

How do I get started?



School Year schedule runs from August 31, 2020 to May 22, 2021. You may start at any time.

Open registration for the School Year can be done at the gym or online 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. Subsequent tuition payments will be paid 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 any time 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.

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. To schedule a makeup, please call us at 701-280-0400 or stop by the Front Desk.

There are no credits or refunds for missed classes.

Enrollment fee: We no longer charge an annual membership fee for classes. There is a \$10 fee with your initial enrollment.

To Un-Enroll: Simply provide your un-enroll date in writing by the 10th 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 our Customer Experience at 701-280-0400.



Parent & Tot Classes*

*Children attend along with an active helper.

***BABY TOTS (AGE 3 MO - WALKING)** **36/month**

Interactive class that introduces the foundations of movement through range of motion activities. Creative play, music, and exploration are included as well as a variety of sensory integration activities that enhance motor development. Bonus: social/emotion bonding with your little as well as connecting with other new parents!

Mondays 11:15-11:45 AM

Tuesdays 4:50-5:20 PM

Wednesdays 11:15-11:45 AM

Thursdays 6:40-7:10 PM

***MIGHTY TOTS (AGE WALKING - 24 MO)** **56/month**

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

Mondays 9:00-9:50 AM

Tuesdays 11:20-12:10 PM

Tuesdays 3:40-4:30 PM

Thursdays 11:10-12:00 PM

Saturdays 9:30-10:20 AM

***WONDER TOTS (AGE 24 MO - 3)** **56/month**

A class for fun and parent/child bonding. Quality time for both is the key. Class time is a good opportunity to develop physical awareness, work on coordination, balance and listening skills with movement exploration.

Tuesdays 9:00-9:50 AM

Tuesdays 5:30-6:20 PM

Thursdays 9:00-9:50 AM

Thursdays 5:30-6:20 PM

Saturdays 9:20-10:10 AM

Preschool Classes

TUMBLE TOT (AGE 3-4)

56/month

This class is designed for the girls and boys who are just beginning gymnastics. They will work on tumbling, trampoline, balance beam and bar skills to further develop fine and gross motor skills and dominant movement patterns. We will also emphasize pre-reading and pre-Kindergarten skills.

Mondays 9:00-9:50 AM

Mondays 10:10-11:00 AM

Mondays 4:30-5:20 PM

Mondays 5:35-6:25 PM

Tuesdays 6:40-7:30 PM

Wednesdays 9:00-9:50 AM

Wednesdays 10:10-11:00 AM

Wednesdays 5:35-6:25 PM

Thursdays 10:10-11:00 AM

Thursdays 4:30-5:20 PM

Thursdays 5:35-6:25 PM

Saturdays 10:35-11:25 AM

SUPER TOT (AGE 4-5)

56/month

As basic shapes are mastered, we can work on more complex skill sequencing and progressions. Learning these skills fosters greater self-esteem. Having healthy learning attitudes is key during formative preschool years. We will also emphasize pre-reading and pre-Kindergarten skills.

Mondays 10:10-11:00 AM

Mondays 1:00-1:50 PM

Mondays 6:40-7:30 PM

Tuesdays 9:00-9:50 AM

Tuesdays 5:35-6:25 PM

Wednesdays 4:30-5:20 PM

Wednesdays 6:40-7:30 PM

Thursdays 10:10-11:00 AM

Saturdays 11:40-12:30 PM

KINDERGYM (AGE 5-6)

58/month

In Kindergym, skills and gymnastics progressions will be taught for beginner through advanced students.

Mondays 5:30-6:30 PM

Tuesdays 10:10-11:10 AM

Tuesdays 6:35-7:35 PM

Wednesdays 2:00-3:00 PM

Wednesdays 4:15-5:15 PM

Saturdays 12:55-1:55 PM

School Age Classes

GYMNASTICS 1 (AGE 6-12)

58/month

Gym 1 classes are offered to children who are new to American Gold's program or who are working to pass G1 skills such as the Handstand, Cartwheel, and the Backward Roll

Mondays 3:00-4:00 PM

Tuesdays 12:30-1:30 PM

Tuesdays 4:15-5:15 PM

Wednesdays 3:00-4:00 PM

Wednesdays 5:30-6:30 PM

Thursdays 6:35-7:35 PM

Fridays 4:15-5:15 PM

Fridays 5:30-6:30 PM

Saturdays 11:40-12:40 PM

GYMNASTICS 2 (AGE 6-12)

58/month

Gym 2 classes specialize in intermediate skills in all areas. To enroll in G2, gymnasts must have passed all G1 skills such as the Handstand, Cartwheel, and Backward Roll.

Mondays 6:45-7:45 PM

Tuesdays 1:45-2:45 PM

Thursdays 4:15-5:15 PM

Saturdays 10:25-11:25 AM

GYMNASTICS 3 (AGE 6-15)

58/month

Gym 3 classes will focus on Flip Flop skills. To enroll in G3, gymnasts must have passed all G2 skills such as the Back Walkover and Running Round Off.

Mondays 4:15-5:15 PM

Wednesdays 7:50-8:50 PM

Thursdays 3:00-4:00 PM

Saturdays 10:25-11:25 AM

POWER GYM (AGE 6-18)

62/month

Power gym is an advanced class that will train you to be a better tumbler and all around gymnast. To enroll in Power gym, gymnasts must have passed all G3 skills.

Wednesdays 7:20-8:50 PM



LIL' NINJA BOYS (AGE 3-5)

60/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 10:10-11:00 AM

Wednesdays 6:45-7:35 PM

Thursdays 9:00-9:50 AM

Thursdays 12:40-1:30 PM

Saturdays 2:10-3:00 PM

NINJA BOYS (AGE 5-11)

60/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.

Mondays 8:00-8:50 PM

Tuesdays 10:10-11:00 AM

Tuesdays 3:00-3:50 PM

Wednesdays 6:45-7:35 PM

Saturdays 2:10-3:00 PM

LIL' NINJA GIRLS (AGE 3-5)

60/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 3:00-3:50 PM

NINJA GIRLS (AGE 5-11)

60/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.

Mondays 8:00-8:50 PM

Tuesdays 3:00-3:50 PM

Specialty Classes

TUMBLING AND MORE

(AGE 6-18)

58/month

For gymnasts who prefer to focus on tumbling and work on floor skills and flexibility. Starter class learns cartwheels, round offs, handstands, etc. Advanced class must have passed the round off.

Tuesdays 7:50-8:50 PM Starter

Tuesdays 7:50-8:50 PM Advanced

TUMBLING TEENS

(AGE 11-18)

60/month

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

Thursdays 7:45-9:00 PM

STRENGTH FOUNDATIONS

(AGE 5-18)

50/month

Rec- a supplemental class to develop strength, shapes, and gymnastics knowledge for those wishing to try out for AGG's Team Programs. Team-this is a great opportunity for athletes who want extra time in the gym.

Rec - Mondays 7:45-9:30 PM

Team - Fridays 3:15-4:00 PM

AMERICAN GOLD GYMNASTICS
2001 17TH AVENUE SOUTH
FARGO ND 58103
701-280-0400

NON-PROFIT ORG.
U.S.POSTAGE
PAID
FARGO, ND
PERMIT #1725

CURRENT RESIDENT OR



School Year 20-21



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 3 months!

Come join our fun!