



Mt. Lebanon Ice Center
 900 Cedar Blvd 1st Floor
 Pittsburgh, PA 15228
 (412) 561-4363
www.mtlebanon.org

Thursdays
 September 2019 – May 2020

Skate Into Shape

Shed those unwanted pounds and get into shape for the summer through a fun exercise experience on the ice. The program stresses a relaxed atmosphere and is ideal for skaters of all levels, no experience necessary. Workout with a PSA instructor. Skating before and after the workout with the instructor. No prior reservations or sign up required before the class. Drop in and pay as you go.

WHO: Adults (Youth 13-17 years of age may also attend)
 Beginner through advanced skaters

QUESTIONS: Call the Mt. Lebanon Ice Center (412) 561-4363 or email grosen@mtlebanon.org

PSA INSTRUCTOR: Jennifer Sarver

DROP IN RATE: Thursdays, September 12, 2019 – May 2020

RECOMMENDED EQUIPMENT: Hats or helmets, elbow pads, gloves or mittens

ACTIVITY INFORMATION:

DAY	ACTIVITY NAME	AGE	\$10.00 PER DATE	TIME	DROP IN FEE INCLUDES SKATES
Thursday	Skate Into Shape	Adults and youth 13 years and up	Begins Thursday September 12 - May 2020	Session Time: 9:00 – 2:00 p.m. Workout Time: 12:30 – 1:10 p.m.	\$10.00

NSF CHECK POLICY: An administrative fee of \$20 will be added to each occurrence of a returned check

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

REGISTRATION:

In person – Mt. Lebanon Ice Rink Office, 1st Floor, Monday through Friday 8:30-5:00 p.m., closed Saturday and Sunday
 Mt. Lebanon Ice Center Booth 1st floor, Monday through Saturday, 9:00 a.m. – 8:00 p.m., Sunday 9:30 a.m. – 4:00 p.m.
Make checks payable to: Mt. Lebanon, PA Visa, MasterCard, & Debit Cards accepted



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 MT. LEBANON RECREATION DEPARTMENT
 MW ICE CENTER SKATE INTO SHAPE SEPT 2019-MAY 2020

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 now available!**

