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**
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.

To accommodate stairs and vestibular swings, a minimum 12-16-foot ceiling height is required.

Include sound baffles or other measures to mitigate sound transmission to other spaces.

Provide seating area for caretakers and visitors.

**References:**


**Supply Values**

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*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,
Tallahasee, FL

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