

Meridian Community Centre

FALL SCHEDULE




SEPTEMBER - OCTOBER
REVISED: SEPTEMBER 28, 2020

See reverse side for all
programming start dates

All dates, times and locations are subject to change.


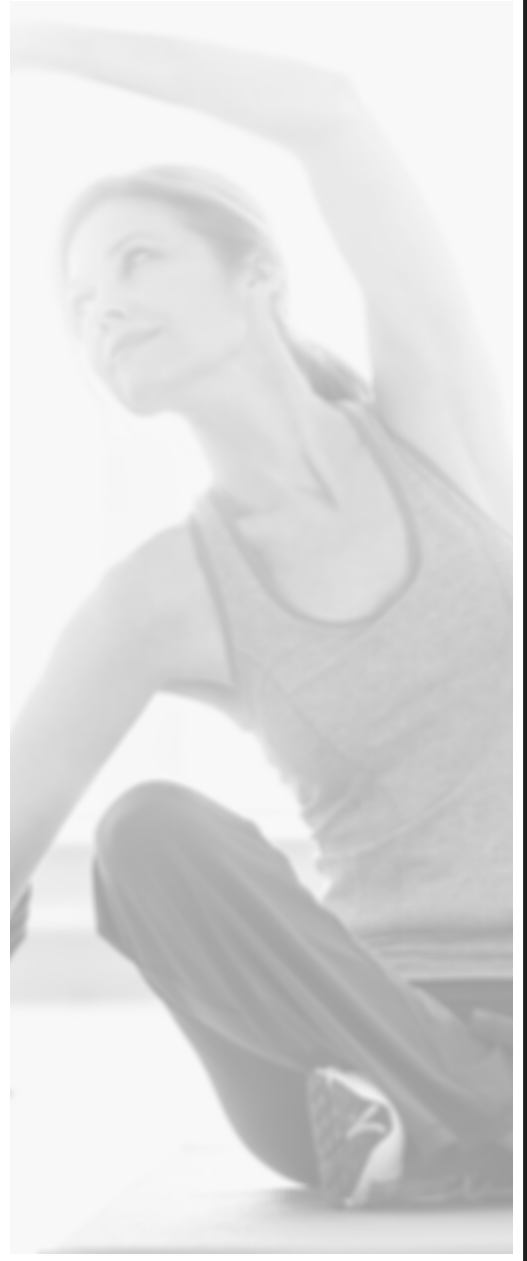
Arena Schedule

Arena programs are subject to a 50 minute min hour to allow time for ice flood.
Please visit our website for full details and applicable fees.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Public Skate * 1:00-2:20PM</p>	<p>Women's Learn to Play 9:45-10:30AM</p> <p>Women's Shinny 10:30-11:20AM</p> <p>60+ Stick & Puck 10:00-10:50AM</p> <p>Adult Skate 2:00-2:50PM</p> <p>Stick & Puck (Age 6 & Under) 2:45-3:35PM</p> <p>7-12 Stick & Puck 3:45-4:35PM</p>	<p>Men's Shinny 9:00-9:50AM</p> <p>Adult & Pre-School Skate 1:00-1:50PM</p> <p>Stick & Puck (Ages 13-17) 4:00-4:50PM</p>		<p>Adult & Pre-School Skate 9:30-10:20AM</p> <p>Women's Shinny 9:45-10:35AM</p> <p>60+ Stick & Puck 10:30-11:20AM</p> <p>Adult Skate 1:00-1:50PM</p>	<p>Men's Shinny 9:00-9:50AM</p> <p>Men's 60+ Shinny 10:00-10:50AM</p> <p>18+ Stick & Puck 4:15-5:15PM</p> <p>Public Skate* 7:30-8:20PM 8:30-9:20PM</p>	

