

American Gold Gymnastics Information Sheet!

What to Wear:



A leotard, one piece swim suit or T-shirt and shorts. No socks or tights as these get too slippery. No jewelry! Hair should be pulled back away from the face, but avoid bulky hair accessories which make rolling difficult. Shoes, coats and extra clothes should be left in the coatroom at the end of the hall. Encourage children to use the restroom before class. They are located on the left side of the hallway by the water fountain.

Weather Closings:



In case of inclement weather, AGG follows the Fargo Public Schools for closing. If schools close during the day, we will cancel all day and evening classes. If weather turns nasty after the school day, we will follow other local businesses. In either case, closings will be announced on local TV and radio stations. You may schedule a make up class for any weather-canceled class.

Drop Off and Pick Up:



Please wait with your child until their class has started and pick them up promptly when the class finishes. We run our classes back to back and are unable to watch the students between classes. Children left more than 15 minutes will be charged. Students should sit in the lobby or against the wall in the gym until they are asked to come to the floor by their coaches. **NO students are allowed on the equipment without a coach!**

Make Up Classes:



Make up classes are offered on Saturdays afternoons. If you must miss your regular class, you may call or stop at the front desk to schedule a make up class. **NO CREDITS or REFUNDS** for individual missed classes. If you will be absent for an extended period, please contact the front desk as soon as possible for more options. For faster progress, please try to avoid absences from your regular class.

Observing:



Only registered students are allowed in the gym for safety reasons. Parents and siblings may observe downstairs classes from the balcony or on the monitor for the upstairs classes. Parent Tot classes: children that are not enrolled cannot be on the equipment!

Parking:



Before 3:00 pm, please park in the Fargo Arena parking lot where it says, "Parking by permit only". Please pick up a free parking permit from the front desk. Cars parked in the fire lane in the Arena lot will be ticketed. After 3:00 pm you may park in the South High School lot.

Thank you for choosing American Gold! If you have any questions or concerns, please let us know and we will make every attempt to make your experience here a happy one!