

AMERICAN GOLD GYMNASTICS

School Year 23-24



HOW DO I SIGN UP?

School Year schedule runs from Sept. 5, 2023 to May 23, 2024. The classes run month to month so you may start at any time.

Open registration for the School Year can be done at the gym or through the Parent Portal accessible on our website (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. New this year! Schedule Your Own Makeup class in your parent portal. Makeups will still need to be scheduled in advance, but now you won't need to call or stop at the desk.

There are no credits or refunds for missed classes.

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

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.

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 Customer Experience at 701-280-0400.*

PARENT & TOT CLASSES*

*Children attend along with an active helper.

***MIGHTY TOTS (WALKING-24 MO) 59/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!

Tuesdays 11:00-11:30 AM

Tuesdays 6:00-6:30 PM

Wednesdays 9:00-9:30 AM

Thursdays 9:00-9:30 AM

Saturdays 9:00-9:30 AM

***WONDER TOTS (AGE 24 MO-3.5) 64/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 11:00-11:45 AM

Mondays 5:45-6:30 PM

Tuesdays 9:00-9:45 AM

Tuesdays 6:35-7:20 PM

Wednesdays 10:00-10:45 AM

Wednesdays 4:30-5:15 PM

Thursdays 9:40-10:25 AM

Thursdays 5:45-6:30 PM

Fridays 5:00-5:45 PM

Saturdays 9:35-10:20 AM



PRESCHOOL CLASSES

TUMBLE TOT (AGE 3.5 OR 3 WITH PRIOR CLASS EXPERIENCE) 65/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 9:00-9:45 AM

Mondays 6:40-7:25 PM

Tuesdays 10:00-10:45 AM

Tuesdays 5:05-5:50 PM

Wednesdays 9:00-9:45 AM

Wednesdays 3:30-4:15 PM

Wednesdays 5:20-6:05 PM

Thursdays 10:30-11:15 AM

Thursdays 3:45-4:30 PM

Fridays 6:00-6:45 PM

Saturdays 10:30-11:15 AM

SUPER TOT (AGE 4) 66/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 4:35-5:25 PM

Tuesdays 9:00-9:50 AM

Tuesdays 3:00-3:50 PM

Wednesdays 10:00-10:50 AM

Wednesdays 6:05-6:55 PM

Thursdays 11:30-12:20 PM

Thursdays 6:40-7:30 PM

Fridays 4:00-4:50 PM

Saturdays 11:30-12:20 PM

KINDERGYM (AGE 5) 68/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 3:30-4:25 PM

Tuesdays 4:00-4:55 PM

Wednesdays 7:05-8:00 PM

Thursdays 10:00-10:55 AM

Thursdays 4:40-5:35 PM

Fridays 5:00-5:55 PM

Saturdays 12:30-1:25 PM

SCHOOL AGE CLASSES

Mobility is based on skill acquisition.

GYMNASTICS 1 (AGE 6-12)

69/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	Thursdays 4:00-5:00 PM
Mondays 5:50-6:50 PM	Thursdays 6:10-7:10 PM
Tuesdays 5:40-6:40 PM	Fridays 3:30-4:30 PM
Wednesdays 3:30-4:30 PM	Saturdays 9:00-10:00 AM
Wednesdays 5:50-6:50 PM	

GYMNASTICS 2 (AGE 6-12)

69/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 3:30-4:30 PM	Wednesdays 5:50-6:50 PM
Mondays 5:50-6:50 PM	Thursdays 6:10-7:10 PM
Tuesdays 5:40-6:40 PM	Fridays 3:30-4:30 PM
Wednesdays 3:30-4:30 PM	Saturdays 10:10-11:10 AM

GYMNASTICS 3 (AGE 6-15)

69/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	Wednesdays 7:00-8:00 PM
Mondays 7:00-8:00 PM	Thursdays 4:00-5:00 PM
Tuesdays 4:30-5:30 PM	Fridays 4:40-5:40 PM
Wednesdays 4:40-5:40 PM	Saturdays 11:20-12:20 PM

GYMNASTICS 4 (AGE 6-15)

69/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 4:40-5:40 PM	Wednesdays 8:00-9:00 PM
Mondays 8:00-9:00 PM	Fridays 4:40-5:40 PM
Tuesdays 4:30-5:30 PM	Saturdays 11:20-12:20 PM

GYMNASTICS 5 (AGE 6-18)

120/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 7:00-8:00 PM

TEEN GYM (AGE 11-18)

69/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



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

69/month

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

Tuesdays 10:00-10:50 AM
Thursdays 9:00-9:50 AM
Thursdays 5:10-6:00 PM
Saturdays 12:30-1:20 PM

NINJA BOYS (AGE 5-11)

69/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 3:30-4:20 PM
Thursdays 5:10-6:00 PM
Saturdays 12:30-1:20 PM

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

69/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 10:00-10:50 AM
Tuesdays 3:30-4:20 PM
Thursdays 9:00-9:50 AM

NINJA GIRLS (AGE 5-11)

69/month

Ninja Girls 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.

Tuesdays 3:30-4:20 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-69/month

Tuesdays 6:50-7:50 PM
Saturdays 1:30-2:30 PM

Advanced-72/month

Thursdays 7:20-8:35 PM
Fridays 6:00-7:15 PM

WANNA PLAY IN THE GYM?

POP PRESCHOOL OPEN PLAYTIME

- FRIDAYS 10:00-10:45
- LIMITED TO ONLY 15 CHILDREN A DAY
- \$10/CHILD (MUST HAVE ACTIVE HELPER)
- REGISTER ONLINE OR AT AGG!



School Year 23-24

Updated 11/15/23



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 as young as 12 months!

Come join our fun!