*Public Skate (50 Max) preregistration is required by calling 905-732-7872

Program Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Brock Fit 9:00-10:00AM Gym</p> <p>Pickle Ball (All Levels) 11:00AM-2:00PM Gym</p> <p>Pickle Ball (Beginner) 7:45-10:15PM Gym</p>	<p>Walking Club 9:00AM Atrium Lobby</p> <p>Chair Yoga 11:15AM-12:15PM Accursi Room</p> <p>Yogalates 6:00-7:00PM Accursi Room</p>	<p>Brock Fit 9:00-10:00AM Gym</p> <p>Pickle Ball (All Levels) 11:00AM-2:00PM Gym</p> <p>Hatha Yoga 6:30-7:30PM Accursi Room</p>	<p>Walking Club 9:00AM Peace Park Pavillion</p> <p>Pickle Ball (All Levels) 9:00AM-12:00PM Gym</p>	<p>Brock Fit 9:00-10:00AM Gym</p> <p>Pickle Ball (All Levels) 11:00AM-2:00PM Gym</p> <p>Pickle Ball (All Levels) 7:45-10:15PM Gym</p>	

For cancellations, please visit pelham.ca/cancellations



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Adult/Senior Programming

We will not be able to lend out any program equipment at this time. Sorry for any inconvenience.

Brock Fit

Mondays, Wednesday and Friday 9:00am - 10:00am

This will be a supervised cardiovascular, strength and balance class designed to help with everyday living.

\$135.00 including tax - 12 week program.

Registration is required.

Pickle Ball

Mondays from 11:00am - 2:00pm (All Levels), 7:45pm-10:15pm (Beginner)

Wednesdays from 11:00am - 2:00pm (All Levels)

Thursday from 9:00am - 12:00pm (All Levels)

Fridays from 11:00am - 2:00pm (All Levels), 7:45pm - 10:15pm (All Levels)

Co-ed, recreational pickle ball - players must be 18 or older to participate.

Drop in fee \$6.00 or activity punch pass \$80.00 for 20 drop in classes

Yoga

Please bring your own mat, blocks and strap.

Must be 18 or older to participate.

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 breathing.

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.

Tuesdays from 11:15am - 12:15pm

Yogalates

Please bring your own mat, blocks and strap

Yogalates is a fitness routine that incorporates both yoga posture, breathing techniques, and pilates exercises. Co-ed. Must be 18 years or older to participate.

Tuesdays from 6:00pm - 7:00pm

Drop in \$6.00 or activity punch pass \$80.00 for 20 drop in classes.

Programming Start Dates

September 28, 2020

- Women's Learn to Play- Monday 9:45-10:30AM
- 60+ Stick & Puck- Monday 10:00-10:50AM
- Women's Shinny- Monday 10:30-11:20AM
- Adult Skate- Monday 2:00-2:50PM
- Stick & Puck (Age 6 & Under) Monday 2:45-3:35PM
- 7-12 Stick & Puck- Monday 3:45-4:35PM
- Pickle Ball (All Levels)- Mon, Wed, Fri 11:00AM-2:00PM
- Brock Fit- Mon, Wed, Fri 9:00-10:00AM

September 29, 2020

- Men's Shinny- 9:00-9:50AM
- Adult & Pre-school Skate- 1:00-1:50PM
- Stick & Puck (Ages 13-17)- 4:00-4:50PM

October 1, 2020

- Adult & Pre-School Skate- 9:30-10:20AM
- Women's Shinny- 9:45-10:35AM
- 60+ Stick & Puck- 10:30-11:20AM
- Adult Skate- 1:00-1:50PM
- Pickle Ball (All Levels)- 9:00-12:00PM

October 2, 2020

- Men's Shinny- 9:00-9:50AM
- Men's 60+ Shinny- 10:00-10:50AM
- 18+ Stick & Puck- 4:15-5:15PM

October 4, 2020

- Public Skate- 1:00-2:20PM

October 5, 2020

- Pickle Ball (Beginner) 7:45-10:15PM

October 6, 2020

- Walking Club- 9:00AM
- Chair Yoga- 11:15AM-12:15PM
- Yogalates- 6:00-7:00PM

October 9, 2020

- Pickle Ball (All Levels) 7:45-10:15AM
- Public Skate- 7:30-8:20PM and 8:30-9:20PM

October 14, 2020

- Hatha Yoga- 6:30-7:30PM