

Fall & Winter 2023/24 Activity Schedule

September to March

Revised: 08/28/2023

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.

<p>Public Skating 1:00 - 2:20 PM</p> 	<p>Women's Skills & Drills 9:30 - 10:20 AM</p> <p>Women's Shinny 10:30-11:20 AM</p> <p>60+ Stick & Puck 10:00 - 10:50 AM</p> <p>Adult Only Skate 2:00 - 2:50 PM</p> <p>6-12 Stick & Puck 3:30 - 4:20 PM</p>	<p>Men's Shinny 9:00 - 9:50 AM</p> <p>Men's 60+ Shinny 10:00 - 10:50 AM</p> <p>Parent & Preschool Skate 1:00 - 1:50 PM</p> <p>13-17 Stick & Puck 4:00 - 4:50 PM</p> 		<p>Parent & Preschool Skate 9:30 - 10:20 AM</p> <p>Women's Shinny 9:45 - 10:35 AM</p> <p>60+ Stick & Puck 10:30 - 11:20 AM</p> <p>Adult Only Skate 1:00 - 1:50 PM</p> 	<p>Men's Shinny 9:00 - 9:50 AM</p> <p>Men's 60+ Shinny 10:00 - 10:50 AM</p> <p>Ticket Ice 3:15 - 4:05 PM</p> <p>18+ Stick & Puck 4:15 - 5:05 PM</p>	<p>Public Skating 7:00 - 8:20 PM</p> <p>Ringette Shinny 8:30-9:20 pm</p> <p>Men's Shinny 9:30 - 10:30 pm</p> 
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Gym Schedule

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

 <p>Ice, gym and meeting spaces are available for private rentals. See the information desk for availability.</p> 	<p>✓ Brock FIT 8:00 - 9:00 AM 9:00 - 10:00 AM</p> <p>Drop-In Basketball 9:00 - 11:00 AM</p> <p>55+ Aerobics 11:00 AM - 12:00 PM</p> <p>Pickleball - All Levels 12:30 - 3:30 PM</p> <p>Pickleball - Beginners 8:30 - 11:00 PM</p>	<p>Pickleball - Competitive 8:00 - 10:00 AM</p> <p>Pickleball - Recreational 10:00 AM - 12:00 PM</p> <p>Zumba 9:30 - 10:30 AM</p> <p>Chair Yoga 11:15 AM - 12:15 PM</p> <p>Drop-In Volleyball 12:15 - 2:15 PM</p>	<p>✓ Brock FIT 8:00 - 9:00 AM 9:00 - 10:00 AM</p> <p>NEW 55+ Aerobics 10:15 AM - 11:15 AM (Starts Sept 13)</p> <p>Pickleball - All Levels 10:30 AM - 1:30 PM</p> <p>Drop-In Family Gym 4:00 - 5:30 PM</p> <p>Hatha Yoga 6:30 - 7:30 PM</p>	<p>Pickleball - Competitive 8:30 - 10:30 AM</p> <p>Pickleball - Recreational 10:30 AM - 12:30 PM</p> <p>55+ Aerobics 11:00 AM - 12:00 PM</p> <p>Chair Yoga 11:15 AM - 12:15 PM</p> <p>NEW Flex Agility 12:45-1:45 pm (Starts Sept 14)</p> <p>Yogalates 5:30 - 6:30 PM</p>	<p>✓ Brock FIT 8:00 - 9:00 AM 9:00 - 10:00 AM</p> <p>Pickleball - All Levels 9:00 AM - 12:00 PM</p> <p>Drop-In Volleyball 10:30 - 1:00 PM</p> <p>Orchestra Music 1:00 - 3:00 PM</p> <p>Pickleball - All Levels 8:30 - 11:00 PM</p>	 
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✓ Indicates: Advance Online Registration Required

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

Discover activities at the MCC



Flexagility | Begins September 14

Using a combination of pilates and traditional muscle conditioning, the stretch and strengthening exercises are geared to the older body. Flexion free options are provided. Small equipment such as bands, mini-bands, small stability balls and discs etc. may be incorporated to enhance the experience.

Drop-in Family Gym

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.

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

Yoga for 18+ Please bring a mat

Chair Yoga

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

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

A fitness routine that incorporates both Yoga postures, breathing techniques, and Pilates exercises.

Exclusively for 55+

55+ Aerobics with Conditioning

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. (NEW Wednesday Class)

Brock FIT

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.

Zumba ®

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.

Recreational Pickleball

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.

Child/Youth Programs | A variety of children and youth programs are available. Visit www.pelham.ca/youth or see the info desk.

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

