



14. Adaptive Sensory Gymnasium

Definition	A small gymnasium organized for active sensory play providing a structured environment to assist development of sensory, communication, gross and fine motor skills. A sensory gym includes sensory equipment designed to provide proprioceptive and vestibular sensory input.
Size	Minimum size of 1,650 square feet, 2,400 square feet preferable, clear of structural columns if possible.
Possible Activities	Equipment includes suspended swings, trampolines, balls, climbing structures, crash pads, self-cleaning sanitary ball pit and safe landing places.
Location	Accessible location for residents and visitors, interior and exterior access..
Design Criteria	<p>Provide variety of interconnected spaces with specific programming for those individuals with hypo-and hyper sensitivity, i.e., a larger gym space, small pocket sensory spaces, very tight space, safe play space and stairs.</p> <p>To accommodate stairs and vestibular swings, a minimum 12-16-foot ceiling height is required.</p> <p>Include sound baffles or other measures to mitigate sound transmission to other spaces.</p> <p>Provide seating area for caretakers and visitors.</p>

References:

Lebedowicz, Chang. Academy of Neurosciences for Architecture, *Architecture for Sensory Integration*: (2016) pages 100-101.

Leestma, David: *Designing for the Spectrum*. Thesis, University of Maryland (2015).

Supply Values

	Tots	Children	Teens	Young Adults	Adults	Seniors
Adaptive Sensory Gym	9	9	7	7	5	5



Sensory calming space, Ramat Gan, Tel Aviv, Israel



Adaptive Sensory Gymnasium Examples

Left: Indoor vestibular swings
Right: Foam pit for jumping,
Sensory Zone Gym, Newtown, PA



Sensory play room,
Leno County Public School,
Tallahassee, FL



Left: Magnetic puzzle wall,
Wallforms, Inc.
Right: Self-Cleaning ball pit,
Columbus, OH

