SARANAC LAKE CIVIC CENTER
more than just ice

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Sunday Night Hockey at the Civic Center Welcomes Adults of All Ages and Skill Levels

SARANAC LAKE, NY — Whether you've played hockey for decades, are looking to get back on the ice, or simply want an opportunity to skate and have some fun, Sunday nights at the Saranac Lake Civic Center offer a welcoming place to play.

Saranac Lake Adult Co-Ed Hockey gathers every Sunday evening, generally at 7:45 p.m., bringing together men and women ages 18 and older for an informal, recreational hockey experience. Players of all skill levels are welcome, and the group is always happy to see new faces.

The spirit of the group was on full display recently when a visitor from Buffalo walked into the Civic Center. He makes the trip to Saranac Lake about once a month and, on this particular evening, was looking for an opportunity to get on the ice. Approaching 70, he didn't let age or the fact that he was visiting town keep him from joining in.

"It's exactly what we want to see," said organizer **Ally Burr**. "It's a great group of people who enjoy getting out on the ice, meeting others and playing hockey. You don't have to be part of an established team or have a certain level of experience. If you want to play, come join us."

Marnie Cochran Crane of the Saranac Lake Civic Center, said the Sunday night group is a great example of the facility's role in bringing people together through recreation.

"One of the best things about the Civic Center is seeing people of different ages, backgrounds and abilities sharing the same space and enjoying an activity together," said Crane. "Whether someone has played their entire life or is just looking for a chance to get out and skate, we want the Civic Center to be a place where they feel welcome. This group is a great example of that."

How to Join

Co-Ed Hockey takes place Sunday evenings at approximately 7:45 p.m. Players should arrive 30 minutes early to allow time to put on equipment (check in at the assigned locker room).

- Open to adults ages 18 and older.
- All skill levels welcome.
- A drop-in fee applies.

- Participants should join the Saranac Lake Civic Center Co-Ed Hockey team through the TeamReach app.

To join, download TeamReach through the Apple App Store or Google Play and enter the team code: **adk-coed-hockey-1**.

Because ice schedules can vary, participants should check the Saranac Lake Civic Center online calendar for current dates and start times.

For more information about skating, hockey and other recreational opportunities, visit www.saranaclakeciviccenter.org.

Photo provided by the Civic Center:
Members of the Saranac Lake Adult Co-Ed Hockey group gather on the ice at the Saranac Lake Civic Center during a Sunday evening skate. The informal recreational league welcomes adults ages 18 and older, with players of all ages and skill levels encouraged to join.



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 from across the region and beyond. Its regular users include Paul Smith's College, high school players from Saranac Lake and Lake Placid Central Schools, the Lake Placid Curling Club, Northwood School, Sara-Placid Lakers, Saranac Lake Learn to Skate and more. The facility also welcomes tournament organizers, including Can-Am Hockey, as well as exposition organizers who utilize the Civic Center's event space. The Civic Center also plays host to public skating, the popular Silver Skaters program, events such as Touch A Truck.

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