



U.S. GOLD GYMNASTICS ACADEMY
Miramar Beach Recreational Gym

12432 Emerald Coast Parkway, Miramar Beach

(850) 654-3124

usgolddestin@earthlink.net

SUMMER SCHEDULE 2023

| | Mon | Tues | Wed | Thurs | Fri |
|---|---------------------------------|---------------------------------|-----------|-----------|--|
| PARENT & TOT - 45 minute class (\$85) Coed walking to age 3.5 | 9:30, 10:45 3:25, 4:35, 5:45 | 3:25 4:35, 5:45 | | | KIDS' DAY OUT 9:30-11:30 a.m. every Friday morning! Ages 4 and under \$10 cash only |
| PRESCHOOL Coed ages 3.5-4.5 | 9:30, 10:45 3:25, 4:35, 5:45 | 3:25 4:35, 5:45 | | | |
| PRE-KINDERGARTEN Coed ages 4-5 (VPK age) | 9:30, 10:45 3:25, 4:35, 5:45 | 3:25 4:35, 5:45 | | | |
| RED SQUAD Girls beginner grades Kindergarten-2nd | 9:30, 10:45 3:25, 4:35, 5:45 | 3:25 4:35, 5:45 | | | |
| BLUE SQUAD Girls intermediate grades Kindergarten-2nd | 9:30, 10:45 3:25, 4:35, 5:45 | 3:25 4:35, 5:45 | | | |
| SILVER SQUAD Girls beginner 3rd grade+ | 9:30, 10:45 3:25, 4:35, 5:45 | 3:25 4:35, 5:45 | | | |
| GOLD SQUAD Girls intermediate 3rd grade+ | 9:30, 10:45 3:25, 4:35, 5:45 | 3:25 4:35, 5:45 | | | |
| COED NINJA WARRIOR CLASS COED Kindergarten-4th grade | 9:30, 10:45 3:25, 4:35, 5:45 | 3:25 4:35, 5:45 | | | |
| TUMBLING 1 Coed beg-int 1st-4th grades | 9:30 | 3:25 5:45 | | | |
| TUMBLING 2 Coed beg 5th grade+ | 6:55 | | | | |
| TUMBLING 3 Coed intermediate 1st grade+, must have KO | 6:55 | | | | KIDS' NIGHT OUT 6:15-9:00 p.m every Friday night! Ages 4-10 \$20 cash only |
| TUMBLING 4/POWER TUMBLING Coed 3rd grade+, must have BHS & RO BHS | | 5:30-7:00 (Team Gym) | | | |
| PLATINUM/DIAMOND Girls advanced 2nd grade+ (invite only) | | 5:30-7:00 (Team Gym) | | | |
| CHEERNASTICS **New Class** 1st-4th grade Stunting, jumping, tumbling | 10:45, 3:25 4:35, 5:45 | 4:35 | | | |
| **NO TUESDAY CLASS ON 7/4/23** SESSION 2 TUESDAY CLASSES WILL BE PRORATED | | | | | |
| WEEKLY COED SUMMER SPORTS CAMP gymnastics, ninja, tumbling - 4 yrs. to 10 yrs. | | 9:30-1:00 | 9:30-1:00 | 9:30-1:00 | |
| Camp is 3 days - Tuesday through Thursday \$150.00 1st child, \$130.00 additional siblings | | No Camp 4th of July Week | | | |
| Price is per week for this camp | | | | | |

*The Team Gym is located at 143 Business Centre Drive, Miramar Beach, FL