



**U.S. GOLD**

**SANTA ROSA BEACH Gym**  
 2312 Chat Holley Road, Santa Rosa Beach, FL  
 All class registrations are done online at  
[usgoldgymnastics.com](http://usgoldgymnastics.com)

**2023-2024 SCHOOL YEAR**

	Mon	Tues	Wed	Thurs	Fri	Sat
<b>PARENT &amp; TOT</b> Coed 18 mos. to age 3.5 years	10:00, 3:15 4:30, 5:45	3:15 4:30, 5:45	4:30		<b>KIDS' DAY OUT</b> 9:30 - 11:30 a.m. Every Friday morning! Ages 5 and under \$15 cash only	
<b>PRESCHOOL</b> Coed ages 3.5-4.5 years	10:00, 3:15 4:30, 5:45	3:15 4:30, 5:45	3:15 4:30			
<b>VPK/PRE-KINDERGARTEN</b> Coed ages 4-5 years	10:00, 3:15 4:30, 5:45	3:15 4:30, 5:45	3:15 4:30			
<b>RED SQUAD</b> Girls beginner grades Kindergarten-2nd	3:15, 4:30 5:45	2:00, 3:15 4:30, 5:45	3:15			
<b>BLUE SQUAD</b> Girls intermediate grades Kindergarten-2nd	3:15, 4:30 5:45	2:00, 3:15 4:30, 5:45				
<b>SILVER SQUAD</b> Girls beginner 3rd grade+	4:30, 5:45	2:00				
<b>GOLD SQUAD</b> Girls intermediate 3rd grade+	4:30, 5:45	2:00				
<b>COED NINJA WARRIOR CLASS</b> Coed Kindergarten-4th grade	3:15, 4:30 5:45	2:00, 3:15 4:30, 5:45	3:15 4:30			
<b>CHEERNASTICS</b> 1st - 5th grade. Stunting, jumping, tumbling		3:15 4:30, 5:45				
<b>RISING ALLSTARS CHEER</b> Coed ages 5-7 (invite only)				3:45-5:00		
<b>SHOOTING ALLSTARS CHEER</b> Coed ages 6-10 (invite only)				3:45-5:00		
<b>SUPER ALLSTARS CHEER</b> Coed ages 7-12 (invite only)				5:00-6:15		
<b>TUMBLING 1</b> Coed beginner 1st-4th grade			3:15 4:30, 5:45			
<b>TUMBLING 2</b> Coed beginner 5th grade+		7:00	4:30 5:45			
<b>TUMBLING 3</b> Coed intermed. 1st grade+ (invite only)		7:00	5:45	6:15-7:30		
<b>TUMBLING 4</b> Coed 2nd grade+, must have BHS & RO BHS	7:00-8:15			6:15-7:30		
<b>POWER TUMBLING</b> Coed 2nd grade+, must have multiple BHS	7:00-8:15					
					<b>KIDS' NIGHT OUT</b> 6:15 - 9:00 p.m. Every Friday night! Ages 5-10 \$30 <b>YOU MUST REGISTER ONLINE!</b>	