




Meridian Community Centre Summer Schedule

June - August 2019
Revised: July 25, 2019





Arena Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>PUBLIC SKATE 1:00-2:20pm</p>	<p>60+ STICK & PUCK 10:00-10:50am</p> <p>ADULT LEARN TO SKATE 1:00-1:50</p> <p>ADULT SKATE 2:00-2:50pm</p> <p>STICK & PUCK (Age 6 & under) 3:00-3:50pm</p> <p>WOMEN'S SHINNY 7:00-8:50pm</p> <p>MEN'S SHINNY 9:00-9:50pm</p>	<p>ADULT & PRE-SCHOOL SKATE 1:00-1:50pm</p> <p>STICK & PUCK (Ages 13-17) 3:30-4:20pm</p>		<p>ADULT SKATE 1:00-1:50pm</p> <p>STICK & PUCK (Age 7-12) 4:00-4:50pm</p>	<p>MEN'S SHINNY 9:00-9:50am</p> <p>MEN'S 60+ SHINNY 10:00-10:50am</p> <p>18+ STICK & PUCK 5:00-5:50pm</p> <p>PUBLIC SKATE 7:30-9:20pm</p>	

Program Schedule

All dates, times and locations are subject to change.
Arena program are subject to a 50 min hour to allow time for ice flood.
Please visit website for full details and applicable fees.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>PICKLE BALL (All levels) 2:00-5:00pm Gym</p>	<p>PICKLE BALL (All levels) 11:30-2:30pm Gym</p> <p>PICKLE BALL (Beginner) 7:30-10:00pm Gym</p>	<p>WALKING CLUB 9:00am Atrium Lobby</p> <p>ZUMBA GOLD 9:30-10:30am Accursi Room</p> <p>PICKLE BALL (All Levels) 11:30-2:30pm Gym</p> <p>VOLLEYBALL 12:30-2:30pm Gym</p>	<p>PICKLE BALL (All Levels) 9:00-12:00pm Gym</p> <p>HATHA YOGA 6:30-7:30 Accursi Room</p>	<p>WALKING CLUB 9:00am Peace Park Pavilion</p> <p>SHUFFLEBOARD 9:30-12:30pm Accursi Room</p> <p>CHAIR YOGA 10:30-11:30am Accursi Room</p> <p>PICKLE BALL (All Levels) 11:30-2:30pm Gym</p> <p>BADMINTON 2:00-4:00pm Gym</p>	<p>PICKLE BALL (All Levels) 9:00-12:00pm Gym</p> <p>PICKLE BALL (All Levels) 7:30-10:00pm Gym</p>	

For cancellations, please visit www.pelham.ca/mcc



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Adult/ Senior Programming

PICKLE BALL

Sundays from 2:00pm-5:00pm (All Levels)
Mondays from 11:30am-2:30pm (All Levels), 7:30-10:00pm (Beginner)
Tuesdays from 11:30am-2:30pm (All Levels),
Wednesdays from 9:00am-12:00pm (All Levels),
Thursdays from 11:30am-2:30pm (All Levels)
Fridays from 9:00am-12:00pm (All Levels), 7:30pm-10:00pm (All Levels)
Co-ed, recreational pickle ball -players must be 18 or older to participate.
Drop in fee \$6.00 or Activity Punch Pass \$80 for 20 drop in classes.

VOLLEYBALL

Tuesdays from 12:30-2:30pm
Co-ed, recreational volleyball -players must be 18 or older to participate.
Drop in \$6.00 or Activity Punch Pass \$80 for 20 drop in classes.

BADMINTON

Thursdays from 2pm-4pm.
Co-ed, recreational badminton. Players must be 18 or older to participate.
Drop in \$6.00 or Activity Punch Pass \$80 for 20 drop in classes.

SHUFFLEBOARD

Thursdays from 9:30am-11:00am.
Co-ed, recreational shuffleboard. Players must be 18 or older to participate.
Drop in \$6.00 or Activity Punch Pass \$80 for 20 drop in classes.

YOGA

Must be 18 or older to participate. Yoga Mat is required.
Drop in \$6.00 or Activity Punch Pass \$80 for 20 drop in classes.

Hatha Yoga: Yoga helps tone, lengthen, and strengthen muscles. This gentle form of yoga is perfect for beginners and those with experience. This drop-in class focuses on alignment and breath.

Wednesdays from 6:30pm-7:30pm.

Chair Yoga: Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Though yoga is beneficial for all, chair yoga is the perfect way for seniors to discover yoga.

Thursdays from 10:30am-11:30am.

THE WALKING CLUB

Tuesdays and Thursdays at 9:00am
Tuesdays meet in the lobby of the Meridian Community Centre.
Thursdays meet at the Peace Park Pavilion (20 Pelham Town Square)
Get out, be healthy and be social! The Walking Club meets all year round, rain or shine! Make sure to dress appropriately for the weather.

Children's Birthday Party Rentals

Looking for something fun to do for your next birthday party? Why not rent the ice or gym at the Meridian Community Centre! The rental fees include admission for 15 children and 2 adults and can be booked during public skating or include 1 hour of gym use.

For more information on fees and birthday party packages, please visit:

pelham.ca/child-youth-programs

Events:

THURSDAY NIGHT EXPERIENCE

(Farmer's Market,
Supper Market, & Bandshell)

Thursdays

June - September

4pm-Dusk

Located at 20 Pelham Town Square,
Fonthill
in the Municipal Parking lot
pelham.ca/tne

PELHAM BIG BAND DANCE NIGHT

Featuring the Jimmy
Marando Swing Band

Tuesday, August 20 and runs every third
Tuesday of the month

Held at the Meridian Community Centre.
*Admission is free.

Food and Drink are available for purchase
Doors open 6:30pm the band
plays 7:30-9:30pm

PELHAM POOL is open!

Marlene Stewart Streit Park
(55 Park Lane, Fonthill)

For up-to-date Aquatics information, visit
pelham.ca/pool