



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 crawling 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.

Jon Williams Tumbling Classes are held at the following locations:

Fon du Lac Park District's Gym Complex (Ages 5+)

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

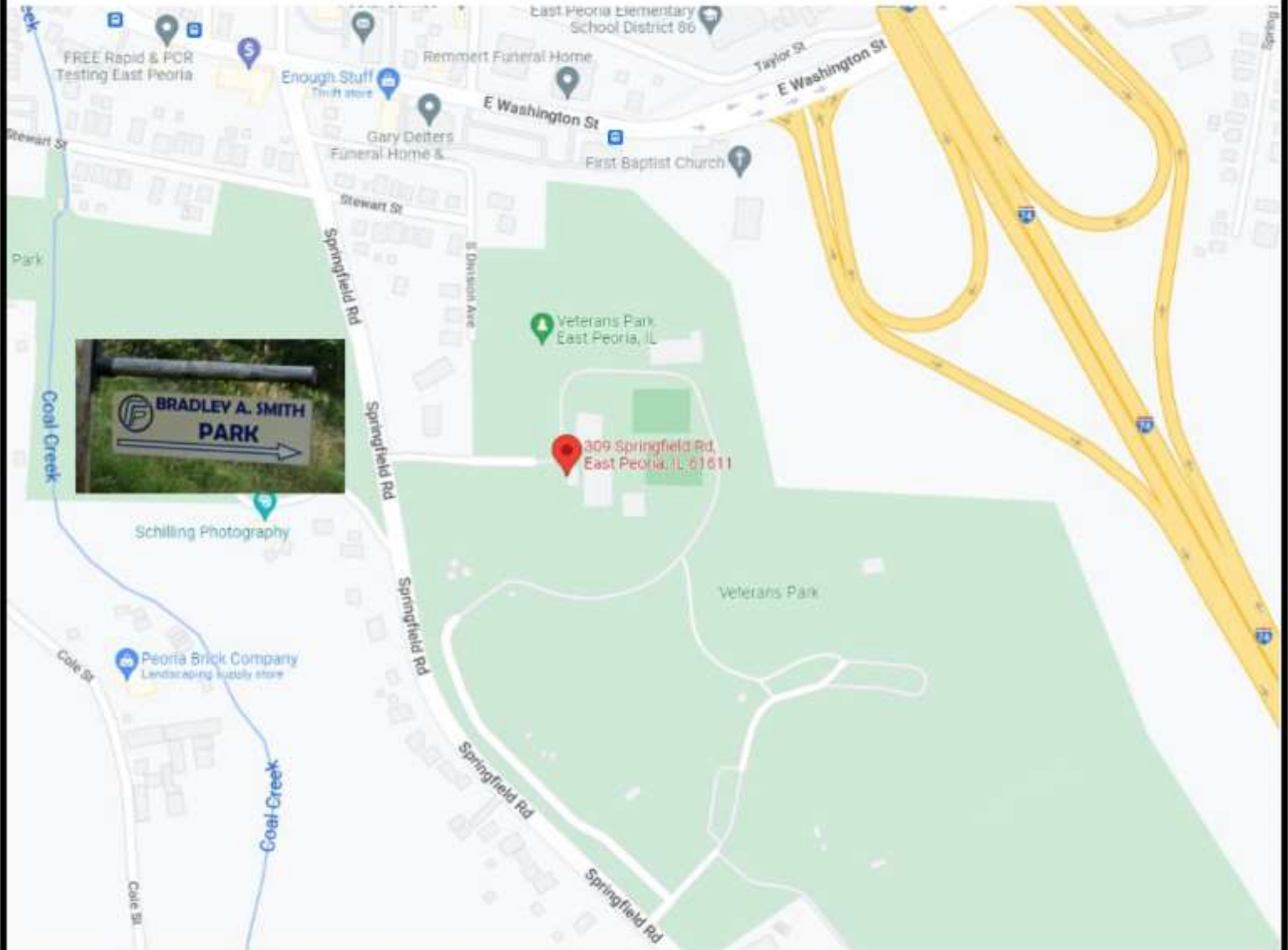
Jon Williams Tumbling Academy (Ages 0-8)

350 Cimmeron Dr., East Peoria
Off of Pinecrest Dr, Exit 98 off of 74

Fon du Lac Park District's Gym Complex

Jon Williams Tumbling

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



2022 Recreational Class Sessions & Fees

Fall Session #1 - Registration begins 7/18/22

Mon, Aug 22 - Oct 10 (7-classes off 9/5)

Tue, Aug 23 - Oct 11

Wed, Aug 24 - Oct 12

Thu, Aug 25 - Oct 13

Fri, Aug 26 - Oct 14

Sat, Aug 27 - Oct 15 (6-classes off 9/3 & 9/24)

Fall Session #2 - Registration begins 7/18/22

Mon, Oct 17 - Dec 12 (7-classes off 10/31 & 11/21)

Tue, Oct 18 - Dec 13 (8-classes off 11/22)

Wed, Oct 19 - Dec 14 (8-classes off 11/23)

Thu, Oct 20 - Dec 15 (8-classes off 11/24)

Fri, Oct 21 - Dec 16 (8-classes off 11/25)

Sat, Oct 22 - Dec 17 (8-classes off 11/26)

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 Wigglers	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

PLEASE NOTE: There are NO tumbling classes the week of August 15 - 20, due to a weeklong break between Summer and Fall Session 1. All Friday morning Summer classes held at Springfield Rd. location will return back to Saturdays.

TUMBLING CLASSES ARE NOW BEING OFFERED AT TWO LOCATIONS.

