

Icon/Color	Label	Description/Examples
	Regulation Aid(s)	Fidgets, massage chairs, re-centering spaces.
  	Restrooms	Men’s, women’s, and gender-inclusive.
	High Stimulation Zone	Areas likely to have high noise, bright lights, or crowds.
	Low Stimulation Zone	Quieter spaces with softer lighting and fewer distractions.
	High Volume	Loud environment due to sound/music.
	High Capacity	Often crowded, high traffic areas.
	Low Volume	Quiet spaces, enclosed, minimal noise.
	Low Capacity	Fewer people, more space.
	Seating	Benches, chairs, and lounges.
	Water Cooler	Hydration stations or water fountains.
	Elevator	
	Stairs	
	Not Publicly Available	Offices, storage, or staff-only areas.

# CAMPUS REC CENTER

## OUTDOOR ADVENTURE CENTER (OAC)

### ***SENSORY MAP***

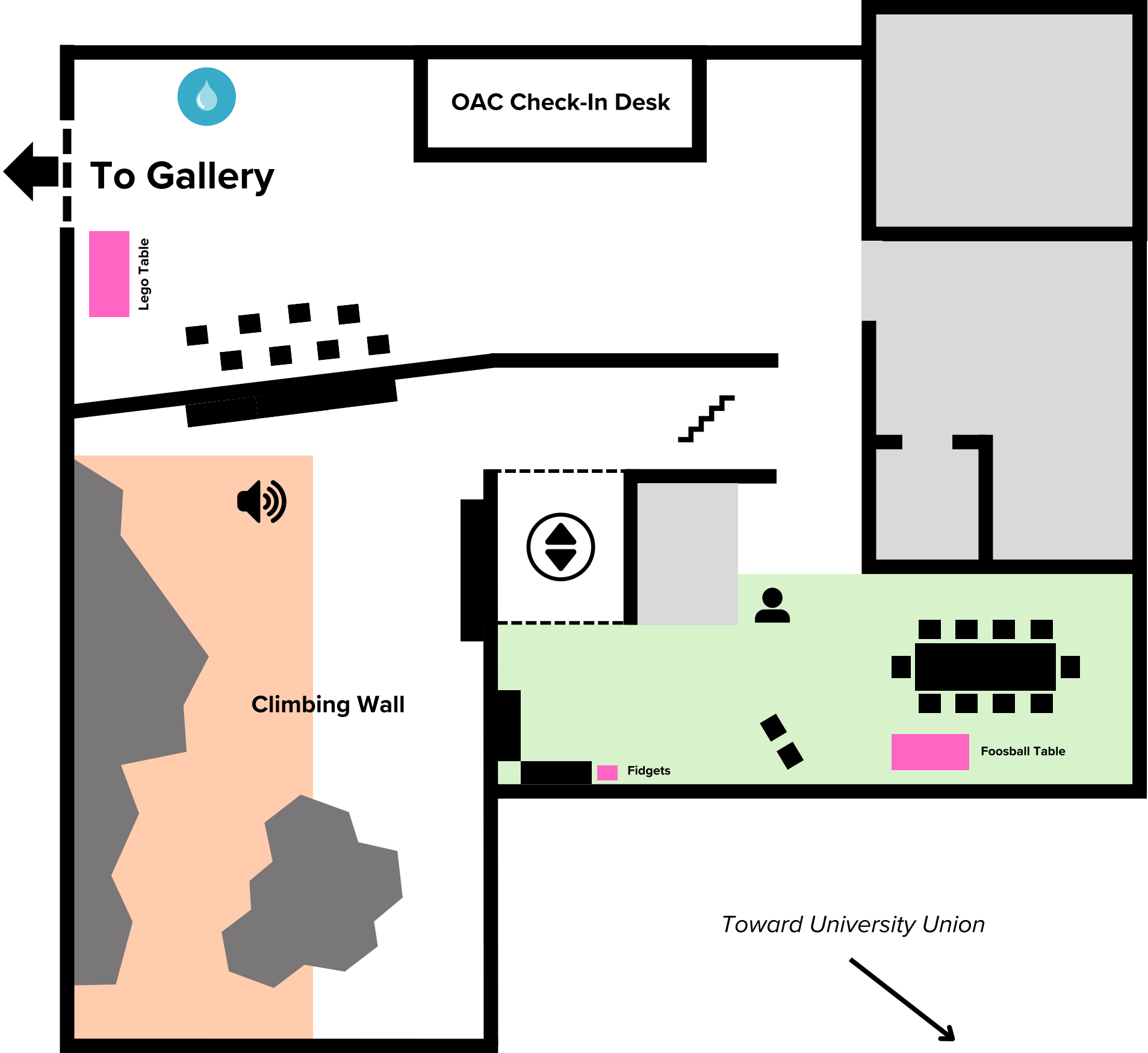
The Outdoor Adventure Center (OAC) includes active and social spaces like the climbing wall, which may be loud or visually stimulating during peak times.

