

Fall/Winter 2023 Activity Schedule

September to March
Revised: 11/03/2023

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 PM</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 7:30 - 8:20 PM</p> <p>Men's Shinny 9:30 - 10:20 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><input checked="" type="checkbox"/> 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>Lift & Sweat 7:00 - 8:00 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><input checked="" type="checkbox"/> NEW Pickleball - All levels 7:00 - 9:00 AM</p> <p><input checked="" type="checkbox"/> Brock FIT 8:00 - 9:00 AM 9:00-10:00 AM</p> <p>Mom & Baby Fitness 9:30 - 10:30 AM</p> <p>55+ Aerobics 10:15 AM - 11:15 AM</p> <p>Pickleball - All Levels 10:30 - 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><input checked="" type="checkbox"/> NEW Pickleball - Beginners 8:00 AM - 10:00 AM</p> <p>Pickleball - Competitive 8:00 AM - 10:00 AM</p> <p>Pickleball - Recreational 10:00 AM - 12:00 PM</p> <p>55+ Aerobics 11:00 AM - 12:00 PM</p> <p>Chair Yoga 11:15 AM - 12:15 PM</p> <p>FlexAgility 12:45-1:45 PM</p> <p>Yogalates 5:30 - 6:30 PM</p>	<p><input checked="" type="checkbox"/> NEW Pickleball - All levels 7:00 - 9:00 AM</p> <p><input checked="" type="checkbox"/> Brock FIT 8:00 - 9:00 AM 9:00 - 10:00 AM</p> <p>Pickleball - All Levels 9:30 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

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.

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.

Mom & Baby

Come for an evening to sweat, recharge, and connect with other moms. Take a little time for yourself while strengthening your entire body. A certified instructor teaches classes. All levels are welcome. Modifications for beginner and advanced participants are always available!

Lift & Sweat 18+

This full-body class uses a combination of weights, cardio and bodyweight exercises to get you moving and releasing those feel-good endorphins. Carve out time for yourself while realizing your fitness goals and leaving with a smile! Open to any fitness level. Modifications are always available.

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

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.

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.

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.

Ice Programs

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

Child/Youth Programs

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