Jon Williams Tumbling is held at Fon du Lac Park District's Gym Complex, located at 309 Springfield Rd., East Peoria. It is designated for ages 5 through Adults.

Jon Williams Tumbling Academy is located at 4200 E Washington St, Suite A, East Peoria. It is specialized for children up to age 8. All Tots and Wigglers classes are now held at the Academy.

TUMBLING WATCH WEEKS

Parents can come into the lobby and observe their Child's/Children's classes the 4th & last week of every session during watch week. 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.

2022 RECREATIONAL CLASSES

CLASSES BELOW ARE HELD AT OUR CURRENT TUMBLING BUILDING LOCATED AT 309 SPRINGFIELD RD., EAST PEORIA (TURN AT THE BRADLEY A. SMITH PARK SIGN)

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 - Springfield Rd
Mondays	5:45-6:45pm - Springfield Rd
Tuesdays	4:30-5:30pm - Springfield Rd
Tuesdays	5:45-6:45pm - Springfield Rd
Thursdays "Little Muscles" – Boys exclusive	5:30-6:30pm - Springfield Rd
Thursdays "Little Muscles" – Boys exclusive	6:30-7:30pm - Springfield Rd
Thursdays – Girls exclusive	5:30-6:30pm - Springfield Rd
Thursdays – Girls exclusive	6:30-7:30pm - Springfield Rd
Saturdays	9:30-10:30am - Springfield Rd
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 - Springfield Rd
Tuesdays	6:30-8:00pm - Springfield Rd
Thursdays	4:00-5:30pm - Springfield Rd
Saturdays	8:00-9:30am - Springfield Rd
Saturdays	12:00-1:30pm - Springfield Rd
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 - Springfield Rd
Tuesdays	4:00-5:30pm - Springfield Rd
Saturdays	10:30-12:00pm - Springfield Rd
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 - Springfield Rd
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 - Springfield Rd
Fridays	9:00 - 10:00am - Springfield Rd

2022 RECREATIONAL CLASSES

NEW LOCATION!

**JON WILLIAMS TUMBLING ACADEMY
LOCATED AT SYNERGY HEALTHCARE & SPORTS FACILITY
350 CIMMERON DR, EAST PEORIA
(OFF OF PINECREST DR, EXIT 98 ON 74)**

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 - Cimmeron Dr
Mondays	4:00-4:45pm - Cimmeron Dr
Tuesdays	4:00-4:45pm - Cimmeron Dr
Wednesdays	5:00-5:45pm - Cimmeron Dr
Thursdays	4:00-4:45pm - Cimmeron Dr
Fridays	10:30-11:15am - Cimmeron Dr
Saturdays	9:45-10:30am - Cimmeron Dr
Saturdays	11:30-12:15pm - Cimmeron Dr
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 - Cimmeron Dr
Mondays	5:00-6:00pm - Cimmeron Dr
Tuesdays	5:00-6:00pm - Cimmeron Dr
Tuesdays	6:00-7:00pm - Cimmeron Dr
Thursdays	3:00-4:00pm - Cimmeron Dr
Thursdays "Mini Muscles" – boys exclusive	5:00-6:00pm - Cimmeron Dr
Thursdays – Girls exclusive	5:00-6:00pm - Cimmeron Dr
Fridays	11:30-12:30pm - Cimmeron Dr
Saturdays	10:30-11:30am - Cimmeron Dr
Saturdays	12:30-1:30pm - Cimmeron Dr
Beginner Tumbling	60 minute class
For children ages 5 - 8. Conditioning begins this class then instruction on tumbling, trampoline and double mini trampoline.	
Mondays	6:00-7:00pm - Cimmeron Dr
Mondays	7:00-8:00pm - Cimmeron Dr
Tuesdays	7:00-8:00pm - Cimmeron Dr
Wednesdays	4:00-5:00pm - Cimmeron Dr
Thursdays	6:00-7:00pm - Cimmeron Dr
Saturdays	8:45-9:45am - Cimmeron Dr



**Fon du Lac Park District's Gym Complex
309 Springfield Road, East Peoria, IL 61611
Turn at the Bradley A. Smith Park Sign**

Tumbling/Trampoline Equipment:

- 1 Competition length ROSS Rod Floor with 20' competition landing mats
- 1 Competition length ROSS International Rod Floor with 20' competition landing mats
- 100' Extreme Tumb Trak with 20' of landing mats
- 1 Euro Ultimate Double Mini Trampoline with 20' competition landing mats
- 1 Euro Ultimate Double Mini Trampoline that dismounts into loose foam pit
- 4 above ground Euro Ultimate Trampolines with end decks and platform surround
- 2 in-ground Euro Ultimate Trampoline - dismounts into loose foam pit
- 27' x 25' Loose Foam Pit
- Competition length ROSS Rod Floor dismounts into loose foam pit
- 30' ExtremeTumb Trak that dismounts into loose foam pit

Facility Offers:

- Additional two Competition Spring Cheer Floors in an attached building
- Two lobbies with WiFi – Tumbling lobby has large viewing windows
- Security Camera System both inside and outside the facility
- Storm Shelter in adjacent Fon du Lac Park Police Building
- 26' foot ceiling height
- Temperature controlled environment

NEW LOCATION!

**JON WILLIAMS TUMBLING ACADEMY
LOCATED AT SYNERGY HEALTHCARE & SPORTS FACILITY
350 CIMMERON DR, EAST PEORIA
(OFF OF PINECREST DR EXIT ON 74)**



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.**

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 us when you are better to schedule a make-up class within the current session.

Contacts:

Jon Williams: jonwilliams226@gmail.com

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