



WINTER Adaptive Sports Programs 2026

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 for more information.

Sports Programs

Archery Clinics

Tuesdays, Jan 6, Feb 3, March 3
2:00-3:00 PM or 3:00-4:00 PM
Gaylord Specialty Healthcare,
Wallingford, CT

Golf Clinics

Tuesdays, Jan 13, Feb 10, March 10
2:00-3:00 PM or 3:00-4:00 PM
Gaylord Specialty Healthcare,
Wallingford, CT

Boccia

Tuesdays, Jan 20, Feb 17, March 17,
March 31
2:00 PM - 3:30 PM
Gaylord Specialty Healthcare,
Wallingford, CT

Kayak Class*

Friday, March 20
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

Saturday, Jan 10, 1:00 PM - 3:30 PM
Thursday, Jan 15, 3:00 PM - 5:30 PM
Saturday, Jan 31, 1:00 PM - 3:30 PM
Thursday, Feb 5, 3:00 PM - 5:30 PM
Thursday, Feb 12, 5:30 PM - 8:00 PM
Saturday, Feb 21, 1:00 PM - 3:30 PM
Ski Sundown, New Hartford, CT
www.gaylord.org/skiclub

Fitness Programming

Exercise for Life (EX4L)
January 20 - March 14
Tuesdays, 6:30 PM - 8:30 PM
Saturdays, 9:00 AM - 11:00 AM
Gaylord Physical Therapy
Cheshire www.gaylord.org/EX4L

Seated Yoga Classes

Thursdays, Jan 8, Jan 22, Feb 5,
Feb 19, Mar 5, Mar 26
6:00 PM - 7:00 PM
Gaylord Specialty Healthcare,
Wallingford, CT
OR Virtual via Zoom

Team Sports

Sled Hockey Team
Weekly practices on Sunday
Choate Rosemary Hall,

Wallingford, CT

NESHL Sled Hockey League Finals
March 13-15
Voorhees, NJ
www.neshl.org

Wheelchair Rugby Team

Weekly practices on Sunday
North Haven Recreation Center

Special Events

Wheelchair Rugby Tournament
Battle of the Northeast
Southern Connecticut State University
New Haven, CT
Saturday, January 24
9:00 AM -4:30 PM
Sunday, January 25
9:00 AM -2:00 PM

Boccia Bash Tournament

Thursday, Feb 26
10:30 AM-2:00 PM
New Horizons Village
Unionville, CT

Adaptive Cycle Clinic

Saturday, March 14
1:00 PM-4:00 PM
Southern CT State University
New Haven, CT

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

Thank you to our
program sponsors:



Craig H. Nielsen
Foundation

