



Welcome to the Discovery Gymnastics Program!

Below is information regarding our gymnastics classes here at Discovery Programs. **Please refer to the Covid Protocols also.** All classes age 3 and older are drop off classes. Weekday classes are at our main location at 251 W. 100th Street at West End Avenue unless you have enrolled in an outdoor park class.

*****Please pack a full water bottle as the water fountain will not be used.**

Indoor Uniform:

- Please do not wear oversized sweatshirts or baggy t-shirts
- Baggy clothing interferes with the spotting by the instructor and is dangerous

Girls

- A leotard must be worn
- Hair, if at all long, should be pulled back in a ponytail or bun
- No jewelry of any kind will be permitted (except small stud earrings) as they can be dangerous if caught on the equipment.

Boys

- T-shirt and shorts
- Hair, if at all long, should be pulled back in a ponytail or bun
- No jewelry of any kind will be permitted (except small stud earrings) as they can be dangerous if caught on the equipment.

Outdoor Uniform for the Patio and Park Classes:

- Please do not wear oversized sweatshirts or baggy t-shirts
- Baggy clothing interferes with the spotting by the instructor and is dangerous
- Wear comfortable form fitting clothes such as shorts, t-shirt, leggings, athletic wear.
- Sneakers must be worn

Program Rules

1. No one is permitted to use the gym equipment without a teacher's direct supervision. Children who use the equipment without permission will be suspended..
2. No shoes, socks, cell phones, or food of any kind are permitted in the gymnasium.

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.