



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, 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. \$15 each additional sibling.	PRIVATE BIRTHDAY PARTIES Book online through our website
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	3:15 4:30, 5:45	5:45			
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		3:15, 4:30	3:15, 5:45			
TUMBLING 2 Coed beginner 4th grade - 6th grade	6:45		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)	