



SPRING 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.

Sports Programs

Archery Clinics

Tuesdays, April 2, May 21, June 4
2:00-3:00 PM or
3:00-4:00 PM
Gaylord Specialty Healthcare
Wallingford, CT

Golf Clinics

Tuesdays, April 9, May 14, June 18
2:00-3:00 PM or
3:00-4:00 PM
Gaylord Specialty Healthcare
Wallingford, CT

Boccia

Tuesdays, March 21, April 16
2:00-3:30 PM
Gaylord Specialty Healthcare
Wallingford, CT

Kayak Class*

Fridays, March 22, May 17 or
June 28
1:00-4:00 PM
Gaylord Pool
Wallingford, CT

Virtual Adaptive Boxing

Wednesdays, March 20-
April 10
3:00-4:00 PM
Virtual via Zoom

Seated Yoga Classes

Thursdays, Mar 14 & April 18
6:00-7:00 PM
Gaylord Specialty Healthcare
Gaylord or Virtual via Zoom

Exercise for Life (EX4L)

April 2 - June 1
Tuesdays, 6:30-7:30 PM
or 7:30-8:30 PM
Saturdays, 9:00-10:00 AM or
10:00-11:00 AM
Gaylord Physical Therapy,
Cheshire
www.gaylord.org/EX4L

Adaptive Rock Climbing Clinic

Saturday, April 13
2:00-5:00 PM
Central Rock Climbing Gym,
Glastonbury, CT

Pickleball Sessions

Wednesdays, June 5, 19
10:00-11:30 AM
Tennis Courts
Gaylord Specialty Healthcare
Wallingford, CT

Veterans Programs

Veterans Bowling NEW
March 28, April 11, May 2
12:00-2:00 PM
Bowlero, Wallingford, CT

Veterans Fishing Tournament

Tuesday, May 7, 2024
7:00AM-4:00PM
Candlewood Lake,
Danbury, CT

Special Events ParaTriathlon Discovery Night

Tuesday, April 30
6:00-7:30 PM
Gaylord Specialty Healthcare

Team Sports

**Sled Hockey Team
NESHNL playoffs**
March 15-17, 2024
Flyers Training Center
Voorhees, NJ

Amelia Park Sled Hockey Tournament

April 5-7, 2024
Amelia Park Skating Center
Westfield, MA

2024 Toyota USA Hockey Sled National Championship

April 18-21, 2024
Ice Line Arena,
West Chester, PA

ParaTriathlon Team Kick-Off

Wednesday, May 29
6:00-7:30 PM
Gaylord Specialty Healthcare

Tennis Team

Practices Begin Friday, May 31
Flagg Tennis Courts
Gaylord Specialty Healthcare
Wallingford, CT

Fundraising Events

Gaylord Golf Classic
Monday, May 20, 2024
Great River Golf Course
Milford, CT

Gaylord Gauntlet

Saturday, June 15, 2024
Gaylord Specialty Healthcare,
Wallingford, CT
www.gaylordgauntlet.org

*Watersport programs have additional essential eligibility criteria to attend; please contact us for details.

REGISTRATION: Most programs are offered at no-cost unless specified. Programs have a maximum capacity and pre-registration is required. To register, please call the Gaylord Sports Association at 203-284-2772 or email sports@gaylord.org.



Thank you to our program sponsors:

**MOVE UNITED
WARFIGHTERS**

