

Acrocheer Gymnastics

WHAT TO WEAR:

GIRLS:

Gymnastics leotards or bikeatards (has shorts).

Older Jr. High/High girls can wear shorts over leotards if they want, or sweats in the winter.

BOYS:

Shorts & T-Shirt.

You can purchase leotards at Acrocheer.

FOOTWEAR:

You must have socks or trampoline shoes. If your socks have gripper bottoms those are best. Sky Zone socks work great!

WHY A LEOTARD?

This is for the safety of the students. Students tumble better in a leotard. We do not want flying shirts coming up. This is dangerous. Kids grab for the flying shirts. Shirts ride up in our spotting belts and kids tuck shirts back in and it waste time. The belts are also rubs the skin and hurts.

WHY TRAMPOLINE SHOES/ SOCKS? The double mini trampolines have webbed holes & you can get a toe caught in the holes & it can break a toe or tear off skin. You can wear these trampoline shoes throughout the gym.

NO GUM, OR JEWELRY IN THE GYM!