



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 2026

	Mon	Tues	Wed	Thurs	Fri
PARENT & TOT - 45 minute class Coed 18 mos. to age 3.5	4:35 5:50	9:30 4:35, 5:50	KIDS' DAY OUT 9:30-11:30 a.m. every Wednesday morning! Ages 5 and under \$15 cash only ATM on site		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	4:35 5:50	9:30, 10:45 4:35, 5:50			
VPK/PRE-KINDERGARTEN Coed ages 4-5	4:35 5:50	9:30, 10:45 4:35, 5:50			
RED SQUAD Girls beginner grades Kindergarten-2nd	4:35 5:50	9:30, 10:45 4:35, 5:50			
BLUE SQUAD Girls intermediate grades Kindergarten-2nd	4:35	9:30, 10:45 4:35, 5:50			
SILVER SQUAD Girls beginner 3rd grade+	5:50				
GOLD SQUAD Girls intermediate 3rd grade+	5:50				
COED NINJA WARRIOR CLASS COED Kindergarten-4th grade	4:35 5:50	9:30, 10:45 4:35, 5:50			
CHEERNASTICS 1st- 5th grade. Stunting, jumping, tumbling.		4:35			
TUMBLING 1 Coed beg-int 1st-4th grades		5:50			
TUMBLING 2 Coed beg 3rd grade+		7:00			
TUMBLING 3 Coed intermediate 1st grade+ (invite only)		7:00			
JR. PLATINUM Girls advanced K-2nd grade (invite only)	5:45-7:15 (Team Gym)				
PLATINUM/DIAMOND Girls advanced 3rd grade+ (invite only)	5:45-7:15 (Team Gym)				

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