



SPRING 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, April 7, May 5, June 2
2:00-3:00 PM or
3:00-4:00 PM
Gaylord Specialty Healthcare
Wallingford, CT

Golf Clinics

Tuesdays, April 14, May 26, June 16
2:00-3:00 PM or
3:00-4:00 PM
Gaylord Specialty Healthcare
Wallingford, CT

Boccia

Tuesdays, March 17, March 31
2:00-3:30 PM
Gaylord Specialty Healthcare
Wallingford, CT

Kayak Class*

Fridays, March 20, May 1, June 26
1:00-4:00 PM
Gaylord Pool
Wallingford, CT

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

Seated Yoga Classes

Thursdays, March 5 & March 26
6:00-7:00 PM
Gaylord Specialty Healthcare
Gaylord or Virtual via Zoom

Exercise for Life (EX4L)

April 7-May 30
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

Pickleball Sessions

Wednesdays, May 6, 20, June 3, 17 *Continues end of August-October
10:00-11:30 AM
Tennis Courts
Gaylord Specialty Healthcare
Wallingford, CT

Veterans Programs

Veterans Fishing Tournament

Tuesday, May 12
7:00AM-4:00PM
Candlewood Lake,
Danbury, CT

Special Events

Adaptive Cycle Clinic

Saturday, March 28, 2026
1:00 PM-4:00 PM
Southern Connecticut State University
New Haven, CT

Adaptive Rock Climbing Clinic

Saturday, April 11, 2026
2:00 PM-5:00 PM
Central Rock Climbing Gym
Glastonbury, CT

Paratriathlon Discovery Night

Wednesday, April 1, 2026
6:00 PM-7:30 PM
Gaylord Specialty Healthcare
Wallingford, CT

Team Sports

Sled Hockey Team NESHHL playoffs

March 13-15, 2026
Flyers Training Center
Voorhees, NJ

ParaTriathlon Team Kick-Off

Wednesday, June 3, 2026
6:00-7:30 PM
Gaylord Specialty Healthcare

Tennis Team

Practices Begin
Sunday, May 31, 2026
Flagg Tennis Courts
Gaylord Specialty Healthcare
Wallingford, CT

Fundraising Events

Gaylord Golf Classic

Monday, May 18, 2026
Great River Golf Course
Milford, CT

Gaylord Gauntlet

Saturday, June 13, 2026
Gaylord Specialty Healthcare,
Wallingford, CT
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.

Thank you to our program sponsor:



Craig H. Neilsen Foundation

