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Sensory Gyms in Brooklyn: Seven Spots for Physical, Occupational and Other Sensory Th...

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Sensory Gyms in Brooklyn: Seven Spots for Physical, Occupational and Other Sensory Therapy for Kids

MAY 24 2012 BY SARAH G



We've written posts about sensory activities before and while there are plenty of things your kids can do at home, sometimes you want an expert to address certain problems. That's when you need a sensory gym, those highly specialized (and awesomely fun) spaces where occupational and physical therapists help kids with various sensory issues. Children work on gross and fine motor skills, core strength, neurodevelopmental delays, balance and coordination, and sensory integration, but the activities are usually so engaging, they just think they're having a great time.

Finding a sensory gym that's a good fit for your child's specific needs can be a challenge. And once you do, snagging a great therapist and a decent time slot usually involves joining multiple wait lists (and relentlessly checking in on those wait lists) and a willingness to remain flexible about scheduling. Fortunately for Brooklyn families, the borough has a number of well-equipped sensory gyms staffed by accomplished therapists.

Run Jump Roll – Gowanus
433 Third Avenue Suite 2 between 7th and 8th Streets
347-227-7748
Opened in 2011 and already very busy, this bright, well-equipped gym is housed in a clean, new building (located on the same block as *Four & Twenty Blackbirds* —delicious pie while you wait, anyone?). The thoughtful, dedicated and experienced staff offers a fun and creative approach to therapy.

Small Steps Big Leaps – South Slope
159 20th Street Suite 3A between Third and Fourth Avenues
347-534-7796 or 917-699-2724
Cheery and engaging, this gym is the product of several committed therapists who banded together to create a productive and comfortable therapy space. The staff speaks English, Spanish and Cantonese, and offers OT, PT and speech therapy services.

Dynamic Solutions Physical and Occupational Therapy – Carroll Gardens
532 Court Street at Huntington Street
718-254-0800
This small, warm and very popular gym treats infants as well as school-age kids. A team of excellent therapists address a wide variety of issues including handwriting, orthotic fitting and gait training, feeding, newborn positioning and treatment.

Sowing Seeds Therapeutic Collective – Gowanus
540 President Street Suite 2G between Third and Fourth Avenues
718-855-3626
Large, bright and exciting, this gym is housed in a renovated garment factory with big windows, high ceilings and lots of light. There's some very fun stuff here, like a zip line, tree house, a zillion swings and large closets stuffed with all sorts of fine-motor-enhancing games.




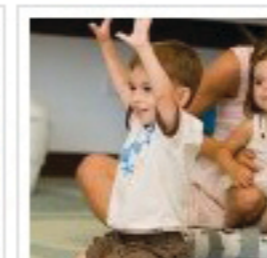
Rivendell School – Gowanus
277 Third Avenue between President and Carroll Streets
718-499-5667
This modern and cheerful school also houses a well-equipped sensory gym staffed by top-notch, deeply committed therapists. Rivendell provides the whole gamut of free evaluations for preschoolers, home and school services, and a host of other programs for kids with special needs.

Sensory Freeway – Bay Ridge
8804 Fifth Avenue at 88th Street
718 238-7451 or 718 238-5458
At 6,000 square feet, this spot is the largest on the list. It includes two gyms set up for sensory and motor work, a group therapy space and private session rooms. There are also classes, including Creative Movement, a Mommy & Me class called To Crawl of Not to Crawl and social groups such as The Teen Clubhouse.

The Ability Center – Marine Park
3521 Avenue S at East 36th Street
718 336-3832
Along with physical and occupational therapy in a sensory gym, this practice offers play therapy and social skills groups for kids ages three and up.

Read more of our posts about children with special needs

TAGS: BAY RIDGE KIDS NYC PRESCHOOLERS SPECIAL NEEDS BROOKLYN PARK SLOPE

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WHAT TO DO TODAY?

Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thu 31
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- House of Ghostly Haunts featuring Cardone**
Canal Park Playhouse
7:00pm
- Kings County Fair**
Aviator Sports and Events Center
Various times
- The 17th Annual Lower East Side Festival Of The Arts**
FREE
Theater for the New City
Various times
- Operation Sail** **FREE**
Various times
- Fleet Week NYC 2012**
Intrepid Sea, Air, & Space Museum
Various times

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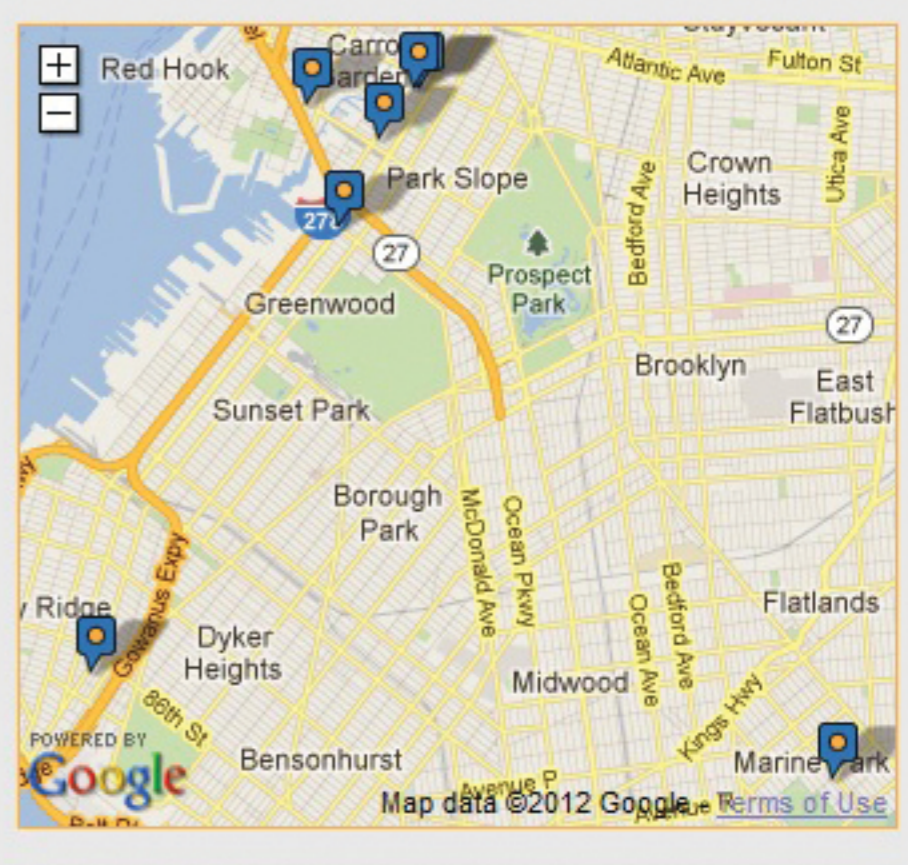
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Recent Comments

I remember last year they were totally roped off. This year they're accessible, no ropes in site. We went on a day when water wasn't running, so I can't confirm 100% that they'll be working, but it...

Raven Snook

Has the work been finished in the area with the tall chess-piece fountains? That area was closed for most of the summer last year, which was a big disappointment.

DA