



FALL

Adaptive Sports Programs 2026

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

Golf Clinics

Tuesdays, Sept 8, Oct 13, Nov 10, Dec 8
2:00-3:00 PM or 3:00-4:00 PM
Gaylord Specialty Healthcare,
Wallingford, CT

Pickleball Sessions

Wednesdays, Sept 9, Sept 30, Oct 14
10:00 AM - 11:30 AM
Tennis Courts-Gaylord Specialty Healthcare,
Wallingford, CT

Boccia Sessions

Tuesdays, Oct 20, Nov 17, Dec 15
1:30 PM - 3:30 PM
Gaylord Specialty Healthcare,
Wallingford, CT

Exercise for Life (EX4L)

Oct 20-Dec 19
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

Virtual Programming

Virtual Seated Boxing

Wednesdays, Nov 4 - Dec 9
3:00 PM - 4:00 PM, Zoom

Seated Yoga Classes

Thursdays, Nov 5, Dec 3, Jan 7,
Feb 4, Mar 4, Apr 1
6:00 PM - 7:00 PM
Gaylord, Wallingford, CT or Zoom

Discovery Nights

Adaptive Performance Driving

Discovery Night
Tuesday, Sept 15
5:00 PM - 6:30 PM
Gaylord Specialty Healthcare,
Wallingford, CT

Ski and Snowboard Discovery Night

Thursday, Nov 19
6:00 PM - 7:30 PM
Gaylord Specialty Healthcare,
Wallingford, CT

Veterans Programs

Veterans Fishing Tournament

Tuesday, Sept 22
7:00 AM - 4:00 PM
Lake Congomond, Southwick MA

Team Sports

Sled Hockey Clinic

Sunday, Oct 4
5:00 PM - 7:00 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 August
Contact us for more information

Special Events

Dave Parcells Madison Triathlon

Saturday, Sept 12
Madison Surf Club
Madison, CT
6:45 AM - 10:00 AM

Gaylord Bullseye Classic - Archery Tournament

Tuesday, Oct 6
Gaylord Specialty Healthcare,
Wallingford, CT

Ken Murphy Memorial Open Adaptive Golf Tournament

Thursday, Oct 29
Farms Country Club
Wallingford, CT
8:00 AM - 1:00PM

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

