



FALL

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.

Sports Programs

Archery Clinics

Tuesdays, Sept. 30, Nov. 4, Dec. 2
2:00-3:00 PM or 3:00-4:00 PM
Gaylord Specialty Healthcare,
Wallingford, CT

Golf Clinics

Tuesdays, Sept 23, Oct 14, Nov 11, Dec 9
2:00-3:00 PM or 3:00-4:00 PM
Gaylord Specialty Healthcare,
Wallingford, CT

Boccia Sessions

Tuesdays, Oct 21, Nov 18, Dec 16
2:00 PM - 3:30 PM
Gaylord Specialty Healthcare,
Wallingford, CT

Exercise for Life (EX4L)

Aug 6-Sept 28
Oct 21-Dec 20
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

Indoor Kayak Class*

Friday, Nov 7
1:00PM-4:00PM
Flagg Pool, Gaylord Specialty Healthcare
Wallingford, CT

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

Virtual Programming

Virtual Seated Boxing

Thursdays, Oct 16 - Dec 11
No class Thanksgiving
6:00 PM - 7:00 PM, Zoom

Yoga dates to be announced

Discovery Nights

Ski and Snowboard Discovery Night

Thursday, Nov 20
6:00 PM - 7:30 PM
Gaylord Specialty Healthcare,
Wallingford, CT

Veterans Programs

Veterans Fishing Tournament

Tuesday, Sept 16
7:00 AM - 4:00 PM
Lake Congomond, Southwick MA

Team Sports

Sled Hockey Clinic

Sunday, Oct 5
4:00 PM - 6:00 PM
Choate Hockey Rink, Wallingford

Wolfpack Sled Hockey

Practices begin in September
Contact us for more information
League schedules: <https://www.neshl.org>

Gaylord Warriors Wheelchair Rugby

Practice begins in September
Contact us for more information

Special Events

Dave Parcells Madison Triathlon

Saturday, Sept 6, 2025
Madison Surf Club
Madison, CT
6:45 AM - 10:00 AM

Gaylord Bullseye Classic - Archery Tournament

Tuesday, Oct 7, 2025
Gaylord Specialty Healthcare,
Wallingford, CT

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. The Gaylord Sports Association is a program of Gaylord Specialty Healthcare, located in Wallingford, CT.

Thank you to our
program sponsors:



Craig H. Neilsen
Foundation

