

## Proper Gymnastics Attire

- Before class begins, please make sure the gymnasts have removed all jewelry and pulled their hair away from their face.
- Parents and Tots gymnasts may wear warm-up suits or shorts without zippers, buttons, or drawstrings. Parents participating in Parents and Tots classes should dress in comfortable attire.
- No dress shoes or hiking boots.
- With the exception of Parent and Tots students all other female gymnasts must wear a leotard.
- Male gymnasts should wear comfortable shorts with elastic waist bands. T-shirts must be tucked in. Absolutely no shorts with zippers, or jeans, or baggy clothing.
- No tennis shoes are permitted. Gymnasts must have bare feet. The only other footwear permitted will be gymnastic or ballet slippers.
- Tights alone on the feet are not permitted because they are often too slippery.



For additional information:

St. Mary's Gymnastics Center

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