



# WINTER 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](http://www.gaylord.org/sports) for more information.

### Sports Programs

#### Archery Clinics

Tuesdays, Jan. 4, Feb. 1, March 1  
2:00-3:00 PM or 3:00-4:00 PM  
Gaylord Specialty Healthcare,  
Wallingford, CT

#### Golf Clinics

Tuesdays, Jan. 11, Feb. 8, March 8  
2:00-3:00 PM or 3:00-4:00 PM  
Gaylord Specialty Healthcare,  
Wallingford, CT

#### Boccia

Tuesdays, Jan. 18, Feb. 15, March 15  
2:00 PM – 3:30 PM  
Gaylord Specialty Healthcare,  
Wallingford, CT

#### Kayak Class

Saturday, March 26  
1:00 PM – 4:00 PM  
Gaylord Pool

#### Virtual Adaptive Boxing **NEW!**

4-Week Series via Zoom  
Thursdays, Jan. 6, Jan. 13, Jan. 20,  
Jan. 27  
2:00 PM – 3:00 PM

### Virtual Fitness

8-Week Series via Zoom  
Yoga, Strength & Conditioning,  
Mobility, Fitness  
Thursdays, Feb.3 - March 24  
6:00 PM - 7:00 PM

### Ski and Snowboard Trips

Ski Sundown, New Hartford, CT  
Saturdays, 1:00 PM - 3:30 PM  
Sat. Jan 8, Sat. Jan. 22, Sat. Feb. 19,  
Sat. March 12  
Mondays, 5:30 PM - 8:00 PM  
Mon. Jan. 31, Mon. Feb 28

### Team Sports

#### Sled Hockey Team

Ongoing practices through March  
Westminster School, Simsbury  
Northford Ice Pavilion, Northford  
For schedule of league games:  
[www.neshl.org](http://www.neshl.org)

#### Wheelchair Rugby Team

Ongoing practices through February

### Veterans Programs

#### Yoga

Wednesday, Jan. 26  
1:30 PM - 2:30 PM  
In person and Virtual via Zoom

#### Boccia

Wednesday, Feb. 23  
1:30 PM - 3:00 PM  
Gaylord Specialty Healthcare,  
Wallingford, CT

#### Archery

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

#### Kayak Class

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

**REGISTRATION:** Most programs are offered at no-cost unless specified. Pre-registration is required. In-person classes have a maximum capacity due to COVID; All participants will be screened for COVID prior to participation and infection control procedures will be utilized during programs. To register, please call the Gaylord Sports Association at 203-284-2772 or email [sports@gaylord.org](mailto:sports@gaylord.org). The Gaylord Sports Association is a program of Gaylord Specialty Healthcare, located in Wallingford, CT.

Thank you to our  
program sponsors:

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