



FARGO ALL STARS
RELENTLESS POSITIVITY

NEWSLETTER AUGUST '26



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SUMMER BIRTHDAY PARTY SPECIAL

Enjoy 2 hours of exclusive gym access packed with fun for all ages! Our standard party package includes inflatables, a ninja course, a 40-foot trampoline, two interactive floor projectors, a preschool play area for our youngest party goers, and supervising staff member to assist the host.

Parties accommodate up to 15 participants (add-ons available), and you're welcome to bring your own food, non-alcoholic beverages, and decorations.

Please note that party supplies are not provided.

Available on Saturdays, Sundays, and select Fridays.

SAVE \$100 ON PARTIES BETWEEN JUNE 19–AUGUST 30!



■ PARENTS NIGHT OUT (8/28)



REGISTER NOW

Let us take care of the kids while you take the night off! Drop off and pick up between 5–9 PM on Aug. 28th Enjoy our 40ft Trampoline, inflatables, ninja course, interactive floor projectors, themed craft and more. Remember to bring food and a water bottle to keep your energy up! Ages 4 and up, must be able to use the bathroom independently with no help. \$28/child

■ NOVICE CHEER



Join our half year cheer team! Learn a full routine and perform locally in uniform. You will have a blast being part of a team while learning to stunt, tumble, and dance.

- October 5th–April 12th
- Mondays 6–7 PM
- Tuition \$110 per month; Uniform \$175

Register under New Enrollment > Register > Novice Cheer 2026–2027

■ DANCE ACRO

FASG offers individualized Dance Acro classes and clinics to local dance studios! If you are a dancer with RRD, you can now register for your exclusive Dance Acro class by going to *New Enrollment > Register > Dance Acro > RRD Acro*. This class focuses on dance-specific acro skills, including aerials, walkovers, and flexibility training. Classes meet every Wednesday from 5–5:50 PM, and monthly tuition applies.

Interested in setting up a dance acro class or clinic for your studio? Please reach out to our customer service team for more information.

■ TEAM TUMBLING CLASSES UPDATE

To make scheduling easier for our staff and to give team families more class options, team tumbling classes have been streamlined with our recreational tumbling class offerings. If your athlete is currently enrolled in one of the team tumbling classes, they will be automatically transferred to a recreational tumbling class of the equivalent level. There will be *no changes to your athlete's coach assignment*.

Team athletes will continue to receive a \$20 tuition discount, matching the previous team tumbling rate. *Please note that this discount must be applied manually by our staff. If you are newly enrolling in a Recreational Tumbling class as a team athlete, please email our customer service team so we can apply the discount to your account.*

Follow Us on



@FargoAllStarsGym

■ CHOREOGRAPHY CAMP SCHEDULE

Elite Teams: August 3–5 (*Prep teams meet at their regular practice times*)

Artemis 2

August 3: 2:30–5:30 PM
August 4: 2:30–5:00 PM
August 5: 9:00 AM–12:30 PM
August 6: Normal Practice

Eclipse

August 3: 6:00–9:00 PM
August 4: 5:30–9:00 PM
August 5: 12:30–4:00 PM
August 6: Normal Practice

Midnight Sun

August 3: 10:00 AM–2:30 PM
August 4: 9:30 AM–2:00 PM
August 6: Normal Practice

Prep Teams: August 10–13 (*Elite teams meet at their regular practice times*)

Starlights

August 10: 1:30–3:30 PM
August 11: 10:00 AM–12:00 PM
August 12: 10:00 AM–12:00 PM
August 13: Normal Practice

Starstruck

August 10: 10:00 AM–1:00 PM
August 12: 12:00–2:00 PM
August 13: Normal Practice



■ MESSAGES FROM FASF

- COMMUNITY EVENT hosted by the FASF Foundation, in partnership with FASG
 - Tailgating Party on September 20th 11AM – 2PM
 - Bring Your Own Beverages/Tailgating Space and FASF will provide food with a free will donation to help support our scholarship program.
 - More details to come in the September Newsletter
- DINE TO DONATE - Thank you for supporting the scholarship fund by enjoying pizza from July's Dine to Donate at Blaze Pizza!
- Upcoming Fundraising Opportunities/Information
 - If you know of any places that we can look into for a gym fundraiser – please reach out to fargoallstarsfamily@outlook.com. We would really like to have a space to work shifts, for example in concessions, to raise funds for individual families that would like to sign up.
- Our Rhombus Guys/L & M Meat Sticks took in \$8,392.50 in funds that is going straight back towards our athlete's individual accounts to help with Season 6 tuition and fees! This is HUGE!!!
- The FASF Foundation is a separate nonprofit organization, independent of Fargo All Stars Gym. Led by a volunteer board of five parents, the Foundation raises funds for scholarships and provides fundraising opportunities to help reduce financial burdens for gym families.



ACTIVATE PHYSICAL THERAPY × FARGO ALL STARS

CHEER INJURY PREVENTION SCREEN



Free 30-minute one-on-one sessions with a Doctor of Physical Therapy

WEDNESDAY, AUGUST 19TH
12 – 4:00PM

Activate Physical Therapy & Wellness

5675 26th Ave S, Suite 152, Fargo, ND

WHAT WE'LL ASSESS



Flexibility & Mobility • Strength & Stability • Functional Movement Patterns
• Jumping & Landing Form • Ankle & Foot Mechanics

CLAIM YOUR SPOT BEFORE THE MAT GETS
CROWDED.

SIGN UP ON THE FULL OUT APP

★ WHETHER YOU HAVE A SPECIFIC INJURY CONCERN OR JUST LOOKING TO
MOVE AND TUMBLE STRONGER, YOU'LL LEAVE WITH A PERSONALIZED GAME
PLAN.



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