

# 2021 Recreational Classes

<b>Tumbling Tots***</b>	<b>45 minute class</b>
<b>***Only one Parent/Guardian will be allowed with their child at all times. Designed for children up to 3 years of age.</b>	
Mondays	10:00-10:45am
Thursdays	4:00-4:45pm
Fridays	10:30-11:15am
<b>Saturdays ***NEW TIME***</b>	<b>11:30-12:15pm</b>
<b>Mr. Jon's Wigglers (Pre-School ages 3 &amp; 4)</b>	<b>60 minute class</b>
<b>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.</b>	
Mondays	11:00-12:00pm
Fridays	11:30-12:30pm
<b>Saturdays ***NEW TIME***</b>	<b>12:30-1:30pm</b>
<b>Beginner Tumbling</b>	<b>60 minute class</b>
<b>For children ages 5 and up. Conditioning begins this class then instruction on tumbling, trampoline and double mini trampoline.</b>	
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
<b>Saturdays ***NEW TIME***</b>	<b>9:30-10:30am</b>
<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
<b>Saturdays ***NEW TIME***</b>	<b>10:30-12:00pm</b>
<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	7:00-8:30pm
<b>Home Schooled Tumble Time</b>	<b>90 minute class</b>
<b>For children ages 5 to 12. Students will work on conditioning, strengthening exercises, and tumbling.</b>	
Fridays	9:00 - 10:30am

# 2021 Recreational Class Sessions & Fees

## WINTER SESSION #2

\*\*Registration begins December 7<sup>th</sup>\*\*

### 4-CLASS SESSION

Mon, Feb 1 - Feb 22  
 Tue, Feb 2 - Feb 23  
 Thu, Feb 4 - Feb 25  
 Fri, Feb 5 - Feb 26  
 Sat, Feb 6 - Feb 27

## SPRING SESSION #1

\*\*Registration begins February 16<sup>th</sup>\*\*

### 4-CLASS SESSION

Mon, Mar 1 - Mar 22  
 Tue, Mar 2 - Mar 23  
 Thu, Mar 4 - Mar 25  
 Fri, Mar 5 - Mar 26  
 Sat, Mar 6 - Mar 27

## SPRING SESSION #2

\*\*Registration begins February 16<sup>th</sup>\*\*

### 4-CLASS SESSION

Mon, Mar 29 - Apr 19  
 Tue, Mar 30 - Apr 20  
 Thu, Apr 1 - Apr 22  
 Fri, Apr 2 - Apr 23 (3-classes off 4/2)  
 Sat, Apr 3 - Apr 24 (2-classes off 4/3 & 4/10)

Classes	Times	4-Class Fees:		3-Class Fees:		2-Class Fees:	
		Res	Non-Res	Res	Non-Res	Res	Non-Res
Tumbling Tots	45 min class	\$32.00	\$39.00	\$24.00	\$29.25	\$16.00	\$19.50
Jon's Wigglers	60 min class	\$40.00	\$51.00	\$30.00	\$38.25	\$20.00	\$25.50
Beginners	60 min class	\$40.00	\$51.00	\$30.00	\$38.25	\$20.00	\$25.50
Adult Tumble Class	90 min class	\$59.00	\$74.00	\$44.25	\$55.50	\$29.50	\$37.00
Back Handspring	90 min class	\$59.00	\$74.00	\$44.25	\$55.50	\$29.50	\$37.00
Intermediate / Advanced	90 min class	\$59.00	\$74.00	\$44.25	\$55.50	\$29.50	\$37.00
Home Schooled	90 min class	\$59.00	\$74.00	\$44.25	\$55.50	\$29.50	\$37.00

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)