



# SPRING Adaptive Sports Programs 2025

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, April 1, April 29, June 3  
2:00-3:00 PM or  
3:00-4:00 PM  
Gaylord Specialty Healthcare  
Wallingford, CT

### Golf Clinics

Tuesdays, April 8, May 20, June 17  
2:00-3:00 PM or  
3:00-4:00 PM  
Gaylord Specialty Healthcare  
Wallingford, CT

### Boccia

Tuesdays, March 18, April 15  
2:00-3:30 PM  
Gaylord Specialty Healthcare  
Wallingford, CT

### Kayak Class\*

Fridays, March 21, April 25 or June 27  
1:00-4:00 PM  
Gaylord Pool  
Wallingford, CT

### Virtual Adaptive Boxing

Wednesdays, March 19-  
April 9  
3:00-4:00 PM  
Virtual via Zoom

### Seated Yoga Classes

Thursdays, March 13 & April 3  
6:00-7:00 PM  
Gaylord Specialty Healthcare  
Gaylord or Virtual via Zoom

### Exercise for Life (EX4L)

April 15 - June 7  
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](http://www.gaylord.org/EX4L)

### Pickleball Sessions

Wednesdays, June 4, 18  
\*Continues June-Sept.  
10:00-11:30 AM  
Tennis Courts  
Gaylord Specialty Healthcare  
Wallingford, CT

### Veterans Programs

#### Veterans Fishing

#### Tournament

Tuesday, May 13  
7:00AM-4:00PM  
Candlewood Lake,  
Danbury, CT

### Special Events

#### Adaptive Cycle Clinic

Saturday, March 8

1:00 PM-4:00 PM

Southern Connecticut State  
University  
New Haven, CT

### Adaptive Rock Climbing Clinic

Saturday, April 12  
2:00 PM-5:00 PM  
Central Rock Climbing Gym  
Glastonbury, CT

### Paratriathlon Discovery Night

Wednesday, April 30  
6:00 PM-7:30 PM  
Gaylord Specialty Healthcare  
Wallingford, CT

### Team Sports

#### Sled Hockey Team

#### NESHL playoffs

March 14-16, 2025  
Flyers Training Center  
Voorhees, NJ

### Amelia Park Sled Hockey Tournament

April 4-6, 2025  
Amelia Park Skating Center  
Westfield, MA

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

### 2025 USA Hockey Sled National Championship

May 1-4, 2025  
Coral Springs, FL

### ParaTriathlon Team Kick- Off

Wednesday, May 28  
6:00-7:30 PM  
Gaylord Specialty Healthcare

### Tennis Team

Practices Begin Friday, May 23  
Flagg Tennis Courts  
Gaylord Specialty Healthcare  
Wallingford, CT

### Fundraising Events

#### Gaylord Golf Classic

Monday, May 19, 2025  
Great River Golf Course  
Milford, CT

### Gaylord Gauntlet

Saturday, June 14, 2025  
Gaylord Specialty Healthcare,  
Wallingford, CT  
[www.gaylordgauntlet.org](http://www.gaylordgauntlet.org)

**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](mailto:sports@gaylord.org).

Thank you to our  
program sponsor:


