



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CREATE CALM, STIMULATE SENSES,



PROMOTE INTERACTION

SENSORY ROOM

Jackson R. Lehman Family YMCA

SIGN UP
FOR A VISIT
TODAY!

Our Mission: To put Christian principles into practice through programs
that build healthy spirit, mind and body for all.

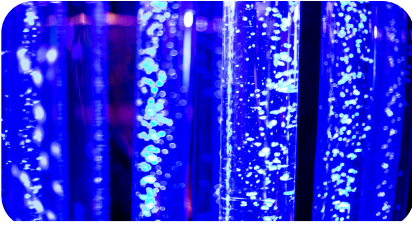
THE SENSORY ROOM

Engaging adults and children with sensory processing conditions can be a challenging task, especially since a lot of learning equipment can be unexciting or daunting. The outside world can be a challenging and stressful place where they don't feel in control—and this can significantly impact their development. Multisensory rooms were designed to change that.

The Sensory Room at the Jackson R. Lehman Family YMCA was designed with the Y's mission in mind which emphasizes making the Y available to ALL. The room has many benefits, including:

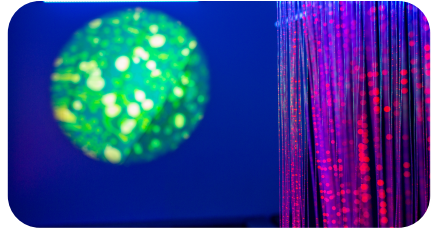
- **Therapeutic space with specialized equipment**
- **Provides participants with personalized sensory input to help them calm and focus themselves to be better prepared to interact with others**
- **Safe environment overseen by trained staff**
- **Place to reduce tension and agitation while promoting individualized learning**
- **Specifically designed and utilized for soothing sensory stimulation**
- **Promotes relaxation and creates positive change**
- **Space for children to bond with their caregivers to form strong relationships to be carried into everyday life**

This multisensory room benefits individuals with varying diagnoses.



Bubble Column:

- Visual & auditory awareness
- Social stimulation
- Helps individuals understand object and sound localization



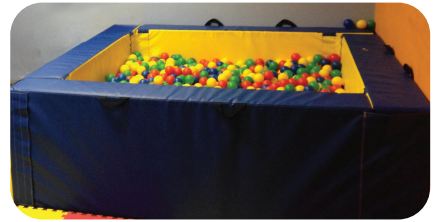
Picture Wheel:

- Increases understanding of spatial relationships
- Visual awareness
- Improves tracking skills



Fiber Optic Strands:

- Provides visual and tactile stimulation
- Opportunity for deep muscle relaxation
- Assists with identifying colors and counting



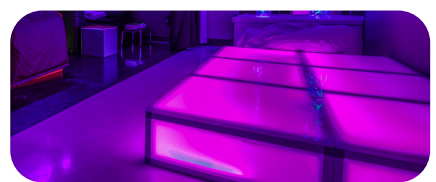
Ball Pit:

- Assists with tactile stimulation
- Increases body awareness
- Eye-hand coordination



Bean Bag Chair:

- Assists with poor muscle tone
- Encourages flexibility
- Provides a comfortable alternative for sitting



Resonance Sound & Light Floor:

- Provides visual, auditory & tactile experiences
- Improves motor skills
- Eye-hand-foot coordination



Color Cube Controller:

- Color identification and matching
- Helps individuals with object localization
- Teaches cause and effect



SENSORY ROOM GUIDELINES

To ensure that this sensory room will benefit our community for years to come, please follow the guidelines below to make sure everyone has a great experience:

- YMCA staff must be present and assist while the room is in use
- The room is available for up to 3 people at a time
- Socks are required while enjoying the sensory room and shoes are stored in the caddy inside the room
- For everyone's safety, please explore the equipment with your hands, ears and eyes only
- While exploring the equipment, have fun and treat the equipment with care
- Parents and guardians are asked to remain in the room and enjoy the experience with their children
- The sensory room experience is limited to 30 minutes per visit

Sign up online for your personalized visit today:

<http://bit.ly/2KncoK6>

Please see a Child Watch or Member Services staff for additional assistance.

Questions? Contact Teri Stoots at
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