HOCKEY Adult Systems

MT. LEBANON ICE CENTER
900 CEDAR BOULEARD
PITTSBURGH, PA 15228
412.561.4363

www.mtlebanon.org

JULY 2012

***"Adult Systems"* is designed for the hockey player that has experience and wants to learn and practice the tactics and systems of the game. All three zones, breakouts, fore-checking, two-on-two's etc., both offensively and defensively will be taught throughout the program. Full ice drills will consist of attacking and defending one-on-ones, three-on-twos, shielding and back checking techniques, forming the attack triangle, cycling, plus many more concepts. Time will be devoted to the fundamentals of the game, along with controlled scrimmages. Class size is limited!**

WHO: 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 2, 2012

ACTIVITY INFORMATION:

DAY	ACTIVITY NAME	DATES 4 Week Session	START TIME	FEE
Wednesday	Adult Systems Hockey	July 11 – August 1	7:10 p.m. – 8:30 p.m.	$55.00

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:

Online - Register for as many programs as you like, for **one low convenience fee of $2.00 per shopping cart**. All you need is your MasterCard or Visa. Save time, money and gas by registering online today! Go to our website at www.mtlebanon.org, click the Recreation button on the left side of the page, then click "Register Online Here" at the top of the page.

In person – Mt. Lebanon Recreation Department 2nd floor, Monday through Friday 8:30-5:00 p.m., closed Saturday and Sunday
Mt. Lebanon Ice Center 1st floor, Monday through Saturday 9:00 a.m. - 8:00 p.m., Sunday 9:30 – 4:00 p.m.
Mt. Lebanon Tennis Center 7:30 a.m. – 10:00 p.m. (May 1 – September 30 only)
Make checks payable to: Mt. Lebanon, PA Visa, MasterCard, & Debit Cards accepted

QUESTIONS: Please call the Mt. Lebanon Ice Center (412) 561-4363

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, click my Lebo and sign up for LeboALERT. All recreation participants should sign up, and at minimum select the "Cancellations" category.