

Summer 2025 - Ice, Gym & Class Schedule

June to September

Revised: 6/6/2025

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 - 2:20 pm



Adult Only Skate
2:30 - 3:20 pm

6-12 Stick & Puck
3:30 - 4:20 pm

Women's Shinny
8:00 - 8:50 pm

Men's Shinny
9:00 - 9:50 pm

Men's 60+ Shinny
10:00 - 10:50 am
(Ends July 29)

13-17 Stick & Puck
4:00 - 4:50 pm

Women's Shinny
10:00 - 10:50 am



Parent & Preschool Skate
10:00 - 10:50 am

60+ Stick & Puck
11:00 - 11:50 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

18+ Stick & Puck
4:00 - 4:50 pm

New! Adult Ticket Ice
6:30 - 7:20 pm

Public Skating
7:30 - 8:50 pm



Gym & Class Schedule

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



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

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

55+ Aerobics
11:00 am - 12:00 pm

Lift & Sweat
7:00-8:00pm

Zumba®
9:30 - 10:30 am

Walking & Sitting Meditation
10:00 am - 11:00 am

Chair Yoga
11:15 am - 12:15 pm

Drop-In Volleyball
12:15 - 2:15 pm

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

✓ Gentle Aerobics
11:00am- noon

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

New! Step
5:30-6:30pm

Hatha Yoga
7:00 - 8:00 pm

Tiny Tots Gym Time
10:30 am - noon

55+ Aerobics
11:00 am - noon

Chair Yoga
11:15 am - 12:15 pm

Yogalates
5:30 - 6:30 pm

✓ Restorative Yoga
6:30-7:30pm

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

Drop-In Volleyball
10:30 am - 1:00 pm

Zumba®
12:00 - 1:00 pm

Orchestrum Music
1:00 - 3:00 pm



Ice, gym and meeting spaces are available for private rentals. See the information desk for availability.

✓ Indicates: Advance Online Registration Required

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

Summer 2025 - Spin & Pickleball Schedule

June to September

Revised: 6/6/2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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



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!

Come give it a spin! www.pelham.ca/spin

Spin Fee:
\$10 per Week



Based on registering for weekly programs offered in four to eight-week sessions.



Pickleball Schedule Pre-Registered : \$6 per session | Registration is required, limited spaces.

Pelham Residents can register for each session 48hrs in advance.



All Levels
12:30 - 2:30 pm

Beginner (Gym 1)
All Levels (Gym 2)
8:30 - 10:30 pm

Competitive
8:00 - 10:00 am

All Levels
1:00-3:00 pm

Beginners & Competitive
11:15 am - 1:15 pm

Beginner & All-Level
1:30-3:30 pm

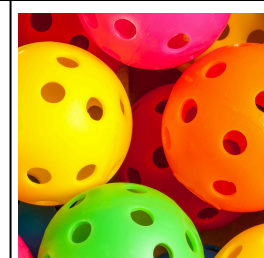
Competitive
8:00 - 10:00 am

All levels
12:30 - 2:30 pm

Beginner
8:30 - 10:30 am

All Levels
2:00 - 4:00 pm

Competitive
8:30-10:30 pm



**Save with
Membership**

Membership cards can be used for all drop-in programs offered at the Meridian Community Centre.

Visit the customer service desk to purchase your membership and start saving!

\$100 | Valid for 20 drop-in programs at the MCC



Group, private and semi-private lessons are offered over four sessions. Additional programs include Aqua Zumba, Swim Team and lifesaving courses of Bronze Star, Bronze Medallion and Bronze Cross.
905-732-7882 | www.pelham.ca/pool



Centennial Park Outdoor Courts

Memberships Available | See Customer Service Desk
www.pelham.ca/outdoorcourts

 Indicates: Advance Online Registration Required

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



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

