



2024 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 (60/90 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)

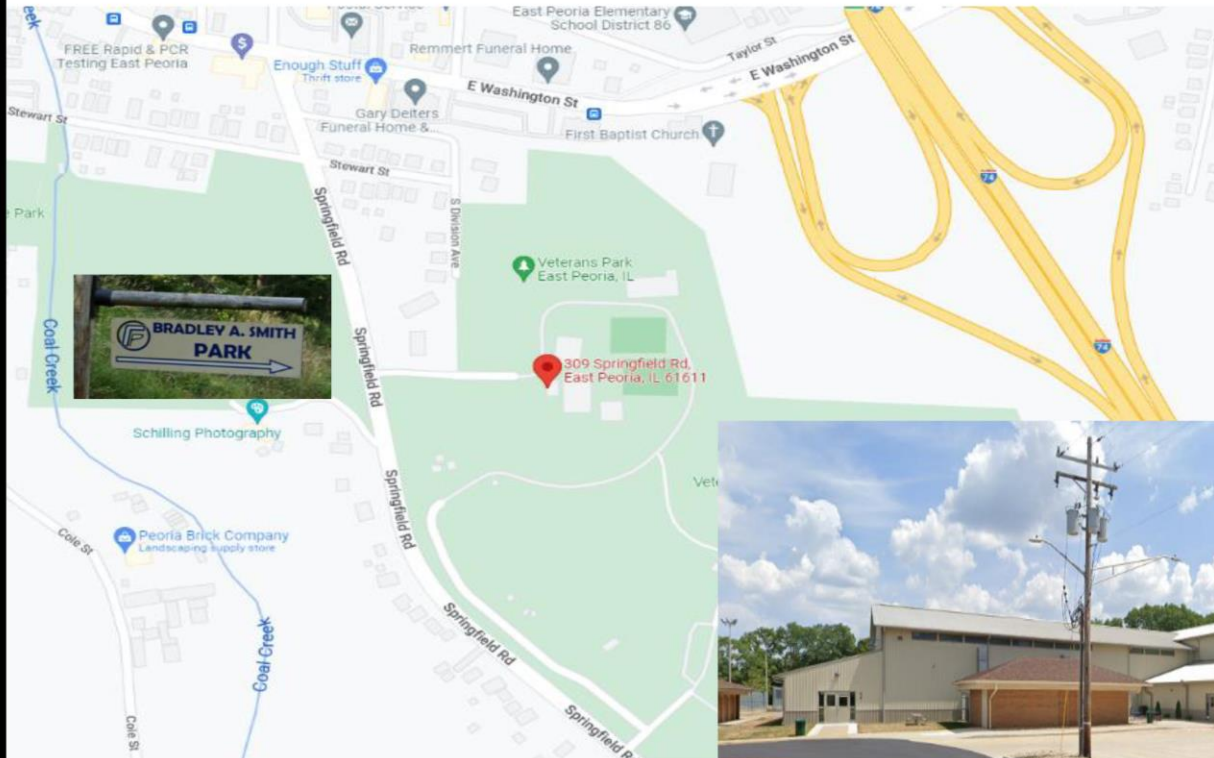
Jon Williams Tumbling Academy (Ages 0-8)

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

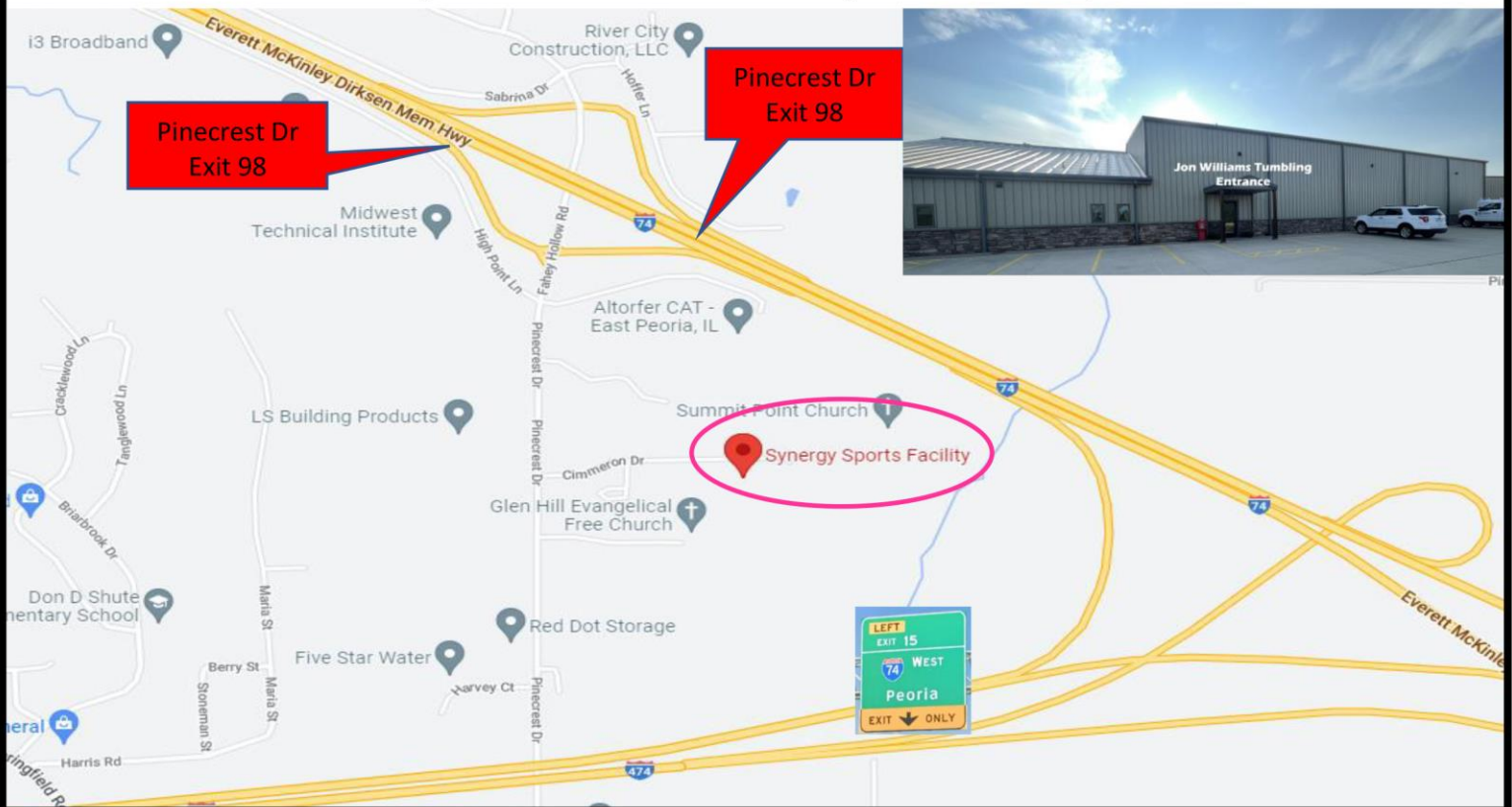
(Turn at the Bradley A. Smith Park Sign)



