

# HOCKEY DRILLS AND SKILLS FOR ADULTS



**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.

All the fundamental skills of the game such as skating, stick handling, passing and shooting will be taught and practiced including controlled scrimmages and small area games. **HOCKEY DRILLS AND SKILLS for ADULTS** stresses a relaxed atmosphere and a "go at your own pace" philosophy ideal for skaters just starting out or refining their skills.

**WHO:** Adult skaters 18 years old and up

**EQUIPMENT:** Ice hockey helmet, shin guards, elbow pads, hockey skates, hockey stick and hockey gloves are required equipment

**QUESTIONS:** Call the Mt. Lebanon Ice Center (412) 561-4363

**REGISTRATION:** Begins June 7, 2021, **online only** and is limited to 30 skaters


#### ACTIVITY INFORMATION:

DAY	ACTIVITY NAME	2021 DATES 6 Week Session	START TIME	FEE
Thursday	Hockey Drills and Skills for Adults	July 8 – August 12, 2021	8:10 p.m. – 9:30 p.m.	\$120.00

**REFUND POLICY:** Refund requests must be made a minimum of 7 days prior to event.

See [www.mtlebanon.org](http://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](http://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](http://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 Ice Center**

900 Cedar Boulevard, Pittsburgh, PA 15228

412-561-4363 [www.mtlebanon.org](http://www.mtlebanon.org)

MW ICE CENTER DOCS HOCKEY ADULT DRILLS AND SKILLS JULY 2021

**MT. LEBANON RECREATION DEPARTMENT**