

SARANAC LAKE CIVIC CENTER, INC.

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NEWS RELEASE: FOR IMMEDIATE RELEASE

Saranac Lake Civic Center

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Hudson Headwaters Sponsors Skating Sessions at Saranac Lake Civic Center

Tykes on Ice Starts Tuesday, October 1 - hour-long skating sessions for ages 5 and under

SARANAC LAKE, N.Y. -- The Saranac Lake Civic Center announces Hudson Headwaters Health Network will repeat its sponsorship of 30-public-skating sessions, provided free of charge. Ten of those sessions will again be reserved for children ages 5 & under with their caregiver. The children's series, "Tykes on Ice", begins again Tuesday, October 1 at the Civic Center. In addition to the Tykes on Ice Program, Hudson Headwaters will sponsor 20 additional skating sessions throughout the season, 10 reserved for holidays and 10 for general skating; its general skating series started Sunday, September 24.

Hudson Headwaters is a nonprofit, Federally Qualified Health Center, operating 25 health centers throughout its service region spanning from Saratoga County to the Canadian border. In June, the Network opened Family Health at Lake Placid, located on the first floor of the building located at 203 Old Military Road, owned by Adirondack Health. The center serves primary care patients of all ages and provides additional, convenient access to tri-Lakes families and surrounding residents. Hudson Headwaters also operates Saranac Lake Family Health, located in the Adirondack Medical Center, and Tupper Lake Family Health. All locations are accepting new patients.

"I am delighted to see Hudson Headwaters continue to invest in our communities and expand access to care," shared Sarah Thompson M.D., who sees patients 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."

The first session in the Tykes on Ice program is Tuesday, October 1, from 4:45 to 5:45 p.m. The next is Friday, Oct. 18. The full schedule sponsored by Hudson Headwaters will be available on the Saranac Lake Civic Center website and Facebook page. Pre-registration to skate is required for each session.

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

Skate rentals for each session in the Hudson Headwaters Skating Series will be offered at \$5 at the Civic Center's pro shop.

The Saranac Lake Civic Center is looking for more opportunities to offer sponsored skating sessions. Individuals, businesses or organizations that would like to sponsor a skating session or enter other partnerships with the Civic Center are encouraged to email info@saranaclakeciviccenter.org. The Saranac Lake Civic Center is located at 213 Ampersand Avenue.

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FOR MORE INFORMATION: Marnie Cochran Crane, Saranac Lake Civic Center, (804) 516-5296,

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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.

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