



SANTA ROSA BEACH Gym
 2312 Chat Holley Road, Santa Rosa Beach, FL
 (850) 660-6150
 All class registrations are 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, 3:15 4:30, 5:45	3:15 4:30, 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			
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			
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		
BLUE SQUAD Girls intermediate grades Kindergarten-2nd	3:15 4:30	2:00, 3:15 4:30, 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			
JR. PLATINUM Girls advanced K-2nd grade (invite only)		4:30-5:45		3:15-4:30 5:00-6:15		
PLATINUM SQUAD Girls advanced 2nd grade+ (invite only)				3:15-4:45 5:00-6:30		
DIAMOND SQUAD Girls excelled 3rd grade+ (invite only)				5:00-6:30		
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		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)	
CHEERNASTICS 1st - 5th grade. Stunting, jumping, tumbling	3:15	5:45				
TUMBLING 1 Coed beginner 1st grade - 3rd grade			3:15			
TUMBLING 2 Coed beginner 4th grade - 6th grade			5:45			
TUMBLING 3 Coed intermed. 1st grade+ (invite only)	5:45	3:15	4:30 5:45			
TUMBLING 4 Coed 2nd grade+, must have BHS & RO BHS		7:00-8:30				
POWER TUMBLING Coed 2nd grade+, must have multiple BHS		7:00-8:30				
						8.14.25