



May 14, 2021: Mt. Lebanon Recreation Department will follow current CDC and state guidelines, including masking. Unvaccinated people must wear masks indoors, and they must also wear them outdoors unless 6 feet of distance can be maintained from those outside of their household. Fully vaccinated individuals do not have to wear masks indoors or outdoors. Social distancing and frequent handwashing are encouraged. In general, protect yourself and others. Don't attend programs if you feel sick or are otherwise at risk. These guidelines are subject to change.

Our Power Skating program is based on the premise that skating is 90 percent of the game of hockey. The emphasis of Power Skating is on balance, agility and acceleration.


The Power Skating Program uses innovative teaching techniques, resistance training, and an experienced coaching staff combined with a low instructor to player ratio giving you the optimum opportunity to enhance your stride power, balance and transition. This is not a "Learn To Skate" class.

- WHO:** 6 – 12 years old
- EQUIPMENT:** Full ice hockey equipment. Shin pads, hockey gloves, helmet, elbow pads, shoulder pads, pants, wooden blade hockey stick, mouth guard and cup.
- QUESTIONS:** Call the Mt. Lebanon Ice Center (412) 561-4363
- REGISTRATION:** Begins June 7, 2021, **online only** and is limited to 20 skaters

DAY	ACTIVITY NAME	AGE	2021 DATES 6 WEEKS	START TIME	FEE
Thursday	Mites Power Skating	6 - 8 yrs	July 8 - August 12, 2021	6:10 p.m. – 7:00 p.m.	\$120.00
Thursday	Squirts Power Skating	9 - 12 yrs	July 8 - August 12, 2021	7:10 p.m. – 8:00 p.m.	\$120.00

REFUND POLICY: Refund requests must be made a minimum of 7 days prior to event. See www.mtlebanon.org for details

REGISTRATION IS ONLINE ONLY

Online - Register for as many programs as you like, all you need is your MasterCard or Visa. Save time by registering online today! Go to our website at www.mtlebanon.org, click the  button on the bottom of the page, then click "Register Online" in the middle of the page.

LeboALERT – A FREE notification service (phone, text, e-mail). In the event of an emergency and to provide you with updates about cancellations and recreation department programs and events. Please visit www.mtlebanon.org, hover over Services at the top of the page. Under Information Technology Office, click LeboAlert. All recreation participants should sign up, and at minimum select the "Cancellations" category.



LeboNet - Free wireless in the Mt. Lebanon Recreation Center

MW HOCKEY POWER SKATING JULY 2021

MT. LEBANON RECREATION DEPARTMENT