ASTRAL ACROBATICS
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CHECKLIST

First Gymnastics Class Clothing Checklist

- [ ] Choose a fitted top with no loose fabric
- [ ] Pick close-fitting bottoms without pockets or drawstrings
- [ ] Decide on a leotard or a fitted alternative
- [ ] Remove rings, bracelets and watches
- [ ] Tie hair back securely
- [ ] Pack grip socks in case bare feet feel cold
- [ ] Bring a change of clothes for afterwards