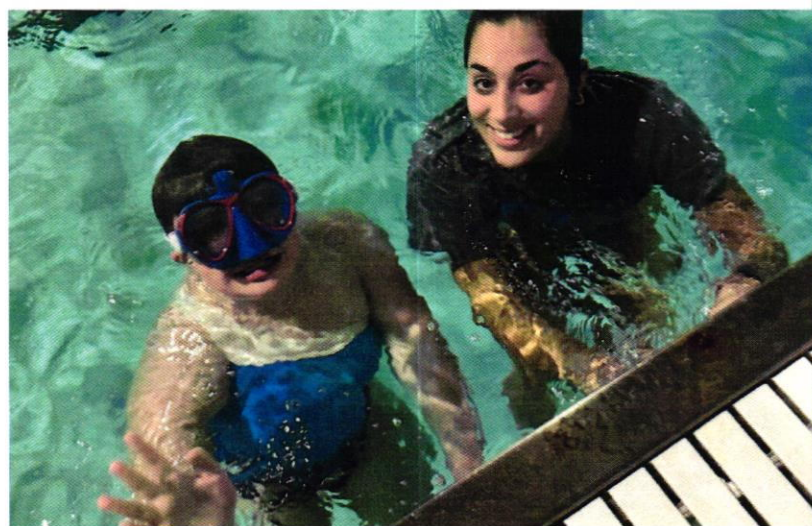




A WIDE RANGE OF OFFERINGS FOR PEOPLE OF ALL AGES AND ABILITIES

All In provides year-round programs like dance and sled hockey, as well as seasonal activities like swimming and adaptive cycling.



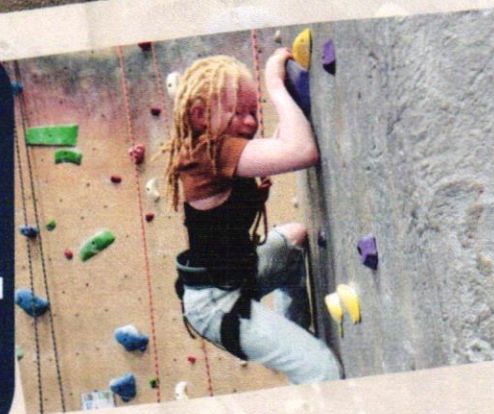
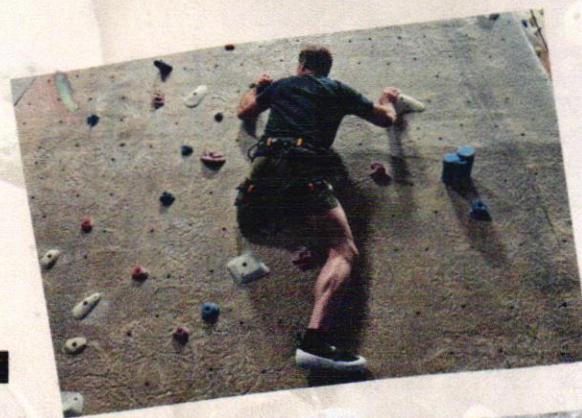
We empower our participants through sports and recreational opportunities that will have a positive effect on their independence and overall well-being.



ADAPTIVE ROCK CLIMBING



LET THE ADVENTURE BEGIN



CENTRAL ROCK GYM
165 RUSSELL ST
HADLEY, MA

5:00 PM - 6:30 PM
1st & 3rd MONDAY EACH MONTH
(NOT INCLUDING HOLIDAYS)

Ages 4+

CENTRAL ROCK GYM
259 EASTERN BLVD
GLASTONBURY, CT

4:30 PM - 6:00 PM
1st THURSDAY OF EACH MONTH
(NOT INCLUDING HOLIDAYS)

Ages 13+

Now at Two
Locations..
Hadley, MA &
Glastonbury, CT

ALL IN MEMBERS: \$15 SESSION
NON-MEMBERS: \$20 SESSION

ADAPTIVE EQUIPMENT & CHEST HARNESSSES
AVAILABLE FOR THOSE NEEDING EXTRA BALANCE &
SUPPORT.

*Open to anyone with a
disability! Get ready to
climb, conquer, and
shine!*



REGISTER HERE

CONTACT:
Jessica Levine
jlevine@chd.org | 413-788-9695
www.chd.org/allin



JOIN THE SPRINGFIELD THUNDERBIRDS SLED HOCKEY TEAM

Sled hockey allows individuals with disabilities the opportunity to participate in the popular sport. We welcome individuals without a disability to participate. Sled hockey follows the rules of "Stand Up" policy.

2025-2026 SEASON STARTS THIS SEPTEMBER

Practices are typically on Sundays late afternoon/early evening, September through April at the MassMutual Center (Springfield), Amelia Park Arena (Westfield) and/or The Hart Center Rink (Worcester).



We have 3 different teams to meet the needs of various age groups and skill levels:

- Junior Team (4-16)
- Adult Recreation Team (16+)
- Competitive Travel Team (16+, tryouts required)



For more information or to join, contact us at
alin@chd.org, 413-788-9695
www.chd.org/AllIn



JOIN THE SPRINGFIELD THUNDERBOLTS HOCKEY TEAM



For more information on the team, visit our website at
www.springfieldthunderbolts.com
 or call 413-262-8122

SPRINGFIELD
 THUNDERBOLTS

CHD