



U.S. GOLD

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

SUMMER SCHEDULE 2025

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

3.11.25

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