



SUMMER 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, June 2, July 7, Aug. 11, Sept. 1
2:00-3:00 PM or 3:00-4:00 PM
Gaylord Specialty Healthcare,
Wallingford, CT

Golf Clinics

Tuesdays, June 16, July 21, Sept. 8
2:00-3:00 PM or 3:00-4:00 PM
Gaylord Specialty Healthcare,
Wallingford, CT

Cycle Rides

Thursdays, June 4, June 25,
July 9, July 23, August 6, August 20
5:00-7:00 PM
Cheshire Linear Trail, Cheshire, CT
New Rider Cycle Fit by appointment:
May 14, June 30, July 14, August 4

Exercise for Life (EX4L)

July 28 – Sept.19
Tuesdays, 6:30 PM – 7:30 PM
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

Pickleball Sessions

Wednesdays, May 20, June 3, June 17,
July 1, August 26, Sept. 9, Sept. 30,
October 14
10:00 AM - 11:30 AM
Gaylord Tennis Courts, Wallingford, CT

Waterski Clinics*

Saturdays, July 25 & Aug. 22
9:00 AM-4:00 PM
Pachaug Pond, Griswold, CT

Kayak Clinic*

Friday, June 26
1:00 PM - 4:00 PM
Gaylord Specialty Healthcare,
Wallingford, CT

Kayak Outings*

Thursdays, July 16, Aug 13, Sept 17
3:00 PM - 5:00 PM
\$20 Fee
Collinsville Canoe & Kayak
Collinsville, CT

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

Team Sports

ParaTriathlon Team Kick-Off

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

Wheelchair Tennis

Sundays, beginning May 31
9:00 AM - 11:00 AM
Gaylord Tennis Courts, Wallingford, CT

Golf Club

Meets weekly for Golf Outings
June - August, Location varies
\$30 Fee, Contact us for details

Special Events

Ken Murphy Memorial Open (KMMO) Adaptive Golf Tournament

Tuesday, August 18
8:00 AM - 12:00 PM
\$25 Fee
The Farms Country Club,
Wallingford, CT

Gaylord Bullseye Classic Adaptive Archery Tournament

Tuesday, October 6
12:00 PM - 4:00 PM
\$20 Fee
Gaylord South Lawn,
Wallingford, CT

Veterans Program

Veterans Fishing Tournament

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

Fundraising Events

Gaylord Gauntlet

Saturday, June 13
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 sponsors:



Craig H. Neilsen
Foundation