



Gymnastics









OVERVIEW

Gymnastics 1, 2, 3 Gymnast should wear a leotard with shorts. If they wear shorts and a t-shirt, the shirt should be tucked in where it will not come up when the gymnast goes upside down, nor get tangled up when being spotted. No tops that show the midriff or bra tops should be worn for the comfort of the gymnast and those spotting. so, or no later than the first combination.

The last dance class of each month, dancers may wear their favorite leotard and skirt.

Hair should be secured in a ponytail, braid or up where it does not get in the face while tumbling, or impede the gymnast from proper hand placement.

PLEASE ORDER ALL ATTIRE FROM DISCOUNT DANCE, through our studio page! This does help the studio and affords us the ability to offer our dance families the lowest pricing possible through our studio page. Dance shoes may be purchased through this site as well, but we recommend Dance etc. in Raleigh for appropriate fitting if you are unsure of sizes. **TEACHERID: 135118**

https://www.discountdance.com/search/teacherid:135118?tp=135118