



FALL

# Adaptive Sports Programs 2024

The Gaylord Sports Association is a program of Gaylord Specialty Healthcare and is based out of Wallingford, CT. We serve individuals ages 16 and up who have a physical disability or visual impairment, including veterans. All programs require registration and most events are free unless otherwise noted. For more information on our programs, please visit us at [www.gaylord.org/sports](http://www.gaylord.org/sports).

**Sports Programs**

**Archery Clinics**

Tuesdays, Oct 1, Nov 5, Dec 3  
2:00-3:00 PM or 3:00-4:00 PM  
Gaylord Specialty Healthcare,  
Wallingford, CT

**Golf Clinics**

Tuesdays, Sept 24, Oct 8, Nov 12, Dec 10  
2:00-3:00 PM or 3:00-4:00 PM  
Gaylord Specialty Healthcare,  
Wallingford, CT

**Boccia Sessions**

Tuesdays, Oct 22, Nov 19  
2:00 PM - 3:30 PM  
Gaylord Specialty Healthcare,  
Wallingford, CT

**Cycle Rides**

Thursdays, Sept. 14  
4:00-6:00 PM  
Cheshire Linear Trail, Cheshire, CT

**Exercise for Life (EX4L)**

Aug 6-Sept 28  
Oct 22-Dec 21  
Tuesdays, 6:30 PM-7:30PM  
OR 7:30 PM-8:30 PM  
Saturdays, 9:00 AM-10:00 AM  
OR 10:00 AM-11:00 AM  
Gaylord Physical Therapy, Cheshire  
[www.gaylord.org/EX4L](http://www.gaylord.org/EX4L)

**Kayak Outings\***

Thursday, Sept 26, 4:00PM-6:00 PM  
Thursday, Oct 17, 2:00PM-4:00 PM  
Old Lyme, CT  
\$15 Fee \*Watersport programs have additional essential eligibility criteria to attend; please contact us for details.

**Indoor Kayak Class\***

Friday, Nov 15  
1:00PM-4:00PM  
Flagg Pool, Gaylord Specialty Healthcare  
Wallingford, CT

**Virtual Programming**

**Virtual Seated Boxing**  
Thursdays, Oct 24-Dec 19  
3:00 PM - 4:00 PM, Zoom  
\*No class 11/28

**Yoga dates to be announced**

**Discovery Nights**

**Ski and Snowboard Discovery Night**  
Thursday, Nov 21  
6:00 PM - 7:30 PM  
Gaylord Specialty Healthcare,  
Wallingford, CT

**Veterans Programs**

**Veterans Fishing Tournament**  
Tuesday, Sept 17  
7:00 AM - 4:00 PM  
Lake Congomond, Southwick MA

**Team Sports**

**Wolfpack Sled Hockey**

NESHL Home Games:  
Sept 28 & 29  
Veterans Memorial Ice Rink, East Haven  
January 4 & 5  
Choate Hockey Rink, Wallingford  
For game schedules: <https://www.neshl.org>

**Gaylord Warriors Wheelchair Rugby**

Practice begins in Sept

**Special Events**

**Dave Parcels Madison Triathlon**

Saturday, Sept 7, 2024, 5:30 AM  
Madison, CT

**Gaylord Bullseye Classic - Archery Tournament**

Tuesday, Oct 15, 2024  
1:00 PM - 4:00 PM  
Gaylord Specialty Healthcare,  
Wallingford, CT

**NEW Wheelchair Fencing Discovery Day**

Saturday, Oct 26  
10:30 AM-12:00 PM  
Gaylord Specialty Healthcare,  
Wallingford, CT

**NEW Boccia Tournament**

Wednesday, Dec 18  
11:00 AM-2:00 PM  
New Horizons Village, Unionville

**REGISTRATION:** Most programs are offered at no-cost unless specified. Pre-registration is required and most program have a maximum capacity. To register, please call the Gaylord Sports Association at 203-284-2772 or email [sports@gaylord.org](mailto:sports@gaylord.org). The Gaylord Sports Association is a program of Gaylord Specialty Healthcare, located in Wallingford, CT.

Thank you to our program sponsors:

