



**DESTIN Gym**  
 12432 Emerald Coast Pkwy., Miramar Beach, FL  
 All class registrations are now done online at  
[usgoldgymnastics.com](http://usgoldgymnastics.com)  
 (Destin Schedule/Pricing)

**2021-2022 SCHOOL YEAR**

	Mon	Tues	Wed	Thurs	Fri	Sat	
<b>PARENT &amp; TOT</b> Coed walking to age 3.5	10:00, 3:25 4:35, 5:45	10:00, 2:15, 3:25 4:35, 5:45		4:35, 5:45	<b>KIDS' DAY OUT</b> 9:30-11:30 a.m. Every Friday morning! Ages 4 and under \$10 cash only	9:00	
<b>PRESCHOOL</b> Coed ages 3.5-4.5	10:00, 3:25 4:35, 5:45	10:00, 2:15, 3:25 4:35, 5:45		4:35, 5:45		9:00	
<b>VPK/PRE-KINDERGARTEN</b> Coed ages 4-5 (must be 4 by 09/01/20)	10:00, 3:25 4:35, 5:45	10:00, 2:15, 3:25 4:35, 5:45		4:35, 5:45		9:00	
<b>SHOOTING STARS PRE-TEAM</b> Girls advanced VPK & K (invite only)			4:10-5:40				
<b>SUPERSTARS PRE-TEAM</b> Girls advanced 1st & 2nd grade (invite only)			4:10-5:40				
<b>RED SQUAD</b> Girls beginner grades Kindergarten-2nd	3:25, 4:35 5:45	2:15, 3:25 4:35, 5:45					9:00
<b>BLUE SQUAD</b> Girls intermediate grades Kindergarten-2nd	3:25, 4:35 5:45	3:25 4:35, 5:45					
<b>SILVER SQUAD</b> Girls beginner 3rd grade+	3:25, 4:35 5:45	2:15, 3:25 4:35, 5:45					9:00
<b>GOLD SQUAD</b> Girls intermediate 3rd grade+	3:25, 4:35 5:45	3:25 4:35, 5:45					
<b>PLATINUM SQUAD</b> Girls advanced 3rd grade+ (invite only)			5:50-7:20				
<b>DIAMOND SQUAD</b> Girls excelled 3rd grade + (invite only)			5:50-7:20				
<b>COED NINJA WARRIOR CLASS</b> Coed Kindergarten-4th grade	3:25, 4:35 5:45	2:15, 3:25 4:35, 5:45					
<b>TUMBLING 1</b> Coed beg-int grades Kindergarten-2nd		2:15		3:25 4:35, 5:45		<b>KIDS' NIGHT OUT</b> 6:30 - 9:30 p.m. Every Friday night! Ages 4-10. \$20 cash only	
<b>TUMBLING 2</b> Coed beg 3rd grade+		2:15		3:25 4:35, 5:45			
<b>TUMBLING 3</b> Coed intermed. 1st grade+, must have KO				3:25 4:35, 5:45			
<b>POWER TUMBLING</b> Coed 3rd grade+, must have BHS & RO BHS		7:00-8:30 <b>(*see below)</b>		7:00-8:30 <b>(*see below)</b>			
<b>OPEN GYM (no reg. req.) \$20 cash only</b> Coed 6th grade - adults, non instructional	7:00-8:30 <b>(*see below)</b>						

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

updated 10/5/2021