

Abilities Programs

The Y-Knot Abilities Program reaches to the very core of what the YMCA is all about. The programs are about access and inclusiveness-making a difference for youth with physical disabilities, their siblings, their parents and the community as a result. We believe there is a place for everyone to belong and participate to the best of their ability. Due to the properties of water, children with physical disabilities and their siblings are able to ‘play together’ on a ‘level playing field’, sometimes for the first time.

The Y-Knot Abilities Programs are not only about the water, there are gym activities such as wheelchair basketball, helping to promote the ‘level playing field’. The program encourages them to develop new skills, confidence and leadership qualities.



“Imagine the smile on the face of a young boy who is asked to join a sports team, when, up to this point in his life, his disability has left him sitting on the sidelines on every playing field they have ever been on...That’s what the Y-Knot programs are all about”

Vicki Keith, program founder– Sept 2006

Further Information

- The Mississauga YMCA launched their Y-Knot program in May of 2007.
- The Aquatic component currently runs Tuesday and Thursdays from 4:00 pm-5:30 pm. Starting this summer practices will run Monday-Thursday 4:00 pm-5:30 pm and Sunday’s 7:30-9:30 am
- The dry component will start this Fall and run two days a week.
- We are currently looking for families who are interested in this program.
- YMCA membership is required for this program membership assistance is available through our YMCA Strong Kids Annual Campaign.
- To information on the Mississauga location please contact:

Elizabeth Cummings

Specialist Aquatics- Mississauga YMCA
(905) 897- 6801 ext 487
325 Burnhamthorpe Road West
Mississauga, ON L5B-3R2
elizabeth.cummings@ymcagta.org

Frequently asked Questions:

Q- How old does my child have to be?

A- 6-18 years old

Q- Can my other children participate?

A- Yes. The concept of the Y-knot program is the create an environment were everyone is equal. Where we can train and have a great time, building strong kids, strong families and strong communities.

Q- What is the cost?

A- The program is included in a membership plan. For a family membership it is \$84.80 a month, a family consisting of up to two adult partners living at the same address and any dependent children up to and including the age of 21. However the YMCA does off membership assistance and more information is available at www.ymcautoronto.org

Q- What happens if my child can not climb into the pool with out assistance?

A- The Toronto West Rotary Club chose the Mississauga YMCA as their charity of choice this year. They generously donated the funds for equipment and a new hydraulic chair to assist in entry and exit from the water

Q- Is the Mississauga YMCA the only YMCA to offer the Y-Knot Abilities Program?

A- The Y-Knot Abilities program also takes place at the Durham Family YMCA. Please contact:
Zoë Jameson zoe.jameson@ymcagta.org
99 Mary St. North. Oshawa, ON L1G 8C1
(905) 438-0822 x450

If you are interested in volunteering for this program or in being a donor, please contact Janet Johnson at (905)897-6801 ext 400 or by e-mail at janet.johnson@ymcagta.org