



Welcome to the Discovery Parkour Program!

Please refer to the separate Covid Protocols.

*****Please pack a water bottle**

What to Wear:

- Coach Chris has suggested an indoor shoe called Feiyues. [Feiyue Shoes | Official Website \(feiyue-shoes.com\)](https://www.feiyue-shoes.com) These can be bought online or at the Chinatown Martial Arts Store. These shoes are suggested, but not required. They should not be worn outdoors. During class, your child will either wear indoor shoes or be barefoot.
- Please wear loose fitting and comfortable clothing.
- No jewelry
- Long hair must be pulled back in a ponytail or bun.

Program Rules

- Do not try a skill without the teacher's instruction or supervision. No one is permitted to use the equipment without a teacher's direct supervision.
- Do not try skills outside of class without teacher supervision (i.e. in the front lobby, at home, or on the street).
- No cell phones or food of any kind are permitted in the gymnasium or auditorium

To discuss any problems or concerns you may email us at info@discoveryprograms.com or call us at regular business hours at 212.749.8717.