



## 2019 RECREATIONAL CLASS OFFERINGS

### **Tumbling Tots** (45 Min)

Parents will be on the mats with their child. Designed for children ages 4 and under.

### **Beginners** (60 Min)

For children ages 5 and up.

### **Home Schooled Tumble Time** (90 min)

For children ages 5 to 17. Students will work on conditioning, flexibility, strengthening exercises, tumbling and trampoline.

### **Back Handspring** (90 Min)

This class teaches students to become proficient in The back handspring – a must for intermediate / advance classes.

### **Intermediate / Advanced** (90 Min)

Students must be able to complete a round-off and 3 back handsprings before attending this class. This class works toward the competition end of tumbling and trampoline.

### **NEW: Beginner Trampoline** (60 min)

Learn to jump safely, efficiently, and BIG. This class is for no experience to "backyard trampoline" jumpers. Students will learn correct jumping technique, all the basic jumps, and safety falls that are the foundation for all the advanced skills. Students will also learn drills to start flipping forwards and backwards.

### **NEW: Advanced Trampoline** (90 min)

Must know Front and Back tuck on trampoline, as well as front and back drop. While building on the foundational skills, students will learn to jump higher to perform more advanced flips, as well as all positions of both front and back somi's. Correct technique is emphasized in this class to be able to combine skills and eventually add twists or double somi's.

### **Adult Tumble Class** (90 Min)

From the beginner to the advanced, this class is geared toward conditioning, strengthening and flexibility training in preparation for tumbling and trampoline. No previous experience necessary.

### **Private Lessons** *Class Length = varies*

Available for tumbling and cheerleading. Talk with an instructor to plan out the dates, times and payment.

Mr. Jon Williams and his personally trained staff, teach athletes of all ages, the skills and discipline to perform basic and advanced tumbling. Programs are offered to children as young as 2 years old through adults of any age. Regardless of the type of tumbling a child chooses to participate in, we provide a safe and positive experience. We believe all our tumblers should have the best coaches and equipment we can offer them. Our coaches work hard to present a positive role model that reflects the same commitment, achievement and self esteem they expect from their tumblers.

**All Classes held at Fon du Lac Park District's Gym Complex**

309 Springfield Rd., East Peoria (Turn at the Bradley A. Smith Park Sign)

# 2019 Recreational Class Sessions & Fees

## Session #2

Mon Mar 11 - Apr 22 (7-classes off 3/4)  
 Tues Mar 5 - Apr 23  
 Thur Mar 7 - Apr 25  
 Fri Mar 8 - Apr 26 (7-classes off 4/19)  
 Sat Mar 9 - Apr 27 (7-classes off 4/20)

## Session #3

Mon Apr 29 - Jun 10 (6-classes off 5/27 & 6/17)  
 Tues Apr 30 - Jun 11 (7-classes off 6/18)  
 Thur May 2 - Jun 13 (7-classes off 6/20)  
 Fri May 3 - Jun 14 (7-classes off 6/21)  
 Sat May 4 - Jun 15 (7-classes off 6/22)

## Session #4

Mon Jun 24 - Aug 12  
 Tues Jun 25 - Aug 13  
 Thur Jun 26 - Aug 14 (7-classes off 7/4)  
 Fri Jun 28 - Aug 16  
 Sat Jun 29 - Aug 17 (7-classes off 7/13)

## Session #5

Mon Aug 19 - Oct 7 (7-classes off 9/2)  
 Tues Aug 20 - Oct 8  
 Thur Aug 22 - Oct 10  
 Fri Aug 23 - Oct 11  
 Sat Aug 24 - Oct 12 (7-classes off 9/28)

## Session #6 (8-class session except Thur)

Mon Oct 14 - Dec 9 (off 11/25)  
 Tues Oct 15 - Dec 10 (off 11/26)  
 Thur Oct 17 - Dec 12 (7-classes off 10/31 & 11/28)  
 Fri Oct 18 - Dec 13 (off 11/29)  
 Sat Oct 19 - Dec 14 (off 11/30)

## OFFERING TWO SPRING BREAK CAMPS

March 26-28 (Tue - Thur) Deadline to register March 22<sup>nd</sup>

April 16-18 (Tue - Thur) Deadline to register April 12<sup>th</sup>

Time: 9:00am - 12:00pm

For: Ages 5 & up - Beginner - Advance Levels

Cost: \$100 for all 3 days / \$40 per day

Camp Size: Min 10 - Max 50

## SESSION #4 SUMMER SESSION

THE INSERT HAS ADDITIONAL MORNING CLASSES  
 THAT HAVE BEEN ADDED FOR THIS SESSION.

