

What do I wear to gymnastics class?

Girls: A Leotard with or without tight fitting shorts are the most comfortable and safe attire for girls gymnastics. Hair must always be pulled back and out of the way. For your trial class, it is suitable to wear shorts and a t-shirt that is either tight fitting or tucked in. When you do purchase a leotard, be sure that there are no loose pieces (skirts, frills, straps, etc.). If wearing tights make sure there are no feet on them, so that your feet don't slip on the beam or while running.

Boys: Athletic style shorts or pants and a t-shirt are the most comfortable attire for boys. The tighter fitting the clothing the less likely it is to get in the way. Make sure clothing are also stretchy or loose enough as not to restrict movement

