



Dear Parent or Guardian,

Welcome to Gymnastics at 92NY! We're delighted to have your child joining us this semester for a wonderful experience.

WHAT TO EXPECT THIS SEMESTER

We're excited to welcome your **gymnast or Parkour participants** to another great semester at 92NY Gymnastics & Parkour! Our instructors are committed to creating a fun, supportive, and encouraging environment where every child can build skills, develop strength and confidence, and foster a love of movement—all while having fun.

Skills & Semester Goals: Participants will work on age- and level-appropriate skills with an emphasis on body awareness, balance, coordination, flexibility, strength, and foundational technique. Gymnastics classes will focus on skill development across events, while Parkour classes will incorporate movement techniques, obstacle navigation, jumping, landing, climbing, and other Parkour fundamentals. As the semester progresses, instructors will help participants build on existing skills, develop new ones, and become more confident and independent.

Progress & Milestones: Classes are designed so that skills develop progressively throughout the semester. Instructors will observe each participant's growth and provide guidance and encouragement along the way. Because every child develops at their own pace, progress may look different for each participant—and we celebrate those individual accomplishments!

Tips for a Great Semester: Arriving on time and ready to move helps children get the most out of each class. Please have your child wear comfortable, class-appropriate clothing, keep long hair securely tied back, and leave jewelry and other unnecessary items at home. Please refer to the class-specific information below for any additional attire or footwear requirements. Most importantly, encourage your child to **try, have fun, and celebrate their progress**—learning new skills takes practice, patience, and perseverance!

MEET OUR INSTRUCTORS

We're proud of the experienced and passionate team that brings our programs to life. Take a moment to **meet our Swim, Gymnastics & Athletics instructors** and learn more about the coaches who help make 92NY a fun, supportive, and confidence-building place for children to learn and grow.

CLASS INFORMATION

You can view your child's particular class information in your **92NY patron portal**.

BEFORE YOUR FIRST CLASS

What to Wear: We recommend clothing that fits close to the body and is free of zippers or strings that could get caught on equipment. Leotards, biketards, leggings, T-shirts, and/or tank tops are great options. No jewelry should be worn during class; stud earrings are permitted. Long hair must be tied back and out of the face. No shoes or socks are worn during class.

What to Bring: Please bring a labeled water bottle. No additional equipment is required.

Parent/Caregiver Participation: Parent/caregiver participation is required for all Teeny/Tiny Tumblers classes. Having a familiar adult actively participate helps children feel comfortable and confident as they explore a new environment. We ask caregivers to come ready to engage, encourage their child to try new things, and gently redirect them back to the activity when needed. At the end of each class, there will be time for independent exploration and play.

Class Location: All classes take place in the **Junior Gym on the basement level**.

Building Entry and Arrival: Enter through the **Main Building at 1395 Lexington Avenue**. After passing through Security (please be prepared to have your bags checked), take the elevator or stairs to the **Basement Floor**. The Junior Gym is located behind the elevators.

Where to Wait: Please sit on the bench outside the double doors. Your coach will welcome families into the gym when class is ready to begin. **Please do not enter the gym until a coach is present.**

Bringing a Stroller? Please ask our Security team to direct you to designated stroller

parking. **Strollers are not permitted in the building.**

Phones, Photos & Videos: Phone use is not permitted in our gyms, and photography or video recording during class is strictly prohibited. We greatly appreciate your cooperation in helping us maintain a safe, focused, and engaging environment for all participants.

ATTENDANCE AND PROGRAM POLICIES

Attendance: We encourage consistent attendance to support your gymnast's progress throughout the semester.

Make-Up Policy: The 92NY Gymnastics & Parkour Department will make every effort to accommodate **one make-up class per semester**, when space is available. Make-ups may only be requested after a class has been missed and are not available during the **first three or last two weeks** of the semester. Availability is not guaranteed and may be limited due to class size and safety guidelines. To request a make-up, please email [**KidsGym@92NY.org**](mailto:KidsGym@92NY.org).

Refund Policy: Credits and refunds cannot be issued for missed classes. For 92NY's complete refund and cancellation policies, please visit our website.

Participant Behavior: Gymnasts are expected to listen to their instructors, follow safety directions, respect their classmates and coaches, and use equipment appropriately. These expectations help us create a **safe, positive, and fun environment for everyone**.

IMPORTANT DATES AND UPCOMING EVENTS

Parent Observation: Families are invited to join us for **Parent Observation during the final week of the semester**. This is a wonderful opportunity to see your athlete in action and celebrate the skills and progress they've made throughout the semester. Additional details will be shared as we get closer.

Holiday Closures: Please see the [**92NY Holiday Calendar**](#) for scheduled holidays and program closures throughout the semester.

Special Events & Updates: Information about any additional Gymnastics events or important dates will be communicated to families during the semester.

ADDITIONAL INFORMATION

Helpful Tips & Resources

Supporting our Growing Athlete: Encourage your child to have fun, try their best, and celebrate their progress. Every child develops skills at their own pace, and consistency and encouragement go a long way!

Stay Connected: Please keep an eye on your email for important Athletics updates, schedule reminders, Parent Observation information, and special announcements throughout the semester.

Questions? Our Gymnastics team is happy to help! Please contact us at **KidsGym@92NY.org** with any program questions.

We're excited for a wonderful semester of learning, movement, confidence-building, and fun. We look forward to seeing you and your child soon!

Warm regards,

92NY Gymnastics Team

Shay Grogan

Gymnastics Director

Bill Medrano

Associate Gymnastics Director

Phone: 212-415-5674

Email: KidsGym@92NY.org