



2022 RECREATIONAL CLASS OFFERINGS

Tumbling Tots (45 Min)

Parents will be on the mats with their child. Designed for children up to 4 years of age.

Mr. Jon's Wigglers (60 Min)

This one hour preschool class is for little ones who can't get enough of upside-down time! For ages 3 and 4 this class is for kids who don't look for mom or dad and work on being independent while being taught by the instructor. Basics of tumbling and trampoline will be introduced with a focus on safety and FUN!

Beginners (60 Min)

For children ages 5 and up. Conditioning begins this class then instruction on tumbling, trampoline and double mini trampoline.

Home Schooled Tumble Time (60 min)

For children ages 5 to 12. Students will work on conditioning, flexibility, strengthening exercises, tumbling and trampoline.

Back Handspring (90 Min)

Students must be able to complete a backbend, backbend kick over and front limber, all performed on the floor. This class teaches students to become proficient in the back handspring – a must for intermediate / advanced 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.

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 18 month 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)

2022 Recreational Class Sessions & Fees

Winter Session

Mon, Jan 3 - Feb 21

Tue, Jan 4 - Feb 22

Thu, Jan 6 - Feb 24

Fri, Jan 7 - Feb 25

Sat, Jan 8 - Feb 26 (7-classes off 1/15/22)

Spring Session #1 - Registration begins 1/31/22

Mon, Feb 28 - Apr 18

Tue, Mar 1 - Apr 19

Thu, Mar 3 - Apr 21

Fri, Mar 4 - Apr 22 (7-classes off 4/15)

Sat, F Mar 5 - Apr 23 (6-classes off 3/26 & 4/16)

NEW! TUMBLING WATCH WEEKS

ON THE 4TH & LAST WEEK OF EVERY SESSION WILL BE A WATCH WEEK WHERE PARENTS CAN COME INTO THE LOBBY AND OBSERVE THEIR CHILD'S/CHILDREN'S CLASS. EXCEPTION: IF THE 4TH CLASS FALLS ON A DAY OFF, THE WATCH DAY WILL BE HELD THE FOLLOWING WEEK. IF THE LAST CLASS FALLS ON A DAY OFF, THE WATCH DAY WILL BE HELD THE WEEK BEFORE.

| 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 | \$ 78.00 | \$ 94.00 | \$ 68.25 | \$ 82.25 | \$ 58.50 | \$ 70.50 |
| Jon's Wiggles | 60 min class | \$ 96.00 | \$122.00 | \$ 84.00 | \$106.75 | \$ 72.00 | \$ 91.50 |
| Beginners | 60 min class | \$ 96.00 | \$122.00 | \$ 84.00 | \$106.75 | \$ 72.00 | \$ 91.50 |
| Home Schooled | 60 min class | \$ 96.00 | \$122.00 | \$ 84.00 | \$106.75 | \$ 72.00 | \$ 91.50 |
| Back Handspring | 90 min class | \$142.00 | \$178.00 | \$124.25 | \$155.75 | \$106.50 | \$133.50 |
| Intermediate / Advanced | 90 min class | \$142.00 | \$178.00 | \$124.25 | \$155.75 | \$106.50 | \$133.50 |
| Adult Tumble Class | 90 min class | \$142.00 | \$178.00 | \$124.25 | \$155.75 | \$106.50 | \$133.50 |

Res = Resident of Fon du Lac Park District **Please note all classes are 8 week classes unless otherwise marked

Direct Payment Plan Options (ACH)

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

2022 RECREATIONAL CLASSES

| | |
|--|--|
| Tumbling Tots*** | 45 minute class |
| Parents will be with their child at all times. Designed for children ages 3 and under. | |
| Mondays | 10:00-10:45am |
| Thursdays | 4:00-4:45pm |
| Fridays | 10:30-11:15am |
| Saturdays | 9:45-10:30am / 11:30-12:15pm |
| 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 |
| Thursdays | 3:00-4:00pm / 4:45-5:45pm |
| Fridays | 11:30-12:30pm |
| Saturdays | 10:30-11:30am / 12:30-1:30pm |
| 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 / 6:30-7:30pm |
| Thursdays | 5:30-6:30pm / 6:30-7:30pm |
| Saturdays | 8:45-9:45am / 9:30-10:30am |
| Back Handspring | 90 minute class |
| Students must be able to complete a backbend, backbend kick over and front limber, all performed on the floor. This class teaches students to become proficient in the back handspring – a must for intermediate / advance classes. | |
| Mondays | 4:00-5:30pm |
| 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 | 10:30-12:00pm |
| 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 | 60 minute class *CLASS LENGTH CHANGED |
| For children ages 5 to 12. Students will work on conditioning, strengthening exercises, and tumbling. | |
| Mondays | 8:30 - 9:30am *CLASS LENGTH CHANGED |
| Fridays | 9:00 - 10:00am *CLASS LENGTH CHANGED |

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 2nd 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 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.

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.

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

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 and tight shirts. Males – tank tops or tight shirts and shorts. Everyone needs to bring clean socks or trampoline shoes.

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.

COVID-19:

If you, your athlete or your immediate family is experiencing COVID-19 symptoms, please do not send your athlete to the gym. Call in to request a credit for the class that will be missed.

Contacts:

Jon Williams: jonwilliams226@gmail.com

Fon du Lac Park District: 309-699-3923 | info@fondulacpark.com | www.fondulacpark.com