



Spring 2025 - Ice, Gym & Class Schedule




April to June

Revised: 03/21/2025

- 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 13-17 Stick & Puck 4:00 - 4:50 pm	Women's Shinny 10:00 - 10:50 am 	Parent & Preschool 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	Adult Ticket Ice 6:30 - 7:20 pm Public Skating 7:30 - 8:50 pm 
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Gym & Class Schedule

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

<p>✓ Indicates: Advance Online Registration Required</p> 	<p>✓ SeniorFIT 8:00 - 9:00 am 9:00-10:00 am</p> <p>Drop-In Basketball 9:00 - 11:00 am</p> <p>Family Music 11:00 - noon (ends May 26)</p> <p>55+ Aerobics 11:00 am - noon</p> <p>Lift & Sweat 7:00 - 8:00 pm</p>	<p>Zumba® 9:30 - 10:30 am</p> <p>Walking/sitting Meditation 10:00 - 11:00 am</p> <p>Chair Yoga 11:15 am - 12:15 pm</p> <p>Drop-In Volleyball 12:15 - 2:15 pm</p> 	<p>✓ SeniorFIT 8:00 - 9:00 am 9:00-10:00 am</p> <p>Mom & Tot Fitness 9:30 - 10:30 am</p> <p>Free Drop-In Mahjonn  1:30 - 4:00 pm</p> <p>Family Drop-in Gym 4:00 - 5:00 pm</p> <p>Drop-in Step  5:30 - 6:30 pm</p> <p>Hatha Yoga 7:00 - 8:00 pm</p>	<p>Tiny Tots Gym Time 10:30 - noon</p> <p>55+ Aerobics 11:00 am - noon</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>✓ SeniorFIT 8:00 - 9:00 am 9:00 - 10:00 am</p> <p>Free Drop-In Bridge 10:00 am to noon</p> <p>Drop-In Volleyball 10:30 am - 1:00 pm</p> <p>Zumba® noon - 1:00 pm</p> <p>Orchestrum Music 1:00 - 3:00 pm</p>	 <p>Ice, gym and meeting spaces are available for private rentals.</p> <p>See the information desk for availability.</p>
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New! Spring 2025 - Spin & Pickleball Schedule

April to June
Revised: 03/21/2025

- Sunday
- Monday
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- 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 Class Fee: \$10 per Week* Based on registering for weekly programs offered in seven to eight-week sessions.

Open Access Spin Passes available. See Customer Service for details. \$30 per month and one-time \$50 deposit.



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



Pickleball - All Levels 12:30 - 2:30 pm

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

Pickleball - Competitive 8:00 - 10:00 am

Pickleball - All Levels 10:30 - 12:30 pm

Pickleball - Competitive 11:15 am - 1:15 pm

Pickleball - Beginner (Gym 1) All Levels (Gym 2) 1:30 pm - 3:30 pm

Pickleball - Competitive 8:30 - 10:30 pm

Pickleball - Competitive 8:00 - 10:00 am

Pickleball - All Levels 12:30 - 2:30 pm

Private Pickleball court rentals are available - See customer service for availability

Pickleball - Beginner 8:30 - 10:30 am

Pickleball - All Levels 2:00 - 4:00 pm


Registration is required, limited spaces. Pelham Residents can register for each session 48hrs in advance.

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. **New adult swim lessons**, Aqua Zumba, Swim Team and lifesaving courses of Bronze Star, Bronze Medallion and Bronze Cross are available. **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 a full listing of programs and classes call 905-732-7872 or visit www.pelham.ca/mcc

