

AMERICAN GOLD GYMNASTICS

SUMMER 2024: JUNE 3-27, JULY 8-AUGUST 1



How do I get started?

Summer schedule runs from June 3, 2024 until August 1, 2024 and is charged by the month. There will be 4 classes in June. We will be closed for the week of the 4th of July and start July classes 7/8/24. We will continue July classes through 8/1/24 so that each day of the week gets 4 classes in July as well. You may start at any time. The fee is per month.

Open registration for Summer can be done at the gym or through the Parent Portal accessible on our website-AmericanGoldGymnastics.com. Enrollment will require using any major credit or debit card. When you enroll you will be required to make payment for the current month. If you sign up for June, then July tuition will be deducted automatically via direct debit on the 15th of the month for the next month.

Alternative Payment Method: To opt out of direct debit, simply pay your tuition in person or over the phone BEFORE the 15th of the month. (A credit card must still be on file.) Checks are payable to AGG. For non-sufficient funds checks (NSF), we will electronically debit your checking account for the amount of the check plus a \$10 fee.

Makeups: Actively enrolled students who miss a class due to illness, holiday or emergency may schedule 1 makeup class per month in any class of the same level that has openings. To schedule a makeup, please call us at 701-280-0400 or can be set up in your Parent Portal.

There are no credits or refunds for missed classes.

Enrollment fee: There is a \$10 fee with your initial enrollment.

To Un-Enroll: Simply provide your un-enroll date in writing by the 15th of the month. You can stop by the front desk or email: Frontdesk@americangoldgymnastics.com. All students are automatically dropped 8/1/24.

For the most current course schedule, visit www.AmericanGoldGymnastics.com.

*Our gym is located at 2001-17th Avenue South, Fargo
For inquiries or registration, please call our Customer Experience at 701-280-0400.*

Parent & Tot Classes*

*Children attend along with an active helper.

***MIGHTY TOTS (CRAWLING - 24 MO)** **60/month**

Interactive class that introduces foundational skills and range of motion activities as well as practicing gymnastics shapes, skill progression and fundamental movement patterns. Stations are more independent and basic circuits are introduced to teach patterning, bi-lateral movement, and taking turns with our friends!

Mondays 10:40-11:10 AM

Tuesdays 11:20-11:50 AM

Tuesdays 5:30-6:00 PM

Wednesdays 9:50-10:20 AM

Wednesdays 4:30-5:00 PM

Thursdays 9:40-10:10 AM

Thursdays 7:25-7:55 PM

***WONDER TOTS (AGE 24 MO - 3.5)** **66/month**

A transition class preparing toddlers for independent participation in a preschool class. Instructor led circle time followed by circuits with an emphasis on skill exposure.

Mondays 12:25-1:10 PM

Mondays 4:25-5:10 PM

Tuesdays 8:45-9:30 AM

Tuesdays 7:10-7:55 PM

Wednesdays 10:30-11:15 AM

Wednesdays 5:10-5:55 PM

Thursdays 8:45-9:30 AM

Thursdays 6:30-7:15 PM



Preschool Classes

TUMBLE TOT (AGE 3.5 OR 3 WITH PRIOR CLASS EXPERIENCE) **67/month**

Introductory class for students who are just beginning their gymnastics journey. The goal is independent participation! Structured circle time followed by circuits on preschool gymnastics equipment (vault, bars, beam, floor, trampoline and tumble trak).

Mondays 8:45-9:30 AM

Mondays 3:30-4:15 PM

Mondays 6:20-7:05 PM

Tuesdays 9:25-10:10 AM

Tuesdays 4:35-5:20 PM

Wednesdays 11:25-12:10 PM

Wednesdays 7:10-7:55 PM

Thursdays 12:25-1:10 PM

Thursdays 5:35-6:20 PM

SUPER TOT (AGE 4) **68/month**

As basic shapes are mastered, we work on more complex skill sequencing and progressions. Instructor led circle time followed by circuits on preschool gymnastics equipment.

Mondays 9:40-10:30 AM

Mondays 5:20-6:10 PM

Tuesdays 10:20-11:10 AM

Tuesdays 6:10-7:00 PM

Wednesdays 12:20-1:10 PM

Wednesdays 3:30-4:20 PM

Thursdays 11:25-12:15 PM

Thursdays 4:35-5:25 PM

KINDERGYM (AGE 5) **70/month**

Kindergym is our transition class from the Preschool program to the School Age program. This class focuses on the same fundamental skills and progressions as Gym 1 with no formal skill tracking. Emphasis is on skill exposure rather than mastery.

Mondays 11:20-12:15 PM

Mondays 7:15-8:10 PM

Tuesdays 12:00-12:55 PM

Tuesdays 3:30-4:25 PM

Wednesdays 8:45-9:40 AM

Wednesdays 6:05-7:00 PM

Thursdays 10:20-11:15 AM

Thursdays 3:30-4:25 PM

School Age Classes

Mobility is based on skill acquisition

GYMNASTICS 1 (AGE 6-12)

71/month

Gym 1 classes are offered to students who are new to AGG's program or who have graduated from the Preschool program. Students in this level will learn fundamental shapes and progressions towards Forward Rolls, Backward Rolls, Cartwheels, Handstands, & Bridges.

