

AMERICAN GOLD GYMNASTICS

**SUMMER 2026 - MONTHLY CLASSES:
JUNE 1-25, JULY 6-30**

How do I get started?



Summer schedule runs for 2 separate months: June 1-25 and July 6-30 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 7/6. We will continue July classes through 7/30 and 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 a makeup class 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. There are no credits or refunds for missed classes. *Students must be enrolled in a class to be able to schedule makeup 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.

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 (WHEN SITTING INDEPENDENTLY)

30 minute class \$30/month

Interactive class that introduces the foundations of movement through range of motion activities. Instructor led circle time followed by unstructured imaginative play with an active helper.

Tuesdays 12:30-1:00 PM



*MIGHTY TOTS (AGE 1)

45 minute class \$73/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 8:30-9:15 AM

Tuesdays 11:30-12:15 PM

Tuesdays 5:30-6:15 PM

Wednesdays 9:30-10:15 AM

Wednesdays 4:30-5:15 PM

Thursdays 10:30-11:15 AM

*WONDER TOTS (AGE 2)

45 minute class \$73/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 11:30-12:15 PM

Mondays 4:30-5:15 PM

Tuesdays 8:30-9:15 AM

Wednesdays 10:30-11:15 AM

Wednesdays 5:30-6:15 PM

Thursdays 9:30-10:15 AM

Thursdays 6:30-7:15 PM

Preschool Classes

Children attend independently.

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

45 minute class \$73/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 10:30-11:15 AM

Mondays 3:30-4:15 PM

Mondays 6:30-7:15 PM

Tuesdays 9:30-10:15 AM

Tuesdays 4:30-5:15 PM

Wednesdays 11:30-12:15 PM

Wednesdays 6:30-7:15 PM

Thursdays 8:30-9:15 AM

Thursdays 3:30-4:15 PM

Thursdays 5:30-6:15 PM



SUPER TOT (AGE 4)

50 minute class \$75/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 9:30-10:20 AM

Mondays 5:30-6:20 PM

Tuesdays 10:30-11:20 AM

Tuesdays 3:30-4:20 PM

Tuesdays 6:30-7:20 PM

Wednesdays 8:30-9:20 AM

Wednesdays 3:30-4:20 PM

Thursdays 11:30-12:20 PM

Thursdays 4:30-5:20 PM

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

50 minute class \$77/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 3:30-4:20 PM

Thursdays 9:00-9:50 AM

Thursdays 5:50-6:40 PM

NINJA (AGE 5-11) 50 minute class \$77/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

Thursdays 9:00-9:50 AM

Thursdays 5:50-6:40 PM

**NINJA
ZONE**



School Age Classes

KINDERGYM (AGE 5)

60 minute class \$77/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 9:00-10:00 AM
Mondays 5:50-6:50 PM
Tuesdays 11:20-12:20 PM
Tuesdays 4:30-5:30 PM
Wednesdays 10:10-11:10 AM
Wednesdays 5:50-6:50 PM
Thursdays 11:10-12:10 PM
Thursdays 3:30-4:30 PM

GYMNASTICS 1 (AGE 6-12)

60 minute class \$77/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 10:10-11:10 AM
Mondays 4:40-5:40 PM
Mondays 5:50-6:50 PM
Tuesdays 9:00-10:00 AM
Tuesdays 4:30-5:30 PM
Wednesdays 11:20-12:20 PM
Thursdays 11:10-12:10 PM
Thursdays 3:30-4:30 PM

GYMNASTICS 2 (AGE 6-12)

60 minute class \$77/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 11:20-12:20 PM
Mondays 4:40-5:40 PM
Tuesdays 9:00-10:00 AM
Tuesdays 5:40-6:40 PM
Wednesdays 12:30-1:30 PM
Wednesdays 3:30-4:30 PM
Thursdays 10:00-11:00 AM
Thursdays 4:40-5:40 PM

BOYS GYM (AGE 6-12)

60 minute class \$77/month

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

Tuesdays 4:30-5:30 PM
Thursdays 4:30-5:30 PM

TEEN GYM (AGE 11-18)

60 minute class \$77/month

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

Wednesdays 7:00-8:00 PM

Mobility is based on skill acquisition

GYMNASTICS 3 (AGE 6-15)

60 minute class \$77/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 12:30-1:30 PM
Mondays 3:30-4:30 PM
Mondays 7:00-8:00 PM
Tuesdays 10:10-11:10 AM
Tuesdays 5:40-6:40 PM
Wednesdays 9:00-10:00 AM
Wednesdays 4:40-5:40 PM
Thursdays 12:20-1:20 PM
Thursdays 4:40-5:40 PM

GYMNASTICS 4 (AGE 6-15)

60 minute class \$77/month

Gym 4 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 12:30-1:30 PM
Wednesdays 9:00-10:00 AM
Wednesdays 7:00-8:00 PM
Thursdays 12:20-1:20 PM

GYMNASTICS 5 (AGE 6-18)

60 minute class 2 times per week \$133/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 7:00-8:00 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 intermediate or be evaluated into this class.

Starter-60 minute class \$77/month

Tuesdays 12:30-1:30 PM
Wednesdays 1:40-2:40 PM
Thursdays 6:50-7:50 PM

Intermediate-60 minute class \$77/month

Tuesdays 12:30-1:30 PM
Wednesdays 1:40-2:40 PM

Advanced-75 minute class \$82/month

Tuesdays 6:50-8:05 PM



MORE THAN GYMNASTICS,



IT'S CONFIDENCE IN MOTION!

Summer 2026

Updated 3/31/26



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 soon as they can sit independently!

Come join our fun!