

PARENT-ATHLETE RESOURCES

LAKE PLACID

HEALTH & EMERGENCIES

Urgent Care

Mountain Medical Services

354 Broadway
Saranac Lake, NY 12983

Monday- Friday 9am-5pm
Sat & Sun 9am-4pm

Emergency Room

Adirondack Health

2233 NY-86
Saranac Lake, NY 12983

Primary Care & Dental

Hudson Headwaters Health
Network
203 Old Military Road

Mountain Dental
2051 Saranac Ave #103,

Lake Placid Family Dental
2358 Saranac Ave

COMMUNITY ACTIVITIES

Outdoor Activities

- Henry's Woods
- Uihlein Trails
- Peninsula Trail
- Cobble Hill
- Paul Smith's VIC
- Rail Trail (bike and ebike rentals)
- John Brown Farm

Playgrounds

- Teddy Bear Park
- Newman Street Park
- Mirror Lake Beach Park
- McKinley Street Park

Monday

10am-12pm

Infant & Toddler Playgroups at
Play ADK

<https://playadk.org/clubhouse/>

Wednesday

9:30am- 12pm

Playgroup at Saranac Lake
Baptist Church

<https://www.cccnc.org/family-matters-tupper-lake>

Friday

10:30-11:30am

Storytime at Lake Placid
Public Library

<https://lakeplacidlibrary.org/>

Groups

Hike It Baby-
<https://www.facebook.com/groups/1763848863849004> or
<https://www.weareoutgrown.org/programs/hike-it-baby>

Youth Athletics

Lake Placid Youth Athletic Association and
community athletics can be found at:
<https://www.lpyaa.org/Default.aspx?tabid=1028501>



U.S. Olympic & Paralympic
TRAINING CENTER