



Frequently Asked Questions

Q: WHAT TO WEAR?

Athlete attire should be close-fitting, movement-friendly, and hardware-free.

No bare midriffs/skin remains covered while in motion.

No jeans, buttons or zippers. Hardware free.

Bare feet.

Hair secured up and out the way.

No dangling jewelry. No rings, necklaces, bracelets.

Silks: All of the above plus athletes should be fully covered from armpits to knees (wear sleeves, leggings, and leotard/ shirt that stays tucked in during skills). No jewelry of any kind (this includes earrings).

All: Wear layers, mornings can be chilly.

Ask us about recommended class uniforms! Updated class uniform info coming soon.

WHY? Close-fitting clothing helps the coach evaluate safe body position, & prevents “wardrobe malfunctions”. Inappropriate attire can be unsafe, cause bodily harm to the athlete or coach, and or cause equipment damage.

Students with inappropriate attire may be asked to borrow a change of clothes or be assigned modified tasks.

Q: WHAT TO BRING? Bring a smile and a refillable water bottle.

Q: HOW TO SIGN UP? Call 805-547-1GYM (1496)

Please leave us a voice mail if we miss your call. We will return your call as soon as possible.

Email: Office@PerformanceAthleticsSLO.com OR Complete a web request to submit an inquiry.

Q: HOW TO PAY? In person, mail, or over the telephone.

Cash/Check or online bill-pay through your bank appreciated. Credit cards accepted. Auto-pay option available, not required. Save up to \$30/yr when you pay in cash/check by avoiding credit card convenience fees. Read more about our policies and procedures on our [policies page](#).

Q: WHAT IF I MISS A CLASS? We are happy to provide enrolled students a make-up when you contact us about your absence before the start of your missed class. Make-ups may be done in any age and level appropriate class.