



Accessible Sailing on Lake George



"Every time I sail with Y-Knot I leave my disability on the shore ... I can't play golf with my friends, but I can take them sailing. It's me doing something for them, and that's a great feeling."

Discover the freedom of sailing with Y-Knot!

EVERYONE IS WELCOME

People of all ages, interests, and physical abilities participate in the enjoyable sport of sailing. Absolutely no experience is required or expected when you come and enjoy a wonderful day of sailing on Lake George! Bring along a friend or even a family. We welcome everyone...including your service dog! Sailing is fun for everyone! Enjoy the splendor of the Adirondacks while sailing on Lake George, from the unique setting of Camp Chingachgook, the YMCA's outdoor recreational camp on the lake.

SAILING IS INDEPENDENCE

Our boats are safe, non-capsizing and provide a relaxing way to feel the freedom of wind and water. Our trained volunteers and staff will get you into and out of the boat safely (we have a lift if you need one). The adapted boats will give you a comfortable ride, and our experienced captains will make sure you have a safe and rewarding time.

CHALLENGE YOURSELF

Already know the ropes? Y-Knot can meet your needs for both physical and mental challenges, test your endurance, and provide you with opportunities to compete against others. Y-Knot Sailing actively participates with other adaptive sailing programs in the U.S. and Canada in numerous regattas. Y-Knot offers sailors coaching to improve boat-handling and tactical skills in order to compete successfully.

HOW MUCH WILL THIS COST?

Your first sail with Y-Knot is free! We provide lunch, instruction, and all the equipment you need. And Y-Knot members sail free on all summer sailing days — check out our web site for details.

COME SAIL WITH US!

Y-Knot makes sailing safe and affordable for people with disabilities. Come enjoy an introduction to the fun and excitement of sailing. We have dock lifts, secure seating, and other adaptations to ensure you'll have a safe and enjoyable time. Call ahead or visit our web site to reserve your place or discuss your needs.

www.yknotsailing.org
(518) 656-9462

VOLUNTEERS: WE NEED YOU!

Volunteers are the lifeblood of Y-Knot and come from all walks of life. They work hard in all aspects of the program, both on and off the water, to make our sailing events a success and keep Y-Knot going. Whether your talent is organization, fundraising, rigging and sailing, or just lending a helping hand, we need you!

2010 Y-Knot Sailing Schedule

Boat Repair Days

Sat – Sun: April 24 – 25

Learn to Sail Classes

Sundays: May 9, 16, 23

Volunteer Training Day

Saturday: May 15

Summer Sailing Dates

Saturdays: May 22, June 12, June 19,
July 3, July 10, Aug 14

Sundays: May 30, July 18, Aug 1,
Sept 19

Tuesdays: July 6, Aug 3

Y-Knot Cup Regatta

Sat – Sun: Sept 11 – 12

Regional Regattas

Lake Champlain M16 Regatta:

Sat – Sun, July 31 – Aug 1

Coupe de Quebec, Montreal:

Sat – Sun, July 24 – 25



YMCA

We build strong kids, strong families, strong communities.