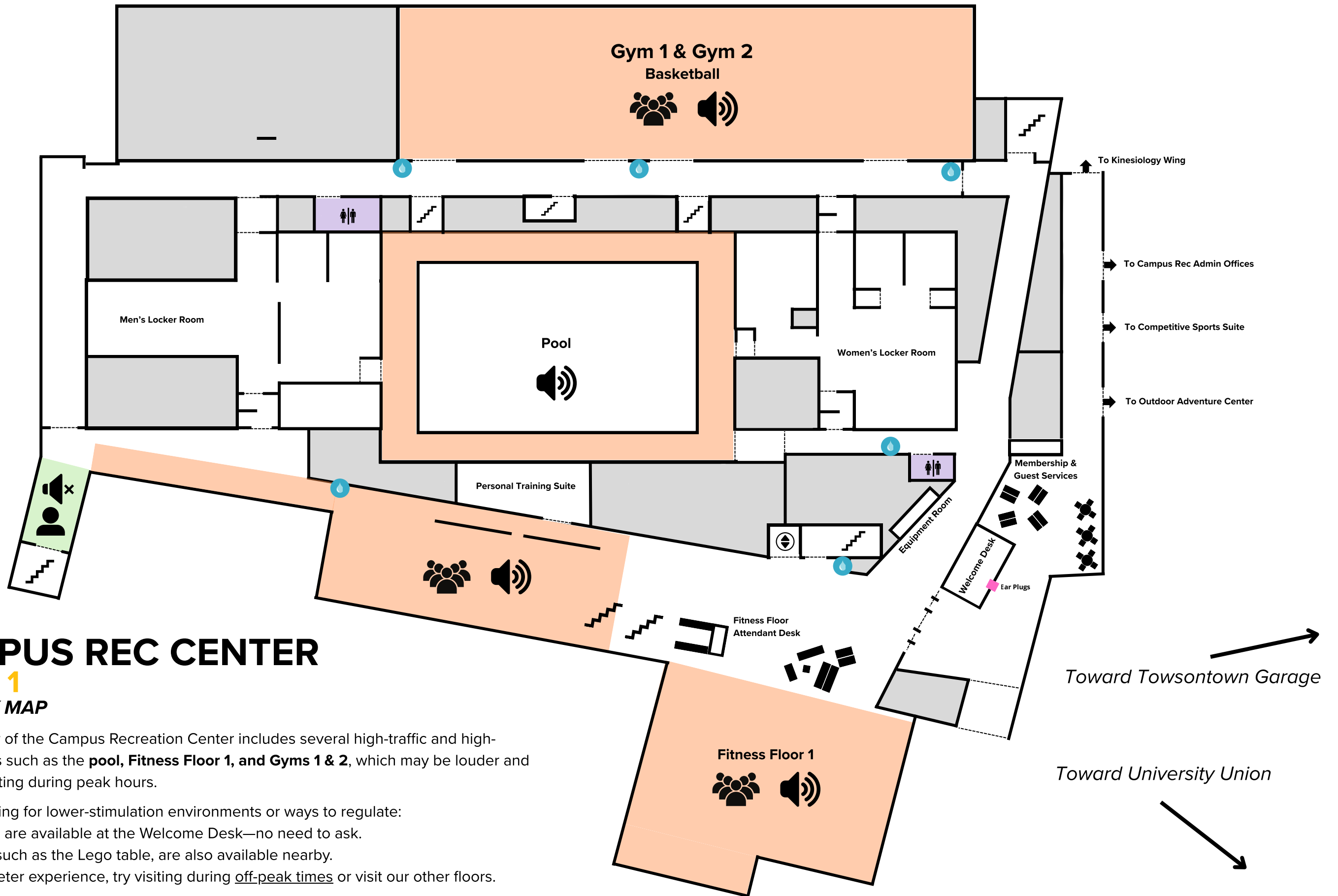
To support your sensory needs:

