

What to Wear for Gymnastics Class

To ensure your child can move safely and comfortably during gymnastics, please follow these clothing guidelines:

Clothing

- Fitted activewear. For a more professional look, leotards are a great option — but not required.
- **Avoid** loose clothing, skirts, jeans, or anything that might catch on equipment.

Footwear

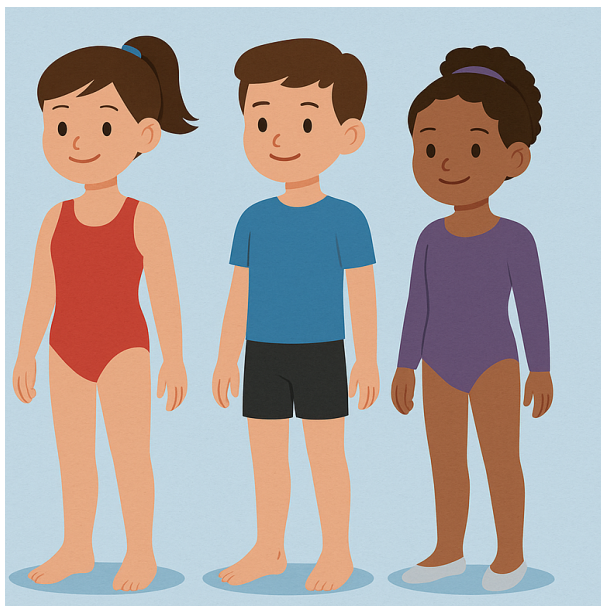
- Most classes are done **barefoot** for better grip and control.
- If needed, children may wear **gymnastics slippers or non-slip socks**.

Hair & Accessories

- Long hair must be tied back.
- No jewelry (earrings, necklaces, bracelets, watches) for safety reasons.

Other

- Water bottle.



Should My Child Eat After Gymnastics Class?

Yes! A healthy post-gymnastics snack helps your child:

- Rebuild energy
- Support muscle growth
- Recover faster after physical activity

Best time: Within 30 minutes after class.

Don't forget water! Hydration is just as important as food.

Recommended Snacks (Best: Whole, Natural Foods):

- Fresh fruit (banana, apple, grapes, etc.)
- Yogurt or cheese sticks
- Whole grain crackers
- Nut butter on toast
- Milk or a simple homemade smoothie

Avoid:

- Candy or sugary snacks
- Soda or energy drinks
- Fried or heavy foods