

體操服飾

Code of Dress for gymnastics activities

以下為學生上體操課時服飾指引:

These requirements are for the Safety of your Child & are necessary for participation:

親子體操班 Gym Fun Class

學員可穿著體操衣或彈性棉質衣服, 不可有帽子, 不可穿著裙子, 並且不可有拉鏈及鈕釦。衣服不得太寬鬆以免影響活動。長頭髮學員必須以橡根圈束髮, 切勿用硬頭飾。學員可赤腳或穿技巧鞋上課。不可佩帶任何飾物。陪同上課的一位成人亦需脫鞋穿襪。Girls and Boys can wear gym Leotard or any form of flexible clothing that is absent of hoods, skirts, snaps, buttons and zippers. Clothing that is overly loose and baggy can make it more difficult for the instructors to spot your child. Long hair must be in a ponytail. Avoid anything that is hard on their head. Bare feet or gym shoes are required and no jewelry can be worn. Accompanied adult must wear socks throughout the class.

體操班 Gym Class

女生 Girls :

- 可穿著體操衣。should wear a gymnastics leotard.
- 可穿著貼身短/長褲。Biker shorts and/or tights over the legs only, may be worn.
- 可赤腳或穿技巧鞋上課。Bare feet or gym shoes will be required.
- 長頭髮學員必須以橡根圈束髮, 切勿用硬頭飾。Long hair must be up in ponytails and please do not use holders with hard pieces.
- 不可穿太寬鬆我衣服及不可佩帶任何飾物。No mid drift shirts, T-shirts, baggy clothes or jewelry of any kind will be permitted.

男生 Boys:

- 穿著體操衣。should wear a gymnastics leotard;
- 可穿著 T-shirt 及褲子, 而 T-shirt 必須裹在褲子內。should wear pants and a keep T-shirt tucked in.
- 可赤腳或穿技巧鞋上課。Bare feet or gym shoes will be required.
- 不可佩帶任何飾物。No jewelry of any kind will be permitted.