- Fidgets are available outside of the Climbing Wall area; help yourself, no need to ask. The Lego Table floats between the OAC and Level 1 of the fitness floor.
- The space includes open ceilings and high-energy activity, which may create noise or echo.
- You're welcome to step aside, observe, or take breaks as needed. There's no pressure to participate right away.

We want you to feel comfortable exploring and engaging in a way that works for you. Let our staff know if there's anything we can do to support your experience.

To learn more about the Climbing Wall  
and other Outdoor Adventure  
programming, scan this QR code:





# CAMPUS REC CENTER

## LEVEL 1

### SENSORY MAP

The first floor of the Campus Recreation Center includes several high-traffic and high-volume areas such as the **pool, Fitness Floor 1, and Gyms 1 & 2**, which may be louder and more stimulating during peak hours.

If you're looking for lower-stimulation environments or ways to regulate:

- Ear plugs are available at the Welcome Desk—no need to ask.
- Fidgets, such as the Lego table, are also available nearby.
- For a quieter experience, try visiting during off-peak times or visit our other floors.

# CAMPUS REC CENTER

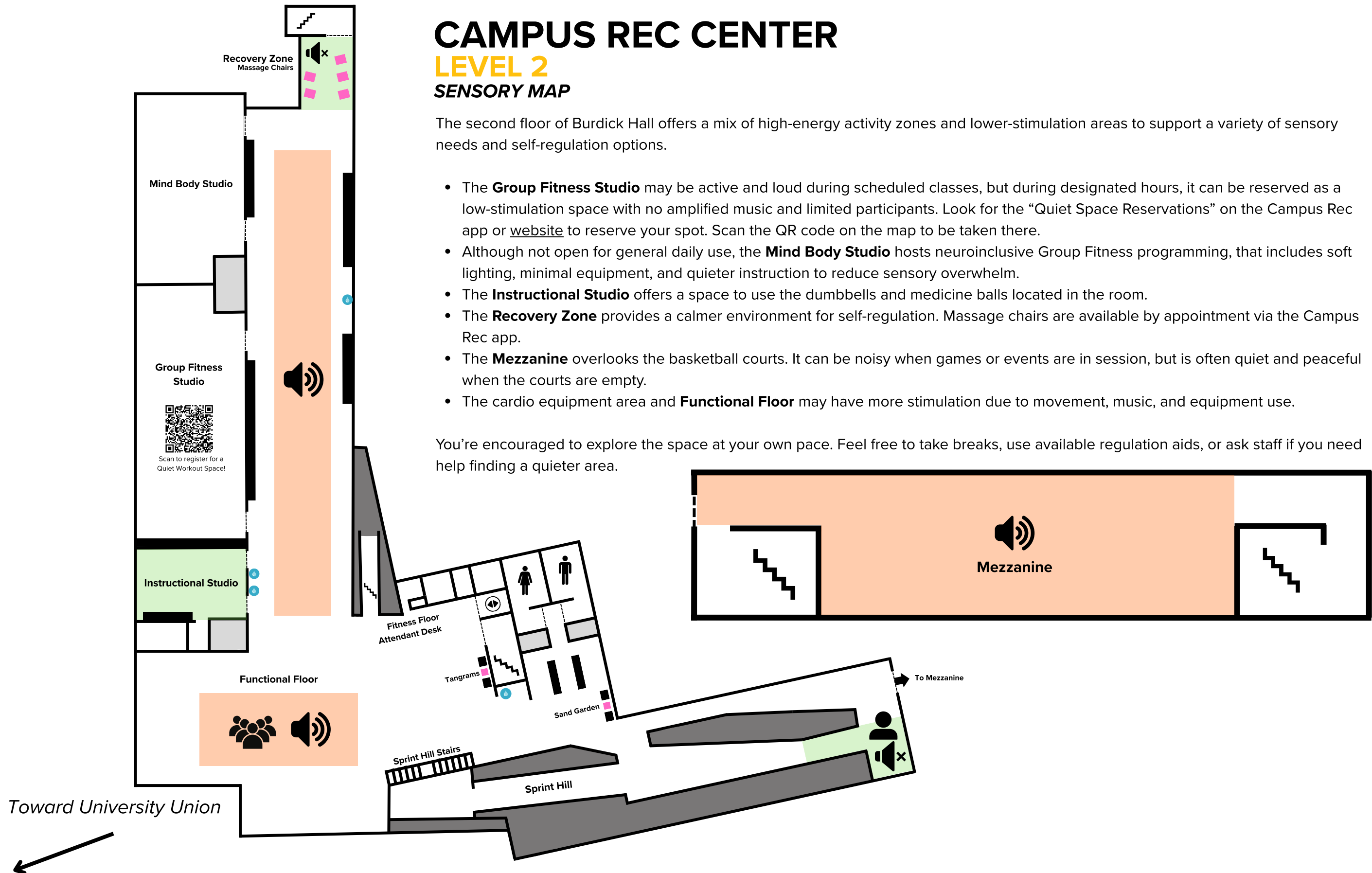
## LEVEL 2

### SENSORY MAP

The second floor of Burdick Hall offers a mix of high-energy activity zones and lower-stimulation areas to support a variety of sensory needs and self-regulation options.

- The **Group Fitness Studio** may be active and loud during scheduled classes, but during designated hours, it can be reserved as a low-stimulation space with no amplified music and limited participants. Look for the “Quiet Space Reservations” on the Campus Rec app or [website](#) to reserve your spot. Scan the QR code on the map to be taken there.
- Although not open for general daily use, the **Mind Body Studio** hosts neuroinclusive Group Fitness programming, that includes soft lighting, minimal equipment, and quieter instruction to reduce sensory overwhelm.
- The **Instructional Studio** offers a space to use the dumbbells and medicine balls located in the room.
- The **Recovery Zone** provides a calmer environment for self-regulation. Massage chairs are available by appointment via the Campus Rec app.
- The **Mezzanine** overlooks the basketball courts. It can be noisy when games or events are in session, but is often quiet and peaceful when the courts are empty.
- The cardio equipment area and **Functional Floor** may have more stimulation due to movement, music, and equipment use.

You’re encouraged to explore the space at your own pace. Feel free to take breaks, use available regulation aids, or ask staff if you need help finding a quieter area.

