



## 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. 100<sup>th</sup> 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.

To discuss any problems or concerns you may email us at [info@discoveryprograms.com](mailto:info@discoveryprograms.com) or call us at regular business hours at 212.749.8717.