



U.S. GOLD

SANTA ROSA BEACH Gym
 2312 Chat Holley Road, Santa Rosa Beach, FL
 (850) 660-6150
 All class registrations are done online at
usgoldgymnastics.com

2024-2025 SCHOOL YEAR

| | Mon | Tues | Wed | Thurs | Fri | Sat |
|---------------------------------------------------------------------|---------------------------|--------------------------|--------------------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| PARENT & TOT Coed 18 mos. to age 3.5 years | 10:00, 3:15 4:30, 5:45 | 3:15 4:30, 5:45 | 3:15 5:45 | 3:15 4:30 | KIDS' DAY OUT 9:30 - 11:30 a.m. Every Friday morning! Ages 5 and under \$20 cash only | |
| PRESCHOOL 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, 5:45 | 3:15 4:30 | | |
| VPK/PRE-KINDERGARTEN Coed ages 4-5 years | 10:00, 3:15 4:30, 5:45 | 3:15 4:30, 5:45 | 3:15 4:30, 5:45 | 3:15 4:30 | | |
| RED SQUAD Girls beginner grades Kindergarten-2nd | 3:15, 4:30 5:45 | 2:00, 3:15 4:30, 5:45 | 3:15 4:30 | 3:15 4:30 | | |
| BLUE SQUAD Girls intermediate grades Kindergarten-2nd | 3:15, 4:30 5:45 | 2:00, 3:15 4:30, 5:45 | 5:45 | 3:15 | | |
| SILVER SQUAD Girls beginner 3rd grade - 6th grade | 4:30 5:45 | 2:00 | | 5:45 | | |
| GOLD SQUAD Girls intermediate 3rd grade - 6th grade | 4:30 5:45 | 2:00 | | 5:45 | | |
| PLATINUM SQUAD Girls advanced 2nd grade+ (invite only) | | | | 5:45-7:00 | | |
| COED NINJA WARRIOR CLASS Coed Kindergarten-4th grade | 3:15, 4:30 5:45 | 2:00, 3:15 4:30, 5:45 | 3:15 4:30, 5:45 | | | |
| CHEERNASTICS 1st - 5th grade. Stunting, jumping, tumbling | 3:15 | 5:45 | 4:30 | | | |
| TUMBLING 1 Coed beginner 1st grade - 3rd grade | | 4:30 | 3:15, 5:45 | | | |
| TUMBLING 2 Coed beginner 4th grade - 6th grade | 6:45 | 3:15 | 5:45 | | | |
| TUMBLING 3 Coed intermed. 1st grade+ (invite only) | | 7:00 | 7:00 | 4:30 | | |
| TUMBLING 4 Coed 2nd grade+, must have BHS & RO BHS | 7:00-8:15 | | | | | |
| POWER TUMBLING Coed 2nd grade+, must have multiple BHS | 7:00-8:15 | | | | | |
| | | | | | KIDS' NIGHT OUT 6:15 - 9:00 p.m. Every Friday night! Ages 5-10 \$30 YOU CAN REGISTER ONLINE TO SECURE YOUR SPOT OR JUST SHOW UP (cannot guarantee a spot) | PRIVATE BIRTHDAY PARTIES Book online through our website |