

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:

- Before beginning your experience, please check in with the front desk staff
- 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
- To keep the room clean, please dispose of food and drink before entering

Please limit your experience to:

- 15 minutes for children under 12
- 25 minutes for people over 12

Stop by the front desk for your first visit today!

Questions? Contact Francisco Townsend at
260.918.2150 or
francisco_townsend@fwymca.org

Jorgensen Family YMCA | 260.432.8953
10313 Aboite Center Road | Fort Wayne, IN 46804

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CREATE CALM, STIMULATE SENSES,



PROMOTE INTERACTION

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SENSORY ROOM

Jorgensen Family YMCA

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 Jorgensen 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:

- Provides participants with personalized sensory input to help them calm and focus themselves to be better prepared to interact with others
- 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



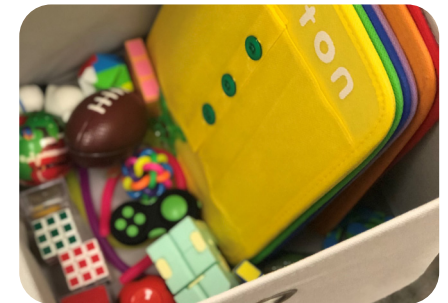
Crash Mat:

- Increases understanding of spatial relationships
- Encourages movement-based activities
- Assists with tactile stimulation



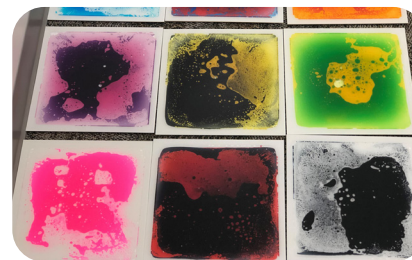
Fiber Optic Strands:

- Provides visual and tactile stimulation
- Increases fine motor skills
- Assists with identifying colors and counting



Sensory Fidgets:

- Provides visual and tactile experiences
- Increases attention and focus
- Improves motor skills



Tactile Floor:

- Improves gross motor skills
- Assists with tactile and visual stimulation
- Assists with identifying colors



Tactile Wall:

- Provides visual and tactile stimulation
- Increases fine motor skills
- Encourages creativity and intentional play