

# Oakland Rhythmic Gymnastics

## Packing Instructions



### What to Bring

- Water bottle
- Snack
- An open mind and a positive attitude!



### Each class includes...

- Basic stretching and flexibility
- Introduction to ballet and acrobatics
- Development of hand/eye coordination with the use of apparatus
- Fun and games!



### What to Wear

- Tennis shoes
- Socks/Ballet slippers
- Hair in a neat ponytail, bun, pig tails or braid (should not fall out)
- Tight fitted athletic tank top, short sleeve shirt, or leotard
  - Leggings or Shorts
- Deodorant (if age appropriate)

### Safety Protocol Reminders

- Please keep students at home when ill
  - Staff will encourage hand washing/sanitizing
  - Facility will be cleaned daily



### Contact Information

Coach Maddie  
maddiesavara@gmail.com



\*The gym is not air conditioned and we keep the doors open for ventilation dress appropriately\*