

# Y KNOT Abilities Programs

Picture the smile on the face of a young child who is asked to join a team when, up to this point in life, his disability has left him sitting on the sidelines on every playing field he has ever been on, "says Vicki Keith, world class marathon swimmer, coach of the Kingston Y Penguins swim team and founder of Y Knot Abilities Programs. "That's what our programs are all about".



Since the inception of the Y Knot Abilities Programs at the Kingston Family YMCA, the young people participating have proven over and over again that nothing is impossible. From Eva running the 1500 meters in her school track meet, to Michael swimming at his first competition, to Jenna swimming across Lake Ontario, each child has faced their challenges, overcome unbelievable obstacles and found their own measure of success.

Y Knot Abilities Programs are created for children and youth with physical disabilities and their able-bodied siblings.

Through sports, the participants explore their abilities and find within themselves the confidence to pursue their goals and the skills to build a successful, productive, happy life. Participants learn how to focus on their abilities while developing strength, independence, and confidence.

The Y Knot Abilities Programs are a place to meet friends and have fun. It's a place to belong.

Durham Family YMCA Y Knot Abilities Program includes sports such as wheel chair basketball, roller racer sports, pillow polo, rock climbing, competitive swimming & swimming lessons.

**Come and join the fun at the Durham Family YMCA!**

**Summer Schedule**

**July 4th—August 31st**

**Wednesday's 7:15pm—8:15pm & Friday's 6:00pm—7:00pm**

**Dry Land Gym Sports**

**For more information contact:**

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