

# AMERICAN GOLD GYMNASTICS

School Year 25-26



## HOW DO I GET STARTED?

School Year schedule runs from Sept. 2, 2025 to May 21, 2026. The classes run month to month so you may start at any time. The fee is per month.

**Open registration** for the School Year can be done at the gym or through the Parent Portal accessible on our website ([www.AmericanGoldGymnastics.com](http://www.AmericanGoldGymnastics.com)) or on our mobile app. Enrollment will require using any major credit or debit card.

**Continuous Enrollment:** When you enroll you will be required to make payment for the current month. *Subsequent tuition payments will be posted to your account on the first of the month and will be paid automatically via direct debit on the 15th of the month for the following month.*

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

**Monthly Tuition:** Tuition is budgeted on a 48 week year (12 months x 4 weeks) leaving four (4) "break weeks" for the facility fix-up. We do not charge more for 'long' months nor less for 'short' months. Over the year all months average four weeks.

**Makeups:** Actively enrolled\* students who miss a class due to illness, holiday, emergency or snow day may schedule 1 makeup class per month in any class of the same level that has openings.

Makeup class can be scheduled in your parent portal. Makeups need to be scheduled in advance, but you won't need to call or stop at the desk. There are no credits or refunds for missed classes.

\*Students must be enrolled in a class to be able to schedule makeup classes.

**Annual Enrollment fee:** There is a \$10 fee with your initial enrollment. This is an annual fee that you pay once a year.

**To Suspend Enrollment:** Simply provide your drop date in writing before the 15th of the month. You can stop by the front desk or email: [Frontdesk@americangoldgymnastics.com](mailto:Frontdesk@americangoldgymnastics.com).

**For the most current course schedule,** visit [www.AmericanGoldGymnastics.com](http://www.AmericanGoldGymnastics.com).

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

# PARENT & TOT CLASSES\*

## \*MIGHTY TOTS (WALKING-24 MO)

**30 minute class \$62/month**

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

Mondays 9:15-9:45 AM

Tuesdays 11:00-11:30 AM

Tuesdays 5:30-6:00 PM

Wednesdays 9:15-9:45 AM

Wednesdays 6:30-7:00 PM

Fridays 3:45-4:15 PM

Saturdays 9:00-9:30 AM

\*Children attend along with an active helper.

## \*WONDER TOTS (AGE 24 MO-3.5)

**45 minute class \$70/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 9:00-9:45 AM

Mondays 5:30-6:15 PM

Tuesdays 9:00-9:45 AM

Tuesdays 6:15-7:00 PM

Wednesdays 10:00-10:45 AM

Wednesdays 5:30-6:15 PM

Thursdays 9:00-9:45 AM

Thursdays 5:30-6:15 PM

Fridays 5:30-6:15 PM

Saturdays 9:40-10:25 AM

# PRESCHOOL CLASSES Children attend independently.

## TUMBLE TOT (AGE 3.5 OR 3 WITH PRIOR CLASS EXPERIENCE)

**45 minute class \$72/month**

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

Mondays 11:00-11:45 AM

Mondays 3:30-4:15 PM

Mondays 6:30-7:15 PM

Tuesdays 10:00-10:45 AM

Tuesdays 4:30-5:15 PM

Wednesdays 9:00-9:45 AM

Wednesdays 3:30-4:15 PM

Thursdays 10:00-10:45 AM

Thursdays 3:30-4:15 PM

Fridays 4:30-5:15 PM

Saturdays 10:35-11:20 AM



## SUPER TOT (AGE 4)

**50 minute class \$73/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 10:00-10:50 AM

Mondays 4:30-5:20 PM

Tuesdays 9:00-9:50 AM

Tuesdays 3:30-4:20 PM

Wednesdays 10:00-10:50 AM

Wednesdays 4:30-5:20 PM

Thursdays 11:00-11:50 AM

Thursdays 4:30-5:20 PM

Thursdays 6:30-7:20 PM

Fridays 6:30-7:20 PM

Saturdays 11:30-12:20 PM



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

**50 minute class \$75/month**

Lil' Ninja is the entry level to a new sport discipline inspired by gymnastics, martial arts, obstacle course training and freestyle movement. (For both boys or girls)

