



**DESTIN Gym**  
 12432 Emerald Coast Pkwy., Miramar Beach, FL  
 (850) 654-3124  
 All class registrations are now done online at  
 usgoldgymnastics.com

**2024-2025 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, 3:25 4:35, 5:45			<b>KIDS' DAY OUT</b> 9:30 - 11:30 a.m. Every Friday morning! Ages 5 and under \$15 cash only ATM on site	
<b>PRESCHOOL</b> Coed ages 3.5-4.5 years	10:00, 3:25 4:35, 5:45	10:00, 3:25 4:35, 5:45				
<b>VPK/PRE-KINDERGARTEN</b> Coed ages 4-5 years	10:00, 3:25 4:35, 5:45	10:00, 3:25 4:35, 5:45				
<b>RED SQUAD</b> Girls beginner grades Kindergarten-2nd	3:25, 4:35 5:45	3:25 4:35, 5:45		4:35 5:45		
<b>BLUE SQUAD</b> Girls intermediate grades Kindergarten-2nd	3:25, 4:35 5:45	3:25 4:35, 5:45		4:35 5:45		
<b>SILVER SQUAD</b> Girls beginner 3rd grade+	5:45	3:25		5:45		
<b>GOLD SQUAD</b> Girls intermediate 3rd grade+	5:45	3:25		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>COED NINJA WARRIOR CLASS</b> Coed Kindergarten-4th grade	3:25, 4:35 5:45	3:25, 4:35 5:45				
<b>CHEERNASTICS</b> 1st - 5th grade. Stunting, jumping, tumbling	3:25	4:35		5:45		
<b>TUMBLING 1</b> Coed beginner 1st-4th grade	4:35	5:45		4:35		
<b>TUMBLING 2</b> Coed beginner 5th grade+	6:55	6:55		4:35, 6:55		
<b>TUMBLING 3</b> Coed intermed. 1st grade+ (invite only)	6:55	6:55		6:55		
<b>TUMBLING 4</b> Coed 2nd grade+, must have BHS & RO BHS		7:00-8:30 <b>(*see below)</b>				
<b>POWER TUMBLING</b> Coed 2nd grade+, must have multiple BHS		7:00-8:30 <b>(*see below)</b>				
					<b>KIDS' NIGHT OUT</b> 6:15 - 9:00 p.m. Every Friday night! Ages 5-10 \$25 cash only ATM on site	<b>PRIVATE BIRTHDAY PARTIES</b> Book online through our website

Competition gym across the street at 143 Business Center Drive, Miramar Beach