



# DESTIN Gym

12432 Emerald Coast Pkwy., Miramar Beach, FL

All class registrations are now done online at  
[usgoldgymnastics.com](http://usgoldgymnastics.com)  
 (Destin Schedule/Pricing)

## 2022-2023 SCHOOL YEAR

	Mon	Tues	Wed	Thurs	Fri	Sat	
<b>PARENT &amp; TOT</b> Coed 18 mos. to age 3.5 years	10:00, 3:25 4:35, 5:45	10:00, 2:15, 3:25 4:35, 5:45		3:25 4:35, 5:45	<b>KIDS' DAY OUT</b> <b>9:30-11:30 a.m.</b> <b>Every Friday morning!</b> <b>Ages 4 and under</b> <b>\$10 cash only</b> <b>ATM on site.</b>	9:00	
<b>PRESCHOOL</b> Coed ages 3.5-4.5 years	10:00, 3:25 4:35, 5:45	10:00, 2:15, 3:25 4:35, 5:45		3:25 4:35, 5:45		9:00	
<b>VPK/PRE-KINDERGARTEN</b> Coed ages 4-5 years	10:00, 3:25 4:35, 5:45	10:00, 2:15, 3:25 4:35, 5:45		3:25 4:35, 5:45		9:00	
<b>RED SQUAD</b> Girls beginner grades Kindergarten-2nd	3:25, 4:35 5:45	2:15, 3:25 4:35, 5:45		3:25, 4:35 5:45		9:00	
<b>BLUE SQUAD</b> Girls intermediate grades Kindergarten-2nd	3:25, 4:35 5:45	2:15, 3:25 4:35, 5:45		3:25, 4:35 5:45			
<b>SILVER SQUAD</b> Girls beginner 3rd grade+	3:25, 4:35 5:45	2:15, 3:25 4:35, 5:45		3:25, 4:35 5:45		9:00	
<b>GOLD SQUAD</b> Girls intermediate 3rd grade+	3:25, 4:35 5:45	2:15, 3:25 4:35, 5:45		3:25, 4:35 5:45			
<b>COED NINJA WARRIOR CLASS</b> Coed Kindergarten-4th grade	3:25, 4:35 5:45	2:15, 3:25 4:35, 5:45		3:25, 4:35 5:45			
<b>PRE-TEAM</b> Girls advanced VPK-1st grade (invite only)			4:15-5:45				
<b>PLATINUM SQUAD</b> Girls advanced 2nd grade+ (invite only)			6:00-7:30				
<b>DIAMOND SQUAD</b> Girls excelled 3rd grade+ (invite only)			6:00-7:30				
<b>TUMBLING 1</b> Coed beginner 1st-4th grade		3:25 4:35, 5:45		4:35, 5:45			
<b>TUMBLING 2</b> Coed beginner 5th grade+	6:55			6:55			
<b>TUMBLING 3</b> Coed intermed. 1st grade+ (must have KO)	6:55			6:55		<b>KIDS' NIGHT OUT</b> <b>6:15 - 9:00 p.m.</b> <b>Every Friday night!</b> <b>Ages 4-10.</b> <b>\$20 cash only</b> <b>ATM on site.</b>	
<b>TUMBLING 4</b> Coed 2nd grade+, must have BHS & RO BHS		7:00-8:30 (*see below)					
<b>POWER TUMBLING</b> Coed 2nd grade+, must have multiple BHS		7:00-8:30 (*see below)					
<b>OPEN GYM (no reg. req.) \$20 cash only</b> Coed 5th grade - adults	7:00-8:30** (*see below)						

\*This class is held at the competition gym across the street at 143 Business Center Drive, Miramar Beach

\*\*Open Gym will be held twice a month. Please refer to our website for the exact dates.

updated  
7/25/2002