



## WINTER Adaptive Sports Programs 2025

The Gaylord Sports Association is a program of Gaylord Specialty Healthcare offering adaptive sports programs for individuals ages 16 and up who have a physical disability or visual impairment, including veterans. Visit us at [www.gaylord.org/sports](http://www.gaylord.org/sports) for more information.

### Sports Programs

#### Archery Clinics

Tuesdays, Jan 7, Feb 4, March 4  
2:00-3:00 PM or 3:00-4:00 PM  
Gaylord Specialty Healthcare,  
Wallingford, CT

#### Golf Clinics

Tuesdays, Jan 14, Feb 11, March 11  
2:00-3:00 PM or 3:00-4:00 PM  
Gaylord Specialty Healthcare,  
Wallingford, CT

#### Boccia

Tuesdays, Jan 21, Feb 18, March 18  
2:00 PM - 3:30 PM  
Gaylord Specialty Healthcare,  
Wallingford, CT

#### Kayak Class\*

Friday, March 21  
1:00-4:00 PM  
Flagg Pool, Gaylord Specialty Healthcare,  
Wallingford, CT

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

#### Ski and Snowboard Trips

Thursday, Jan 9, 3:00 PM - 5:30 PM  
Saturday, Jan 18, 1:00 PM - 3:30 PM  
Saturday, Feb 1, 1:00 PM - 3:30 PM  
Thursday, Feb 6, 5:30 PM - 8:00 PM  
Saturday, Feb 15, 1:00 PM - 3:30 PM  
Thursday, Feb 27, 3:00 PM - 5:30 PM  
Ski Sundown, New Hartford, CT  
[www.gaylord.org/skiclub](http://www.gaylord.org/skiclub)

#### Fitness Programming

##### Virtual Adaptive Boxing

Wednesdays, Jan 15- March 5  
3:00 PM - 4:00 PM  
Virtual via Zoom

##### Seated Yoga Classes

Thursdays, Dec 19, Jan 2, Jan 23, Feb 20,  
March 13, Apr 3  
6:00 PM - 7:00 PM  
Gaylord Specialty Healthcare,  
Wallingford, CT OR Virtual via Zoom

##### Exercise for Life (EX4L)

January 21 - March 15  
Tuesdays, 6:30 PM - 8:30 PM  
Saturdays, 9:00 AM - 11:00 AM  
Gaylord Physical Therapy  
Cheshire [www.gaylord.org/EX4L](http://www.gaylord.org/EX4L)

### Team Sports

#### Sled Hockey Team

Weekly practices on Sunday  
Choate Rosemary Hall,  
Wallingford, CT

#### Wheelchair Rugby Team

Weekly practices on Sunday  
North Haven Recreation Center

### Special Events

#### Sled Hockey League Games

Saturday, Jan 4

12:30 AM and 5:00 PM

Sunday, Jan 5

9:30 AM and 2:00 PM

Remsen Arena, Choate Rosemary Hall  
Wallingford, CT

For schedule of league games: [www.neshl.org](http://www.neshl.org)

#### Escape from NY

##### Wheelchair Rugby Tournament

January 4 & 5

SUNY Purchase College

Physical Ed. Gymnasium

Purchase, NY

**REGISTRATION:** Most programs are offered at no-cost unless specified. Pre-registration is required. In-person classes 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:

