

Summer 2025 - Ice, Gym & Class Schedule

June to September

Revised: 7/3/2025

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 3:00 - 3:50 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	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.

	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.
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✓ Indicates: Advance Online Registration Required

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

Summer 2025 - Spin & Pickleball Schedule

June to September

Revised: 7/3/2025

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 six 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

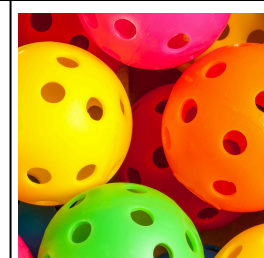
Competitive
8:00 - 10:00 am

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**

