



U.S. GOLD

DESTIN Gym
 12432 Emerald Coast Pkwy., Miramar Beach, FL
 All class registrations are now done online at
usgoldgymnastics.com

2023-2024 SCHOOL YEAR

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

** Please refer to our website for the exact dates.