



Sensory Friendly Hours

Tuesdays 1:00 p.m. - 2:00 p.m.*
Thursdays 1:00 p.m. - 2:00 p.m.*

Features of this sensory-friendly time include:

- Reduced capacity of participants to a maximum of 10 children
- Dimmed lighting
- Reduced noise (Calming music at a moderate volume or no music)
- Access to a quiet area if needed
- Parents are encouraged to bring any sensory supports their child benefits from including noise-canceling headphones, weighted vests, seat cushions, fidget items, social stories, etc.



*No cost to enter from 1 p.m. - 4:30 p.m.

JTown is an innovative parent/child play space ideal for families with young children located in the

Weinberg Park Heights JCC
5700 Park Heights Avenue.

Guests must show picture ID at the JCC Front Desk.
All children must be accompanied by an adult.

