

Welcome to the Discovery Gymnastics Program!

Below is information regarding our gymnastics classes here at Discovery Programs. 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.

What to Bring

- Water bottle labeled with your child's name

Uniform

- A leotard or a t-shirt and shorts/leggings
- Please do not wear oversized sweatshirts, baggy t-shirts, or jeans; baggy clothing interferes with the spotting by the instructor and is dangerous
- 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.

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.

Levels

Gymnastics is a progressive sport, therefore, Discovery has seven recreational levels. Each level has a list of skills that must be taught over the 15 to 18 weeks of class. Some of these skills may be repetitive from the previous level. There are certain basics that must be reviewed since they are the foundational elements of the next skill. Each level also has a particular set of skills that must be mastered in order to move into that level. Coaches must fill out evaluation sheets for their class 3x per semester so that they can track gymnasts' progress. Gymnasts may spend more than one year in a particular level due to the number of skills that must be mastered or because certain skills are more difficult than others. Gymnastics is also a developmental sport, thus a child's own person development can affect their progress. It may take some children longer than others to learn a specific skill due to coordination, body awareness, strength and flexibility.

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