

2020 Recreational Fall Classes

Tumbling Tots***	45 minute class
***Only one Parent/Guardian will be allowed with their child at all times. Designed for children up to 3 years of age.	
Mondays	10:00-10:45am
Thursdays	4:00-4:45pm
Fridays	10:30-11:15am
Saturdays	12:00-12:45pm
Mr. Jon's Wigglers (Pre-School ages 3 & 4)	60 minute class
For ages 3 and 4. This class is for kids who don't look for mom or dad and work on being independent tumblers while being taught by the instructor.	
Mondays	11:00-12:00pm
Fridays	11:30-12:30pm
Saturdays	11:00-12:00pm
Beginner Tumbling	60 minute class
For children ages 5 and up. Conditioning begins this class then instruction on tumbling, trampoline and double mini trampoline.	
Mondays	5:00-6:00pm / 5:45-6:45pm
Tuesdays	4:30-5:30pm / 5:45-6:45pm
Thursdays "Little Muscles" – boys exclusive	5:30-6:30pm
Thursdays	6:30-7:30pm
Saturdays	9:45-10:45am
Back Handspring	90 minute class
This class teaches students to become proficient in the back handspring – a must for intermediate / advance classes.	
Tuesdays	6:30-8:00pm
Thursdays	4:00-5:30pm
Saturdays	8:00-9:30am
Intermediate / Advanced Tumbling	90 minute class
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.	
Mondays	4:00-5:30pm
Tuesdays	4:00-5:30pm
Saturdays	11:00-12:30pm
Adult Tumble Class	90 minute class
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.	
Thursdays	7:00-8:30pm
Home Schooled Tumble Time	90 minute class
For children ages 5 to 12. Students will work on conditioning, strengthening exercises, and tumbling.	
Fridays	9:00 - 10:30am

2020 Rec Fall Class Sessions & Fees

FALL SESSION #1

4-CLASS SESSION

Mon, August 17 - September 7 (3-classes off 9/7)

Tue, August 18 - September 8

Thu, August 20 - September 10

Fri, August 21 - September 11

Sat, August 22 - September 12

FALL SESSION #2

4-CLASS SESSION

Mon, September 14 - October 5

Tue, September 15 - October 6

Thu, September 17 - October 8

Fri, September 18 - October 9

Sat, September 19 - October 10 (3-classes off 9/26)

Classes	Times	4-Class Fees:		3-Class Fees:	
		Res	Non-Res	Res	Non-Res
Tumbling Tots	45 min class	\$29.00	\$36.00	\$21.75	\$27.00
Jon's Wigglers	60 min class	\$37.00	\$48.00	\$27.75	\$36.00
Beginners	60 min class	\$37.00	\$48.00	\$27.75	\$36.00
Adult Tumble Class	90 min class	\$56.00	\$71.00	\$42.00	\$53.25
Back Handspring	90 min class	\$56.00	\$71.00	\$42.00	\$53.25
Intermediate / Advanced	90 min class	\$56.00	\$71.00	\$42.00	\$53.25
Home Schooled	90 min class	\$56.00	\$71.00	\$42.00	\$53.25

Res = Resident of Fon du Lac Park District

IMPORTANT CLASS – REOPENING THE GYM

All athletes will be temperature tested as they enter and must sanitize their hands. The lobby is closed to parents/spectators. Please have your child bring a water bottle to class. The drinking fountain is turned off except for the bottle filler. ***Please note for Tumbling Tots: Only one parent or guardian allowed in building per child signed up for tumbling tots class.

TUMBLING – TRAMPOLINE – DOUBLE MINI



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)