



# ASPIRE GYMNASTICS

## Recreational Classes FAQ's

### FREQUENTLY ASKED QUESTIONS

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#### **WHAT TO WEAR**

Cool comfortable clothing, it is bare feet in our gym. We suggest shorts & t-shirt, or a bodysuit/leotard with shorts. *Leotards are not mandatory for our recreational athletes!*

#### **HOW EARLY TO ARRIVE**

You only need to arrive 5 minutes before your class time

#### **CAN PARENTS WATCH?**

Yes, we have a viewing area for parents to watch! *We ask that all parents/guardians remove their shoes before going to our viewing area, so please bring socks or slippers for your feet.*

#### **CAN PARENTS TAKE PICTURES/VIDEOS DURING CLASS?**

No, we ask that there are no videos or photos taken during class for the safety of all of our athletes.

#### **DO YOU HAVE AIR CONDITIONING?**

Yes our facility is fully air conditioned!