

Gymnastics Beat Dress Code

Dress Code Overview

Recreational Girls Gymnastics

- A leotard is required.
- Leggings or shorts may be worn over the leotard.
- Skirts and tu-tus are not allowed.
- Hair must be secured away from the face.
- Socks and shoes are not allowed in class, but if worn, they must have rubber grips on the soles.
- No jewelry such as bracelets, necklaces, or rings.

Recreational Co-ed Tumbling and Junior Beat

- Leotards are encouraged but not required.
- A fitted top covering the belly is required.
- No clothing with snaps, buttons, zippers, or metal/plastic elements.
- Skirts and tu-tus are not allowed.
- All shirts must be tucked in.
- Socks and shoes are not allowed, "grippy" socks preferred.
- Cheer shoes are allowed if clean and well-fitted.
- No jewelry such as bracelets, necklaces, rings, or dangle earrings.
- Hair must be secured away from the face.

Ninja Zone and Boys Gymnastics

- Ninja Zone shirts for the class level are required.
- Ninja Zone headbands are optional.
- Athletic shorts, pants, or leggings must be worn.
- No pajama pants.
- Shirts must be tucked in.
- No jewelry such as bracelets, necklaces, rings, or dangle earrings.
- Socks and shoes are not allowed, "grippy" socks preferred.
- Long hair must be secured away from the face.

Competitive NGA Team Members

- Leotards are required.
- No exposed bellies.
- No shirts over the leotard.
- Shorts or leggings may be worn over the leotard.
- No jewelry such as bracelets, necklaces, rings, or dangle earrings.
- No shoes or socks.
- Long hair must be secured away from the face.

With these dress code policies, old and new, we express our care and concern for your child's safety at our gym. Loose clothing, slippery socks, and jewelry can pose risks during practice. We appreciate your understanding and support in keeping your child safe as they grow and succeed with us.