

New! Spring 2026 - Ice, Gym & Class Schedule

April to June
Revised: 03/23/2026

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.

Public Skating
1:00 - 2:30 pm



Adult-Only Skate
2:30 - 3:30 pm

6-13 Stick & Puck
3:30 - 4:30 pm

Women's Shinny
8:00 - 9:00 pm

Men's Shinny
9:00 - 10:00 pm

Men's 60+ Shinny
10:00 - 11:00 am

14+ Stick & Puck
4:00 - 5:00 pm

Women's Shinny
10:00 - 11:00 am

✓ Adult Power Skate
1:00-2:00 pm



Parent & Preschool
10:00 - 11:00 am

60+ Stick & Puck
11:00 am - 12:00 pm

Adult Only Skate
1:00 - 2:00 pm

✓ Adult Learn to Skate
2:00-3:00 pm

Men's Shinny
9:00 - 10:00 am

Men's 60+ Shinny
10:00 - 11:00 am

Adult Ticket Ice
6:30 - 7:30 pm

Public Skating
7:30 - 9:00 pm



Gym & Class Schedule

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

✓ Indicates:
Advance
Online
Registration
Required



✓ SeniorFIT
8:00 - 9:00 am
9:00-10:00 am

Drop-In Basketball
9:00 - 11:00 am

55+ Aerobics
11:00 am - noon

✓ RoboThink Robotics
RoboPetz (ages 5-12)
5:15 - 6:30 pm

Lift & Sweat
7:00 - 8:00 pm

Zumba[®]
9:30 - 10:30 am

Walking/sitting
Meditation
10:00 - 11:00 am

Tiny Tots Gym Time
10:00 am - noon

Chair Yoga
11:15 am - 12:15 pm

Free Drop-in Mahjongg
11:15 am - 1:45 pm New!

✓ Volleyball
12:15 - 2:15 pm

✓ Music Theatre
4:30-5:30 pm (Age 6-8)
5:45-6:45 pm (Age 4-6)

✓ SeniorFIT
8:00 - 9:00 am
9:00-10:00 am

Mom & Tot Fitness
9:30 - 10:30 am

✓ Gentle Aerobics
11:00 am - noon

Family Drop-in Gym
4:00 - 5:00 pm

Youth Pickleball
4:00 - 5:00 pm

✓ Music Theatre
4:30-5:30pm (Age 4-6)
5:45-7:15pm (Age 9-12)

Drop-in Step
5:30 - 6:30 pm

Hatha Yoga
6:30 - 7:30 pm

Family Music
9:00 - 10:00 am
10:00 - 11:00 am

55+ Aerobics
11:00 am - noon

Chair Yoga
11:15 am - 12:15 pm

Hatha Yoga
12:30 - 1:30 pm

FlexAgility
12:45-1:45 pm

Short Mat Lawn
Bowling New!
2:30 - 4:30 pm

Yogalates
5:30 - 6:30 pm

✓ SeniorFIT
8:00 - 9:00 am
9:00 - 10:00 am

Free Drop-In Bridge
10:00 am to noon

✓ Volleyball
10:30 am - 1:00 pm

Zumba[®]
noon - 1:00 pm

Orchestra Music
1:00 - 3:00 pm



Ice, gym and meeting spaces are available for private rentals.

See the information desk for availability.



New! Spring 2026 - Spin & Pickleball Schedule

April to June
Revised: 03/23/2026

- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday

Spin Schedule Spin Program Fee: \$10 per Week | 16+ | Registration is required, limited spaces

	<p>This low-impact exercise class includes weight loss, improved strength, endurance and stress relief. High energy, cardio and a rocking playlist make this class suitable for all fitness levels!</p> <p>Come give it a spin! www.pelham.ca/spin</p>	<p>Spin Class Fee: \$10 per Week* Based on registering for weekly programs offered in seven to eight-week sessions.</p> <p>Open Access Spin Passes available. See Customer Service for details. \$30 per month and one-time \$50 deposit.</p>		
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Pickleball Schedule Pre-Registered: \$6 per session | Registration is required, limited spaces

	<p>All Levels 12:30 - 2:30 pm</p> <p>Beginner/Recreational 8:30 - 10:30 pm</p> <p>All Levels 8:30 - 10:30 pm</p>	<p>Competitive 8:00 - 10:00 am</p> <p>All Levels 10:45 - 12:45 pm</p>	<p>Beginner & Recreational 11:15 am - 1:15 pm</p> <p>All Levels & Competitive 1:30 - 3:30 pm</p> <p>Competitive 8:30 - 10:30 pm</p>	<p>Competitive 8:00 - 10:00 am</p> <p>All Levels 12:30 - 2:30 pm</p>	<p>Beginner/ Recreational 8:30 - 10:30 am</p>	<p>Registration is required, limited spaces. Pelham Residents can register for each session 48hrs in advance.</p>
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<p>New!</p> <p>Short Mat Lawn Bowling (Drop-In Program) A fun and social game of Short Mat Lawn Bowling - a great way to stay active, improve coordination, and connect with others in a relaxed environment. Equipment is provided, or you can bring your own bowls. Start Date: Thursday, April 2 Time: 2:30 pm – 4:30 pm Location: Meridian Community Centre – Gym 2 Drop-in fee applies.</p>	<p>New!</p> <p>Free Drop-In Mahjongg A casual, engaging drop-in Mahjongg program is perfect for players with some experience who want to play, practice, and connect with others. Start Date: Tuesday, April 7 Time: 11:15 am – 1:45 pm Location: Meridian Community Centre – Kinsmen Room Experience is encouraged. Please bring your own Mahjongg set if you have one.</p>
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