



U.S. GOLD GYMNASTICS ACADEMY

DESTIN Recreational Gym
12432 Emerald Coast Pkwy., Miramar Beach, FL

All class registrations are now done online at
usgoldgymnastics.com through the parent portal.

2019-2020 SCHOOL YEAR

	Mon	Tues	Wed	Thurs	Fri	Sat	
PARENT & TOT - 50 minute class Coed walking to age 3.5	3:15 5:30	10:00 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.	9:00	
PRESCHOOL Coed ages 3.5-4.5	3:15 4:15, 5:30	10:00, 3:15 4:15, 5:30				9:00	
VPK/PRE-KINDERGARTEN Coed ages 4-5 (Must be 4 by 09/01/19)	3:15 4:15, 5:30	10:00, 3:15 4:15, 5:30				9:00	
RISING STARS Girls advanced ages 3.5-5 (Invite only)		10:00, 4:15					
SHOOTING STARS PRE-TEAM Girls advanced VPK & K (invite only)			4:00-5:30				
SUPERSTARS PRE-TEAM Girls advanced 1st & 2nd grade (Invite only)			5:30-7:00				
RED SQUAD Girls beginner grades Kindergarten-2nd	3:15, 4:15 5:30	3:15, 4:15 5:30				9:00	
BLUE SQUAD Girls intermediate grades Kindergarten-2nd	4:15 5:30	3:15, 4:15 5:30				9:00	
SILVER SQUAD Girls beginner 3rd grade+	5:30	4:15				9:00	
GOLD SQUAD Girls intermediate 3rd grade+	4:15	5:30				9:00	
PLATINUM SQUAD Girls advanced 3rd grade+			6:45-8:15 3rd grade+			FRIDAY FUNDAY CLINIC 4:30-6:00 (rotating Fridays)	
DIAMOND SQUAD Girls excelled 1st grade + (Invite only)			6:45-8:15				
ALLSTARS Girls advanced 3rd grade+ (Invite only)							
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. \$20 current students. \$25 non-members. \$5 discount for siblings attending on the same evening. Cash Only.	
TUMBLING 1 Coed beg-int grades Kindergarten-2nd			4:15 5:30				
TUMBLING 2 Coed beg 3rd grade+	6:45		4:15 5:30				
TUMBLING 3 Coed intermed. 3rd grade+, must have KO	6:45		5:30				
T4/POWER/CHEER TUMBLING		6:45-8:15	6:45-8:15				

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

Only.

All classes are one hour unless otherwise shown.

updated
10/18/2019