

SARANAC LAKE CIVIC CENTER, INC.

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NEWS RELEASE: FOR IMMEDIATE RELEASE

Saranac Lake Civic Center

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Tykes on Ice returns to Saranac Lake Civic Center

Tykes on Ice sponsored by Hudson Headwaters Health Network Starts Tuesday, October 14 - hour-long skating sessions for ages 5 and under

SARANAC LAKE, N.Y. — The Saranac Lake Civic Center is proud to announce the return of its free community skating series, made possible by the generous sponsorship of **Hudson Headwaters Health Network**. This season, Hudson Headwaters will sponsor **30 public skating sessions**, including **10 sessions dedicated to young children and caregivers** through the popular *Tykes on Ice* program.

The *Tykes on Ice* series begins **Tuesday, October 14**, and offers one-hour skating sessions for **children ages 5 and under with a caregiver**, providing a relaxed, beginner-friendly environment. These sessions allow young skaters to explore the ice with more space and less crowding, encouraging early confidence and family bonding. In addition to the *Tykes* sessions, Hudson Headwaters is also sponsoring:

- **10 general public skating sessions**
- **10 holiday-themed skating sessions**

The general skating series began **Sunday, September 24**, and will continue throughout the season. A **full schedule** of all Hudson Headwaters-sponsored events will be available on the **Saranac Lake Civic Center website** and **Facebook page**. **Pre-registration is required** for each skating session.

Hudson Headwaters Health Network is a nonprofit, Federally Qualified Health Center (FQHC) operating **26 health centers** from Saratoga County to the Canadian border. Most recently, the Network opened **Family Health at Lake Placid**, located at **203 Old Military Road**, offering expanded access to primary care for residents in the tri-lakes region. Hudson Headwaters also operates **Saranac Lake Family Health** and **Tupper Lake Family Health**, all of which are currently **accepting new patients**.

"I am delighted to see Hudson Headwaters continue to invest in our communities and help maintain access to care," said **Sarah Thompson, M.D.**, a family medicine physician in Saranac Lake and Lake Placid. *"We are fortunate to live in a region that embraces year-round exercise and quality time with family. As a hockey player at the Civic Center, I value this opportunity for families to learn to skate together and to develop fun, lifelong healthy habits."*

"Continuing the Tykes on Ice series is a fun way for little community members to ease into ice skating when it's less crowded," said **Marnie Crane** of the Saranac Lake Civic Center. *"The community responded really well to this program last year, and we're extremely grateful to Hudson Headwaters for answering the call again this season. Offering 30 hours of public skating is a true gift."*

Skate rentals for all sessions in the Hudson Headwaters Skating Series will be available at the Civic Center's **Pro Shop** for **\$5** per session.

The **Saranac Lake Civic Center**, located at **213 Ampersand Avenue**, is also welcoming additional sponsorships for skating sessions. **Individuals, businesses, or organizations** interested in supporting public skating opportunities or forming partnerships are encouraged to email: info@saranaclakeciviccenter.org.

Photo Provided: Lake Clear's Tyler Ellithorpe and his daughter, Noelle, enjoyed some quality time on the rink during last year's *Tykes on Ice* program.

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About Hudson Headwaters Health Network

Hudson Headwaters is a nonprofit network of 26 community-based primary care health centers serving patients of all ages from Saratoga County to the Canadian border, an area of about 7,900 square miles. The Network's comprehensive services include primary care, urgent care, pediatrics, obstetrics and gynecology, behavioral health, dentistry and other specialties, along with laboratory and imaging services. Learn more at HHN.org.

About the Saranac Lake Civic Center

The Saranac Lake Civic Center is a year-round, not-for-profit recreation and events facility, serving the residents and visitors of Saranac Lake and the surrounding Adirondack community. The Saranac Lake Civic Center serves residents and visitors from across the region and beyond. Its regular users include local youth hockey, high school players from Saranac Lake and Lake Placid Central Schools, women's and men's adult recreational hockey, Lake Placid Curling Club, Paul Smith's College, Northwood School and more. Expanded users include tournament users (such as Can-Am Hockey, Canadian Hockey Enterprises, Empire State Winter Games) and exposition organizers to take advantage of the event space.