Classes	Times	8-Class Fees:		7-Class Fees:		6-Class Fees	
		Res	Non-Res	Res	Non-Res	Res	Non-Res
Tumbling Tots	45 min class	\$ 52.00	\$ 66.00	\$45.50	\$ 57.75	\$39.00	\$ 49.50
Beginners	60 min class	\$ 68.00	\$ 90.00	\$59.50	\$ 78.75	\$51.00	\$ 67.50
Adult Tumble Class	90 min class	\$104.00	\$134.00	\$91.00	\$117.25	\$78.00	\$100.50
Back Handspring	90 min class	\$104.00	\$134.00	\$91.00	\$117.25	\$78.00	\$100.50
Intermediate / Advanced	90 min class	\$104.00	\$134.00	\$91.00	\$117.25	\$78.00	\$100.50
Home Schooled	90 min class	\$104.00	\$134.00	\$91.00	\$117.25	\$78.00	\$100.50
Beginner Trampoline	60 min class	\$ 68.00	\$ 90.00	\$59.50	\$ 78.75	\$51.00	\$ 67.50
Advanced Trampoline	90 min class	\$104.00	\$134.00	\$91.00	\$117.25	\$78.00	\$100.50

Res = Resident of Fon du Lac Park District

## Direct Payment Plan Options (HCH)

### ADVANTAGES:

- Helps reduce up front out-of-pocket costs by spreading it out over weekly or monthly payments.
- Placement in the class is guaranteed for consecutive sessions.

### REQUIREMENTS:

Requirement – Register for at least two consecutive sessions to be eligible. All sessions signed up for will be divided equally into monthly or weekly payments.

### GET STARTED:

Come down to the Fon du Lac Park District Administration Center located at 201 Veterans Drive, East Peoria and fill out the required paperwork.

## For Checking or Savings Account

Will need the following information:

Bank Name ♦ Routing Number ♦ Account Number  
 No Processing Fee – can set up for weekly or monthly payments

## For Credit Cards

Will need the following information:

Card Number ♦ Expiration Date ♦ 3 Digit V-Code ♦ Billing Zip Code  
 Visa - MasterCard - Discover  
 \$1.50 Processing Fee per transaction – only monthly payments

### IMPORTANT:

To continue the Direct Payment Plan for Tumbling you will need to call us or email at least 14 days prior to the next set of two consecutive sessions you are wanting.

(309) 699-3923 ♦ [ginny@fondulacpark.com](mailto:ginny@fondulacpark.com)

