November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					8:30 am Pickleball - All Levels	7:30 pm Public Skating
					9:15 am Men's Shinny	9:00 pm Men's Shinny
					10:00 am Men's 60+ Shinny	
					10:30 am Drop-In Volleyball	
					12:00 pm Zumba	
					1:00 pm Orchestrum Music	
					2:00 pm Pickleball - Competitive	
					3:15 pm Ticket Ice	
					4:15 pm 18+ Stick & Puck	
3	4	5	6	7	8	9
1:00 pm Public Skating	9:00 am Adult Basketball	8:00 am Pickleball - Competitive	9:30 am Mom & Tot Fitness	7:00 am Pickleball - Competitive	8:30 am Pickleball - All Levels	7:30 pm Public Skating
	9:45 am Women's Skills and Drills	9:00 am Men's Shinny	10:00 am 55+ Aerobics	8:00 am Pickleball - Competitive	9:15 am Men's Shinny	9:00 pm Men's Shinny
	10:45 am Women's Shinny	9:30 am Zumba 10:00 am Men's 60+	11:15 am Pickleball - Beginners	9:45 am Women's Shinny	10:00 am Men's 60+ Shinny	
	11:00 am Family Music Time	Shinny 10:45 am Pickleball	11:15 am Pickleball - All Levels	10:00 am Parent and Preschool Skate	10:30 am Drop-In Volleyball	
	11:00 am 55+ Aerobics	- All Levels	4:00 pm Drop-In Family Gym	10:30 am Tiny Tots Gym	12:00 pm Zumba	
	12:30 pm Pickleball - All Levels	11:15 am Chair Yoga 12:15 pm Drop-In	7:00 pm Hatha Yoga	11:00 am 60+ Stick & Puck	1:00 pm Orchestrum Music	
	2:30 pm Adults Only Skate	Volleyball 1:00 pm Parent and		11:00 am 55+ Aerobics	2:00 pm Pickleball - Competitive	
	3:30 pm 6-12 Stick	Preschool Skate		11:15 am Chair Yoga	3:15 pm Ticket Ice	
	& Puck 7:00 pm Lift &	4:00 pm 13-17 Stick & Puck		12:30 pm Pickleball - All Levels	4:15 pm 18+ Stick & Puck	
	Sweat			12:45 pm FlexAgility		
	8:30 pm Pickleball - All Levels			1:00 pm Adults Only Skate		
	8:30 pm Pickleball - Beginners			5:30 pm Yogalates		
10	11	12	13	14	15	16
1:00 pm Public Skating	9:00 am Adult Basketball	8:00 am Pickleball - Competitive	9:30 am Mom & Tot Fitness	7:00 am Pickleball - Competitive	8:30 am Pickleball - All Levels	7:30 pm Public Skating
	9:45 am Women's Skills and Drills	9:00 am Men's Shinny	10:00 am 55+ Aerobics	8:00 am Pickleball - Competitive	9:15 am Men's Shinny	9:00 pm Men's Shinny
	10:45 am Women's Shinny	9:30 am Zumba 10:00 am Men's 60+	11:15 am Pickleball - Beginners	9:45 am Women's Shinny	10:00 am Men's 60+ Shinny	