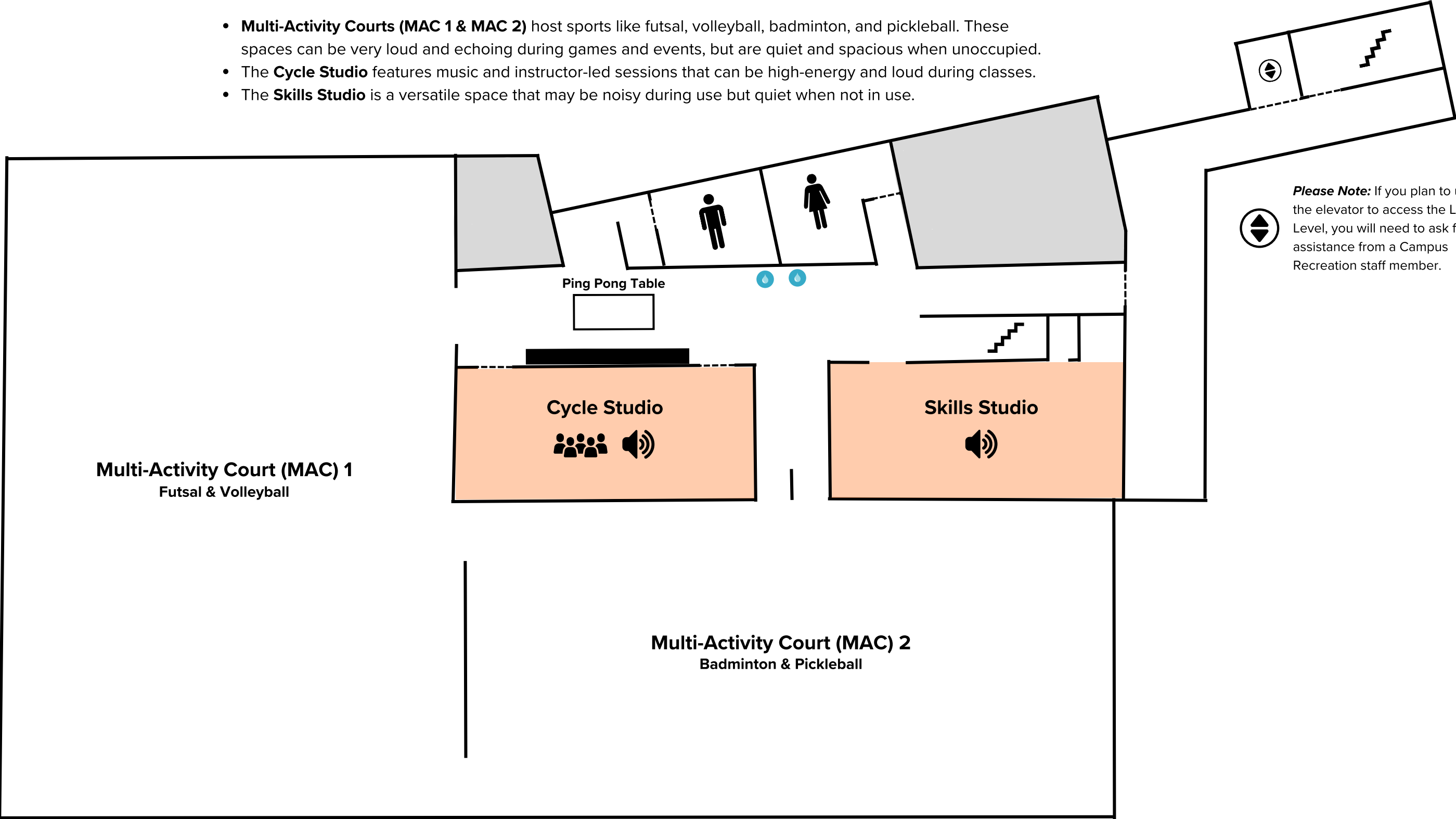


# CAMPUS REC CENTER

## LOWER LEVEL SENSORY MAP

The lower level of the Campus Recreation Center is home to several large, active spaces designed for sports and group activities, which can vary greatly in noise and crowd levels.

- **Multi-Activity Courts (MAC 1 & MAC 2)** host sports like futsal, volleyball, badminton, and pickleball. These spaces can be very loud and echoing during games and events, but are quiet and spacious when unoccupied.
- The **Cycle Studio** features music and instructor-led sessions that can be high-energy and loud during classes.
- The **Skills Studio** is a versatile space that may be noisy during use but quiet when not in use.



**Please Note:** If you plan to use the elevator to access the Lower Level, you will need to ask for assistance from a Campus Recreation staff member.