



**U.S. GOLD GYMNASTICS ACADEMY**  
**Miramar Beach Recreational Gym**  
 12432 Emerald Coast Parkway, Miramar Beach  
 (850) 654-3124  
[usgolddestin@earthlink.net](mailto:usgolddestin@earthlink.net)

## SUMMER SCHEDULE 2025

	Mon	Tues	Wed	Thurs	Fri
<b>PARENT &amp; TOT - 45 minute class</b> Coed 18 mos. to age 3.5	9:30 4:35, 5:45	4:35			<b>KIDS' DAY OUT</b> <b>9:30-11:30 a.m.</b> <b>every Friday morning!</b> <b>Ages 5 and under</b> <b>\$15 cash only</b>
<b>PRE-SCHOOL</b> Coed ages 3.5-4.5	9:30, 10:45 3:25, 4:35, 5:45	4:35			
<b>PRE-KINDERGARTEN</b> Coed ages 4-5	9:30, 10:45 3:25, 4:35, 5:45	4:35			
<b>RED SQUAD</b> Girls beginner grades Kindergarten-2nd	9:30, 10:45 3:25, 4:35, 5:45	4:35			
<b>BLUE SQUAD</b> Girls intermediate grades Kindergarten-2nd	9:30 3:25	4:35			
<b>SILVER SQUAD</b> Girls beginner 3rd grade+					
<b>GOLD SQUAD</b> Girls intermediate 3rd grade+					
<b>CHEERNASTICS</b> 1st-4th grade Stunting, jumping, tumbling	10:45 4:35				<b>KIDS' NIGHT OUT</b> <b>6:15-9:00 p.m</b> <b>every Friday night!</b> <b>Ages 5-10</b> <b>\$25 cash only</b>
<b>COED NINJA WARRIOR CLASS</b> COED Kindergarten-4th grade	9:30, 10:45 3:25, 4:35, 5:45	4:35			
<b>TUMBLING 1</b> Coed beg-int 1st-3rd grades	5:45				
<b>TUMBLING 2</b> Coed beg 3rd-6th grades	5:45				
<b>TUMBLING 3</b> Coed intermediate 1st grade+ (invite only)	7:00				
<b>TUMBLING 4/POWER TUMBLING</b> Coed 3rd grade+, must have BHS & RO BHS		5:45-7:15 (Team Gym)			
<b>JR. PLATINUM</b> Girls advanced 1st and 2nd grade (invite only)	10:45-12:15	6:00-7:30			
<b>PLATINUM/DIAMOND</b> Girls advanced 3rd grade+ (invite only)		6:00-7:30			
<b>WEEKLY COED SUMMER SPORTS CAMP</b> Gymnastics, ninja, tumbling - 4.5 yrs. to 10 yrs.		9:30-1:00	9:30-1:00	9:30-1:00	
Camp is 3 days - Tuesday through Thursday \$160.00 1st child, \$140.00 additional siblings					
<b>Price is per week for this camp</b>					

3.11.25

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