCHOOL SKATE** 9:30-10:20am **WOMEN'S SHINNY** 9:45-10:35am **60+ STICK & 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 **FIGURE SKATING** 3:30-4:20am **18+ STICK & PUCK** 5:00-5:50pm **PUBLIC SKATE** 7:30-9:20pm	

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.

Program Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BROCK FIT 9:00-10:00am Gym **PICKLE BALL** (All levels) 11:30-2:30pm Gym **PICKLE BALL** (Beginner) 7:30-10:00pm Gym	**WALKING CLUB** 9:00am Atrium Lobby **ZUMBA GOLD** 9:30-10:30am Accursi Room **CHAIR YOGA** 11:15-12:15pm Accursi Room **VOLLEYBALL** 12:30-2:30pm Gym **YOGALATES** 6:00-7:00pm Accursi Room	**BROCK FIT** 9:00-10:00am Gym **PICKLE BALL** (All Levels) 10:30-1:30pm Gym **HATHA YOGA** 6:30-7:30pm Accursi Room	**WALKING CLUB** 9:00am Peace Park Pavillion **CHAIR YOGA** 11:15-12:15pm Accursi Room **PICKLE BALL (All Levels)** 11:30-2:30pm Gym	**BROCK FIT** 9:00-10:00am Gym **PICKLE BALL (All Levels)** 9:00-12:00pm Gym **PICKLE BALL (All Levels)** 7:00-10:00pm Gym **VOLLEYBALL** 8:15pm-10:15pm Gym	

For cancellations, please visit pelham.ca/cancellations

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Adult/ Senior Programming

BROCK FIT

Mondays, Wednesday & Friday 9:00am-10:00am
This will be a supervised cardiovascular, strength and balance class designed to help with everyday living.
$135 including tax. Registration is required.

PICKLE BALL

Mondays from 11:30am-2:30pm (All Levels), 7:30-10:00pm (Beginner)
Wednesdays from 10:30am-1:30pm (All Levels),
Thursdays from 11:30am-2:30pm (All Levels)
Fridays from 9:00am-12:00pm (All Levels), 7:00pm-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.

VOLLEYBALL

Tuesdays from 12:30-2:30pm, & Fridays 8:15pm-10:15pm
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.

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 **y**oga 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.
Tuesdays from 11:15am-12:15pm & Thursdays from 11:15am-12:15pm.

YOGALATES

Tuesdays 6:00pm-7:00pm.
Yogalates is a fitness routine that incorporates both Yoga postures, breathing techniques, and Pilates exercises. Co-ed. Must be 18 or older to participate.
Drop in $6.00 or Activity Punch Pass $80 for 20 drop in classes.

ZUMBA GOLD

Tuesdays 9:30am-10:30am
Zumba Gold program takes the zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healther lifestyle.
Must be 18 or older to participate.
Drop in $6.00 or Activity Punch Pass $80 for 20 drop in classes.

Events:

PELHAM BIG BAND DANCE NIGHT

Featuring the Jimmy Marando Swing Band
Every third Tuesday of the month
Held at the Meridian Community Centre.
*Admission is free.
Food and Drink are available for purchase
Doors open 6:30pm the band plays 7:30-9:30pm
pelham.ca/arts

SAVE THE DATE: DANCE SOCIAL

Saturday February 15 from 7-10pm
Held at the Meridian Community Centre
Comlimentary coffee, tea, water and snacks.
Bar services available for additional fee.
Tickets coming soon.
Tickets: $10

MCC ART WALL RENTALS

Get your art seen at the MCC!
The Pelham Public Art Committee is looking for artists to showcase their art at the Meridian Community Centre. For more information and/or to view the art wall rental application, visit:
pelham.ca/arts

SAVE THE DATE: FAMILY DAY AT THE MCC

Monday February 17th, 2020

100 Meridian Way
Fonthill, ON • L0S 1E6

Programming contact: Karen Blake • kblake@pelham.ca • 905-892-2607 x347
Facilities Rental contact: Shayla Metherall • smetherall@pelham.ca • 05-892-2607 x360