



Welcome to the Discovery Parkour Program!

What to Bring:

- Water bottle labeled with your child's name

What to Wear:

- Coach Chris has suggested an indoor shoe called Feiyues. [Feiyue Shoes | Official Website \(feiyue-shoes.com\)](http://Feiyue Shoes | Official Website (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 athletic 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.