



SPRING Adaptive Sports Programs 2022

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

Golf Clinics

Tuesdays, April 12, May 10, June 14
2:00-3:00 PM or
3:00-4:00 PM
Gaylord Specialty Healthcare

Boccia

Tuesdays, April 19
2:00-3:00 PM or
3:00-4:00 PM
Gaylord Specialty Healthcare

Virtual Adaptive Boxing

9-Week Series via Zoom
Wednesday, March 2 - April 27
2:00-3:00 PM

Virtual Fitness

9-Week Series via Zoom
Yoga, Strength & Conditioning, Mobility, Fitness

Thursdays, Feb, 3 - March 31
6:00-7:00 PM

Kayak Class*

Saturday, May 21
1:00-4:00 PM
Gaylord Pool

Adaptive Rock Climbing Clinic

Saturday, April 30
Central Rock Gym,
Glastonbury, CT

Seated Therapeutic Yoga for Resilience and Vitality

Wednesday, May 4
12:00-1:00 PM
Gaylord Specialty Healthcare

Adaptive Cycle Fits

Thursday, May 5 or May 19
Individual sessions for new cycle participants. Scheduled by appointment 1:00-5:00 PM. Cycle rides dates will be announced in summer calendar.

Veterans Programs

Veterans Archery

Wednesday, March 23
1:30-2:30 PM, 2:30-3:30 PM
Gaylord Specialty Healthcare

Veterans Kayak Class*

Saturday, April 9
1:00 PM - 4:00 PM
Gaylord Pool

Veterans Yoga

Wednesday, April 20
1:30 PM - 2:30 PM
In person and virtual via Zoom

Veterans Fishing Tournament

Tuesday, May 17
Candlewood Lake,
Danbury, CT

Team Sports

Gaylord Wolfpack Sled Hockey Team

NESHL League Playoffs,
March 18-20
Pennsauken Skate Zone,
Pennsauken, NJ
New England Sled Hockey

Tournament
April 1-3, Amelia Park Arena,
Westfield, MA

ParaTriathlon Team / Training Program*

Paratriathlon Discovery Night
April 21, 6:30-8:00 PM

Program Kick-Off
Wednesday, June 1
6:00-7:30 PM

Fundraising Events

Gaylord Golf Classic
Monday, June 20, 2022
Great River Golf Course
Milford, CT

Gaylord Gauntlet
Saturday, June 25, 2022
Gaylord Specialty Healthcare,
Wallingford, CT
www.gaylordgauntlet.org

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

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:

Werth Family FOUNDATION

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