Tuesdays 10:00-10:50 AM

Tuesdays 3:30-4:20 PM

Thursdays 9:00-9:50 AM

Fridays 5:55-6:45 PM

Saturdays 12:30-1:20 PM

## NINJA (AGE 5-11)

**50 minute class \$75/month**

Ninja embodies discipline, focused energy, and skill. In Ninja Zone classes, children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. (For both boys or girls)

Tuesdays 3:30-4:20 PM

Fridays 5:55-6:45 PM

Saturdays 12:30-1:20 PM

# SCHOOL AGE CLASSES

*Mobility is based on skill acquisition.*

## KINDERGYM (AGE 5)

### 60 minute class \$75/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 10:00-11:00 AM

Mondays 3:30-4:30 PM

Tuesdays 11:00-12:00 PM

Tuesdays 5:40-6:40 PM

Wednesdays 11:00-12:00 PM

Wednesdays 7:00-8:00 PM

Thursdays 10:00-11:00 AM

Thursdays 4:40-5:40 PM

Fridays 3:45-4:45 PM

Saturdays 9:00-10:00 AM

## GYMNASTICS 1 (AGE 6-12)

### 60 minute class \$75/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 3:30-4:30 PM

Mondays 5:50-6:50 PM

Tuesdays 5:40-6:40 PM

Wednesdays 3:30-4:30 PM

Wednesdays 5:50-6:50 PM

Wednesdays 7:00-8:00 PM

Thursdays 11:00-12:00 PM

Thursdays 5:50-6:50 PM

Fridays 3:45-4:45 PM

Saturdays 9:00-10:00 AM

Saturdays 10:10-11:10 AM

## GYMNASTICS 2 (AGE 6-12)

### 60 minute class \$75/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 4:40-5:40 PM

Mondays 5:50-6:50 PM

Tuesdays 4:30-5:30 PM

Wednesdays 3:30-4:30 PM

Wednesdays 5:50-6:50 PM

Thursdays 11:00-12:00 PM

Thursdays 5:50-6:50 PM

Fridays 4:50-5:50 PM

Saturdays 10:10-11:10 AM

## BOYS GYM (AGE 6-12)

### 60 minute class \$75/month

A class just for boys focusing on training on boys competitive events.

Tuesdays 7:00-8:00 PM



## GYMNASTICS 3 (AGE 6-15)

### 60 minute class \$75/month

Gym 3 classes are working on advanced beginner skills and sequencing-Cartwheel chasse 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 4:40-5:40 PM

Mondays 7:00-8:00 PM

Tuesdays 4:30-5:30 PM

Wednesdays 4:40-5:40 PM

Thursdays 11:00-12:00 PM

Thursdays 3:30-4:30 PM

Fridays 4:50-5:50 PM

Saturdays 11:20-12:20 PM

## GYMNASTICS 4 (AGE 6-15)

### 60 minute class \$75/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 7:00-8:00 PM

Wednesdays 4:40-5:40 PM

Thursdays 3:30-4:30 PM

Saturdays 11:20-12:20 PM

## GYMNASTICS 5 (AGE 6-18)

### 60 minute class 2 times per week \$132/month

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 8:00-9:00 PM

## TEEN GYM (AGE 11-18)

### 60 minute class \$75/month

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

Wednesdays 8:00-9:00 PM

## TRAMP & TUMBLE (AGE 6-18)

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

### Starter-60 minute class \$75/month

Tuesdays 6:50-7:50 PM

Saturdays 1:30-2:30 PM

### Intermediate-60 minute class \$75/month

Tuesdays 6:50-7:50 PM

Saturdays 1:30-2:30 PM

### Advanced-75 minute class \$80/month

Thursdays 7:00-8:15 PM

# Preschool Open Play



## POP!

- Sign up for any Friday.
- Runs a full hour
- Limited to only 15 children.
- \$10 per day.
- Child attends with an active helper.
- Register online or at AGG!

 **AMERICAN GOLD  
GYMNASTICS**

**Come play! Fridays at 10**

School Year 25-26

Updated 7/17/25

 **AMERICAN GOLD  
GYMNASTICS**

Home of the FM Acro Team, Competitive Teams and Fargo High School Teams  
[www.AmericanGoldGymnastics.com](http://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.



**Come join our fun!**