	11:00 am Family Music Time 11:00 am 55+ Aerobics 12:30 pm Pickleball - All Levels 2:30 pm Adults Only Skate 3:30 pm 6-12 Stick & Puck 7:00 pm Lift & Sweat 8:30 pm Pickleball - All Levels 8:30 pm Pickleball -	Shinny 10:45 am Pickleball - All Levels 11:15 am Chair Yoga 12:15 pm Drop-In Volleyball 1:00 pm Parent and Preschool Skate 4:00 pm 13-17 Stick & Puck	11:15 am Pickleball - All Levels 4:00 pm Drop-In Family Gym 7:00 pm Hatha Yoga	10:00 am Parent and Preschool Skate 10:30 am Tiny Tots Gym 11:00 am 60+ Stick & Puck 11:00 am 55+ Aerobics 11:15 am Chair Yoga 12:30 pm Pickleball - All Levels 12:45 pm FlexAgility 1:00 pm Adults Only Skate 5:30 pm Yogalates	10:30 am Drop-In Volleyball 12:00 pm Zumba 1:00 pm Orchestrum Music 2:00 pm Pickleball - Competitive 3:15 pm Ticket Ice 4:15 pm 18+ Stick & Puck	
17 1:00 pm Public Skating	Beginners 18 9:00 am Adult Basketball	19 8:00 am Pickleball - Competitive	20 9:30 am Mom & Tot Fitness	21 7:00 am Pickleball - Competitive	22 8:30 am Pickleball - All Levels	23 7:30 pm Public Skating
Saming	9:45 am Women's Skills and Drills 10:45 am Women's Shinny 11:00 am Family Music Time 11:00 am 55+ Aerobics 12:30 pm Pickleball - All Levels 2:30 pm Adults Only Skate 3:30 pm 6-12 Stick & Puck 7:00 pm Lift & Sweat 8:30 pm Pickleball - All Levels 8:30 pm Pickleball -	9:00 am Men's Shinny 9:30 am Zumba 10:00 am Men's 60+ Shinny 10:45 am Pickleball - All Levels 11:15 am Chair Yoga 12:15 pm Drop-In Volleyball 1:00 pm Parent and Preschool Skate 4:00 pm 13-17 Stick & Puck 6:30 pm Big Band Dance Night	10:00 am 55+ Aerobics 11:15 am Pickleball - Beginners 11:15 am Pickleball - All Levels 4:00 pm Drop-In Family Gym 7:00 pm Hatha Yoga	8:00 am Pickleball - Competitive 9:45 am Women's Shinny 10:00 am Parent and Preschool Skate 10:30 am Tiny Tots Gym 11:00 am 60+ Stick & Puck 11:00 am 55+ Aerobics 11:15 am Chair Yoga 12:30 pm Pickleball - All Levels 12:45 pm FlexAgility 1:00 pm Adults Only Skate	10:30 am Drop-In Volleyball 12:00 pm Zumba 1:00 pm Orchestrum Music 2:00 pm Pickleball - Competitive	9:00 pm Men's Shinny
24	Beginners 25 9:00 am Adult Basketball 9:45 am Women's Skills and Drills 10:45 am Women's Shinny 11:00 am Family Music Time 11:00 am 55+ Aerobics 12:30 pm Pickleball - All Levels 2:30 pm Adults Only Skate 3:30 pm 6-12 Stick & Puck 7:00 pm Lift & Sweat	26 8:00 am Pickleball - Competitive 9:00 am Men's Shinny 9:30 am Zumba 10:00 am Men's 60+ Shinny 10:45 am Pickleball - All Levels 11:15 am Chair Yoga 12:15 pm Drop-In Volleyball 1:00 pm Parent and Preschool Skate 4:00 pm 13-17 Stick & Puck	27 9:30 am Mom & Tot Fitness 10:00 am 55+ Aerobics 11:15 am Pickleball - Beginners 11:15 am Pickleball - All Levels 4:00 pm Drop-In Family Gym 7:00 pm Hatha Yoga	5:30 pm Yogalates 28 7:00 am Pickleball - Competitive 8:00 am Pickleball - Competitive 9:45 am Women's Shinny 10:00 am Parent and Preschool Skate 10:30 am Tiny Tots Gym 11:00 am 60+ Stick & Puck 11:00 am 55+ Aerobics 11:15 am Chair Yoga 12:30 pm Pickleball - All Levels 12:45 pm FlexAgility	29 8:30 am Pickleball - All Levels 9:15 am Men's Shinny 10:00 am Men's 60+ Shinny 10:30 am Drop-In Volleyball 12:00 pm Zumba 1:00 pm Orchestrum Music 2:00 pm Pickleball - Competitive 3:15 pm Ticket Ice 4:15 pm 18+ Stick & Puck	

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Beginners		· F ogmanes	

https://events.pelham.ca