Mondays 9:00-10:00 AM	Tuesdays 4:45-5:45 PM
Mondays 4:45-5:45 PM	Wednesdays 10:15-11:15 AM
Mondays 6:00-7:00 PM	Wednesdays 6:00-7:00 PM
Tuesdays 9:00-10:00 AM	Thursdays 10:05-11:05 AM
Tuesdays 11:30-12:30 PM	Thursdays 4:45-5:45 PM

GYMNASTICS 2 (AGE 6-12)

71/month

Gym 2 classes are mastering beginner level skills-Forward Rolls, Backward Rolls, Cartwheels, Handstands, & Bridges. To enroll in G2, students must graduate from G1 or be evaluated into the class.

Mondays 10:15-11:15 AM	Wednesdays 3:30-4:30 PM
Mondays 4:45-5:45 PM	Wednesdays 6:00-7:00 PM
Mondays 6:00-7:00 PM	Thursdays 11:20-12:20 PM
Tuesdays 4:45-5:45 PM	Thursdays 4:45-5:45 PM
Wednesdays 11:30-12:30 PM	

GYMNASTICS 3 (AGE 6-15)

71/month

Gym 3 classes are working on advanced beginner skills and sequencing-Cartwheel chase Cartwheel, Handstand to Bridge, Bridge Kickover, Backbends, and beginning Back handspring progressions. To enroll, students must graduate from G2 or be evaluated into this level.

Mondays 11:30-12:30 PM	Wednesdays 9:00-10:00 AM
Mondays 3:30-4:30 PM	Wednesdays 4:45-5:45 PM
Mondays 7:15-8:15 PM	Thursdays 12:35-1:35 PM
Tuesdays 10:15-11:15 AM	Thursdays 3:30-4:30 PM
Tuesdays 6:00-7:00 PM	

GYMNASTICS 4 (AGE 6-15)

71/month

G4 classes will focus on more advanced level tumbling and skill progressions-Round offs, Front & Back handsprings, and beginning aerial and salto drills. To enroll, students must graduate from G3 or be evaluated into this level.

Mondays 12:45-1:45 PM	Wednesdays 4:45-5:45 PM
Mondays 7:15-8:15 PM	Wednesdays 7:15-8:15 PM
Tuesdays 6:00-7:00 PM	Thursdays 12:35-1:35 PM
Wednesdays 12:45-1:45 PM	Thursdays 3:30-4:30 PM

GYMNASTICS 5 (AGE 6-18)

128/month (2 times per week)

Gym 5 classes are the highest level in our School Age program and serve as the bridge between our Recreational and Team programs. To enroll, students must graduate from G4 or be evaluated into this level. (This class meets twice per week!)

Mondays AND Wednesdays 12:45-1:45 PM
Mondays AND Wednesdays 7:15-8:15 PM

TEEN GYM (AGE 11-18)

71/month

A class for the older beginner. Students just getting started who would feel more comfortable with kids their own age.

Wednesdays 7:15-8:15 PM



LIL' NINJA BOYS (AGE 4-5) (3 WITH TEACHER APPROVAL)

71/month

Lil' Ninja Boys is the entry level to a new sport discipline inspired by gymnastics, martial arts, obstacle course training and freestyle movement.

Thursdays 9:00-9:50 AM
Thursdays 6:00-6:50 PM

NINJA BOYS (AGE 5-11)

71/month

Ninja Boys embodies discipline, focused energy, and skill. Children learn a combination of flips, rolls, jumps, and kicks through strength and agility courses. White is the first level. Yellow ninjas may sign up for any class and we will work on yellow levels.

Tuesdays 3:40-4:30 PM
Thursdays 9:00-9:50 AM
Thursdays 6:00-6:50 PM

LIL' NINJA GIRLS (AGE 3-5)

71/month

Lil' Ninja Girls is the entry level to a new sport discipline inspired by gymnastics, martial arts, obstacle course training and freestyle movement.

Tuesdays 3:40-4:30 PM
Thursdays 6:00-6:50 PM

NINJA GIRLS (AGE 5-11)

71/month

Ninja Girls embodies discipline, focused energy, and skill. Children learn a combination of flips, rolls, jumps, and kicks through strength and agility courses.

Tuesdays 3:40-4:30 PM
Thursdays 6:00-6:50 PM

TRAMP & TUMBLE (AGE 6-18)

For students who prefer to focus on tumbling and trampoline skills. Starter class learns cartwheels, round offs, handstands, etc. Advanced students must have graduated from starter or be evaluated into this class.

Starter-71/month

Tuesdays 12:45-1:45 PM
Wednesdays 2:00-3:00 PM
Thursdays 7:05-8:05 PM

Advanced-73/month

Tuesdays 7:15-8:30 PM
Wednesdays 2:00-3:15 PM





Helping Kids reach their dreams!



AMERICAN GOLD
GYMNASTICS

Summer 2024

Updated 3/20/24



AMERICAN GOLD
GYMNASTICS

Home of the FM Acro Team, Competitive Teams and Fargo High School Teams

www.AmericanGoldGymnastics.com

ENROLL YOUR CHILDREN TODAY!

AGG offers continuous enrollment plus automatic billing for monthly tuition with no long term commitment. We offer two separate schedules: School Year and Summer. You may enroll or un-enroll as it suits your family's schedule. We will prorate for those that join mid-month.

100% Tuition Back Guarantee. For Brand New Students, AGG will happily refund 100% of your month's tuition should you not be completely delighted with your child's first experience.

We offer fun classes for boys and girls starting at crawling age!

Come join our fun!