## 2019 RECREATIONAL CLASSES OFFERED SESSION

<b>Tumbling Tots</b>	<b>45 minute class</b>
<b>Parents will be with their child at all times. Designed for children ages 4 and under.</b>	
Mondays	10:00-10:45am
Thursdays	4:00-4:45pm
Fridays	10:30-11:15am
Saturdays	12:00-12:45pm
<b>Beginner Tumbling</b>	<b>60 minute class</b>
<b>For children ages 5 and up.</b>	
Mondays	5:30-6:30pm & 6:30-7:30pm
Tuesdays	4:30-5:30pm & 5:30-6:30pm
Thursdays <b>also includes "Little Muscles" – boys exclusive</b>	5:30-6:30pm & 6:30-7:30pm
Saturdays	9:30-10:30am & 12:30-1:30pm
<b>Back Handspring</b>	<b>90 minute class</b>
<b>This class teaches students to become proficient in the back handspring – a must for intermediate / advance classes.</b>	
Tuesdays	6:30-8:00pm
Thursdays	4:00-5:30pm
Saturdays	8:00-9:30am
<b>Intermediate / Advanced Tumbling</b>	<b>90 minute class</b>
<b>Students must be able to complete a round-off and 3 back handsprings before attending this class. This class works toward the competition end of tumbling.</b>	
Mondays	4:00-5:30pm
Tuesdays	4:00-5:30pm
Thursdays	4:00-5:30pm
Saturdays	10:30-12:00pm
<b>Adult Tumble Class</b>	<b>90 minute class</b>
<b>This class is geared toward adults that want to work on conditioning, strengthening and flexibility in preparation for tumbling and trampoline. No prior tumbling experience necessary.</b>	
Thursdays	7:30-9:00pm
Fridays	6:00-7:30pm
<b>Home Schooled Tumble Time</b>	<b>90 minute class</b>
<b>For children ages 5 to 17. Students will work on conditioning, strengthening exercises, and tumbling. Offered year-round.</b>	
Fridays	9:00-10:30am
<b>Beginner Trampoline – Starting Session #3</b>	<b>60 minute class</b>
<b>This class is for no experience to "backyard trampoline" jumpers. Learn correct jumping technique, all the basic jumps, and safety falls that are the foundation for all the advanced skills.</b>	
Tuesdays	4:00-5:00pm
<b>Advanced Trampoline – Starting Session #3</b>	<b>90 minute class</b>
<b>While building on the foundational skills, students will learn to jump higher to perform more advanced flips, as well as all positions of both front and back somi's.</b>	
Mondays	4:00-5:30pm

# Jon Williams Tumbling Program

## *Fon du Lac Park District's Policies and Procedures*

### **Class Fees & Payment:**

All class fees are based on 8-class sessions. All payments are due prior to the first class of each session. **Class payments received after the 2<sup>nd</sup> class of the session will be assessed a \$10 late fee.** Class attendance will be taken by Jon or another instructor. Pro-rating of a class is only done for new students if registering after the session has begun. **Class sizes are limited so advance registration for multiple sessions is highly recommended to keep the day and time you require.** See page 2 regarding **Direct Payment Plan** options.

### **Multi-Class Discounts: ( 10% off )**

This discount is applicable when a student is enrolled in multiple classes for the same session. The first class must be paid at full rate each session before additional classes are discounted. You will need to register in person or by phone to receive the 10% off. **Note:** *There is no discounts for multi-classes in tumbling tots.*

### **Multi-Student Discounts: ( 10% off )**

This discount is applicable when additional members of the household are enrolled for the same session (does not have to be the same class or day of the week). The first student must be paid at full rate each session before discount can be applied. You will need to register in person or by phone to receive the 10% off. Online registration only will give discounts if the children are in the same tumbling class and time. **NOTE:** *There are no discounts for multiple students in tumbling tots.*

### **3 Ways to Register for Tumbling:**

**All registration must go through the Park District. Do not give payments to tumbling instructors.**

- ◆ In person at the Fon du Lac Park District Administration Center (201 Veterans Drive, East Peoria)
- ◆ By phone at 309-699-3923 with credit card
- ◆ Online at [www.fondulacpark.com](http://www.fondulacpark.com)

### **Class Cancellations – Credits – Refunds:**

In the event a class is cancelled due to inclement weather, the Park District will post it on our Facebook page. In addition, the Park District will put information on the local news channel websites under “Closings”.

A credit will be issued to your account for the cancelled class. Due to the limited space in our classes the cancelled class will not be made up. If your child will not be attending future classes a refund will be issued.

### **Missed Classes:**

If your child misses a class due to illness, injury or other reason, the class can be made up in another class during the same session. Procedure – IMPORTANT: Due to the limited space in classes you must call the Park District (309-699-3923) and let us know your child needs to make up a class. The Park District will direct you to the date(s) and time(s) that are available and will add your child to the roster for the day you choose.

### **Appropriate Apparel:**

Females – leotards, shorts, tight shirts. Males – tank tops or tight shirts and shorts.

### **Waiver:**

A tumbling waiver must be signed for all new students and renewed on a yearly basis. The waiver is available at the Tumbling Building, the Park District website or at the Administration Center.

### **Contacts:**

Jon Williams: [jonwilliams226@gmail.com](mailto:jonwilliams226@gmail.com)

Fon du Lac Park District: 309-699-3923 | [info@fondulacpark.com](mailto:info@fondulacpark.com) | [www.fondulacpark.com](http://www.fondulacpark.com)