



DESTIN Gym

12432 Emerald Coast Pkwy., Miramar Beach, FL
(850) 654-3124

All class registrations are now done online at
usgoldgymnastics.com

2025-2026 SCHOOL YEAR

	Mon	Tues	Wed	Thurs	Fri	Sat
PARENT & TOT Coed 18 mos. to age 3.5 years	10:00 4:35, 5:50	10:00 4:35, 5:50			KIDS' DAY OUT 9:30 - 11:30 a.m. Every Friday morning! Ages 5 and under \$15 cash only ATM on site	
PRESCHOOL Coed ages 3.5-4.5 years	10:00, 3:25 4:35, 5:50	10:00, 3:25 4:35, 5:50				
VPK/PRE-KINDERGARTEN Coed ages 4-5 years	10:00, 3:25 4:35, 5:50	10:00, 3:25 4:35, 5:50				
RED SQUAD Girls beginner grades Kindergarten-2nd	3:25, 4:35 5:50	3:25 4:35, 5:50		4:30 5:45		
BLUE SQUAD Girls intermediate grades Kindergarten-2nd	3:25 4:35	3:25 4:35, 5:50		4:30		
SILVER SQUAD Girls beginner 3rd grade+	5:50					
GOLD SQUAD Girls intermediate 3rd grade+	5:50					
JR. PLATINUM Girls advanced K- 2nd grade (invite only)	4:35-5:50			4:30-5:45 5:45-7:00		
PLATINUM SQUAD Girls advanced 2nd grade+ (invite only)			6:15-7:45			
DIAMOND SQUAD Girls excelled 3rd grade+ (invite only)			6:15-7:45			
COED NINJA WARRIOR CLASS Coed Kindergarten-4th grade	3:25, 4:35 5:50	3:25, 4:35 5:50			KIDS' NIGHT OUT 6:15 - 9:00 p.m. Every Friday night! Ages 5-10 \$25 cash only ATM on site	PRIVATE BIRTHDAY PARTIES Book online through our website
CHEERNASTICS 1st - 5th grade. Stunting, jumping, tumbling		4:35				
TUMBLING 1 Coed beginner 1st-4th grade		5:50				
TUMBLING 2 Coed beginner 5th grade+		7:00				
TUMBLING 3 Coed intermed. 1st grade+ (invite only)	7:00	7:00		5:45		
TUMBLING 4 Coed 2nd grade+, must have BHS & RO BHS		7:00-8:30 (*see below)				
POWER TUMBLING Coed 2nd grade+, must have multiple BHS		7:00-8:30 (*see below)				

*This class is held at the competition gym across the street at 143 Business Center Drive, Miramar Beach