



U.S. GOLD GYMNASTICS ACADEMY

Destin Recreational Gym

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 usgoldgymnasticsacademy@gmail.com

FALL SCHEDULE 2017-2018

	Mon	Tues	Wed	Thurs	Fri	Sat
PARENT & TOT - 50 minute class Coed walking to age 3.5	10:00, 4:15 5:30	10:00, 3:15 4:15, 5:30	4:15 5:30		KIDS' DAY OUT 9:30-11:30 a.m. Every Friday morning! Ages 4 and under \$5 current students. \$10 non-members. Cash Only.	9:30
PRESCHOOL Coed ages 3.5-4.5	10:00, 3:15 4:15, 5:30	10:00, 3:15 4:15, 5:30	3:15 4:15, 5:30			9:30
VPK/PRE-KINDERGARTEN Coed ages 4-5 (Must be 4 by 09/01/17)	10:00, 3:15 4:15, 5:30	10:00, 3:15 4:15, 5:30	3:15 4:15, 5:30			9:30
RISING & SHOOTING STARS PRE-TEAM Girls advanced ages 3.5-5 (Invite only)				4:00-5:30		
RED SQUAD Girls beginner grades Kindergarten-2nd	3:15, 4:15 5:30	4:15 5:30	3:15, 4:15 5:30			9:30 10:45
BLUE SQUAD Girls intermediate grades Kindergarten-2nd		3:15, 4:15 5:30	3:15 4:15			10:45
SILVER SQUAD Girls beginner 3rd grade+	3:15 5:30		3:15 5:30			10:45
GOLD SQUAD Girls intermediate 3rd grade+	4:15	3:15	4:15 5:30			
PLATINUM SQUAD Girls advanced 1st grade+	6:30-8:00 3rd grade+	6:30-8:00 3rd grade+		4:00-5:30 K-2nd		
DIAMOND SQUAD Girls excelled 1st grade + (Invite only)			6:30-8:00			
REC COMPETITION PRE-TEAM Girls advanced ages 6+ (Invite only)				5:30-7:00 Level 2	4:30-6:00 Levels 2, 3, 4	
BOYS NINJA WARRIOR CLASS Boys Kindergarten-4th grade	3:15, 4:15 5:30	3:15, 4:15 5:30			KIDS' NIGHT OUT 6:30-10:00 p.m. Every Friday night! Ages 4-10. \$15 current students. \$20 non-members. Cash Only.	10:45
TUMBLING 1 Coed beg-int grades Kindergarten-2nd				5:30		
TUMBLING 2 Coed beg 3rd grade+	6:45			5:30 6:45		
TUMBLING 3 Coed intermediate 3rd grade+, must have KO	6:45			6:45		
T4/POWER/CHEER TUMBLING		6:45-8:15	6:45-8:15			

Coed 3rd grade+, must have BHS & RO BHS

All classes are one hour unless otherwise shown.