Jon Williams Tumbling Academy

350 Cimmeron Dr., East Peoria

(Off of Pinecrest Dr., Exit on 74)



2024 Recreational Class Sessions & Fees

Winter Session – 2024 – Registration begins 12/11/23

Mon, January 8 – February 19 (7-classes off 1/1/24)

Tue, January 2 – February 20

Wed, January 3 – February 21

Thu, January 4 – February 22

Fri, January 5 – February 23

Sat, January 6 – February 24 (Springfield Rd only 6-classes off 1/13 & 1/27)

Spring Session #1 – Current Winter Session Students

Registration begins 1/22/24, General Public opens 2/12/24

Mon, February 26 – April 15

Tue, February 27 – April 16

Wed, February 28 – April 17

Thu, February 29 – April 18

Fri, March 1 – April 19 (7-classes off 3/29/24)

Sat, March 2 – April 20 (7-classes off 3/30/24)

Spring Session #2 - Current Spring Session#1 Students

Registration begins 3/18/24, General Public opens 4/8/24

Mon, April 22 – June 10 (7-classes off 5/27/24)

Tue, April 23 – June 11

Wed, April 24 – June 12

Thu, April 25 – June 13

Fri, April 26 – June 14

Sat, April 27 – June 15 (7-classes off 5/25/24)

IMPORTANT PLEASE TAKE NOTE FOR 2024 CLASSES - NEW WAY TO REGISTER FOR CLASSES.

We have partnered with DaySmart Recreation to offer a more user-friendly experience.

Go to <https://apps.daysmartrecreation.com/dash/x/#/online/fondulac/login> OR download the mobile app from the Google Play Store or App Store by entering Member Daysmart Recreation. Once downloaded select Fon du Lac Park District and use your email address that we have currently on file.

Most accounts have been transferred from RecPro and you should be able to use your email address on file to reset your password. If it says you have a duplicate account, please call the Administration Office at 309-699-3923. If it says you do not have an account, please set up your account now.

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

TUMBLING CLASSES ARE 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 350 Cimmeron Dr, East Peoria. It is specialized for children up to age 8. All Tots and Wigglers classes are now held at the Academy.

2024 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 – 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
Thursdays		6:30-8:00pm - 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		10:30am-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		90-minute classes
For children ages 5 to 12. Students will work on conditioning, strengthening exercises, and tumbling.		
Fridays		8:30-10:00am - Springfield Rd

2024 RECREATIONAL CLASSES

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		10:15-11:00am - Cimmeron Dr
Thursdays		4:00-4:45pm - Cimmeron Dr
Fridays		10:45-11:30am - Cimmeron Dr
Saturdays		9:45-10:30am - Cimmeron Dr
Saturdays		11:30am-12:15pm - Cimmeron Dr
Mr. Jon's Wiggles (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		11:00am-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		11:00am-12:00pm - 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		11:30am-12:30pm - Cimmeron Dr
Saturdays		10:30-11:30am - 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
Wednesdays "Little Muscles" – Boys exclusive		5:45-6:45pm - Cimmeron Dr
Thursdays		6:00-7:00pm - Cimmeron Dr
Fridays		12:30-1:30pm - Cimmeron Dr
Saturdays		8:45-9:45am - Cimmeron Dr



JON WILLIAMS TRAMPOLINE/TUMBLING



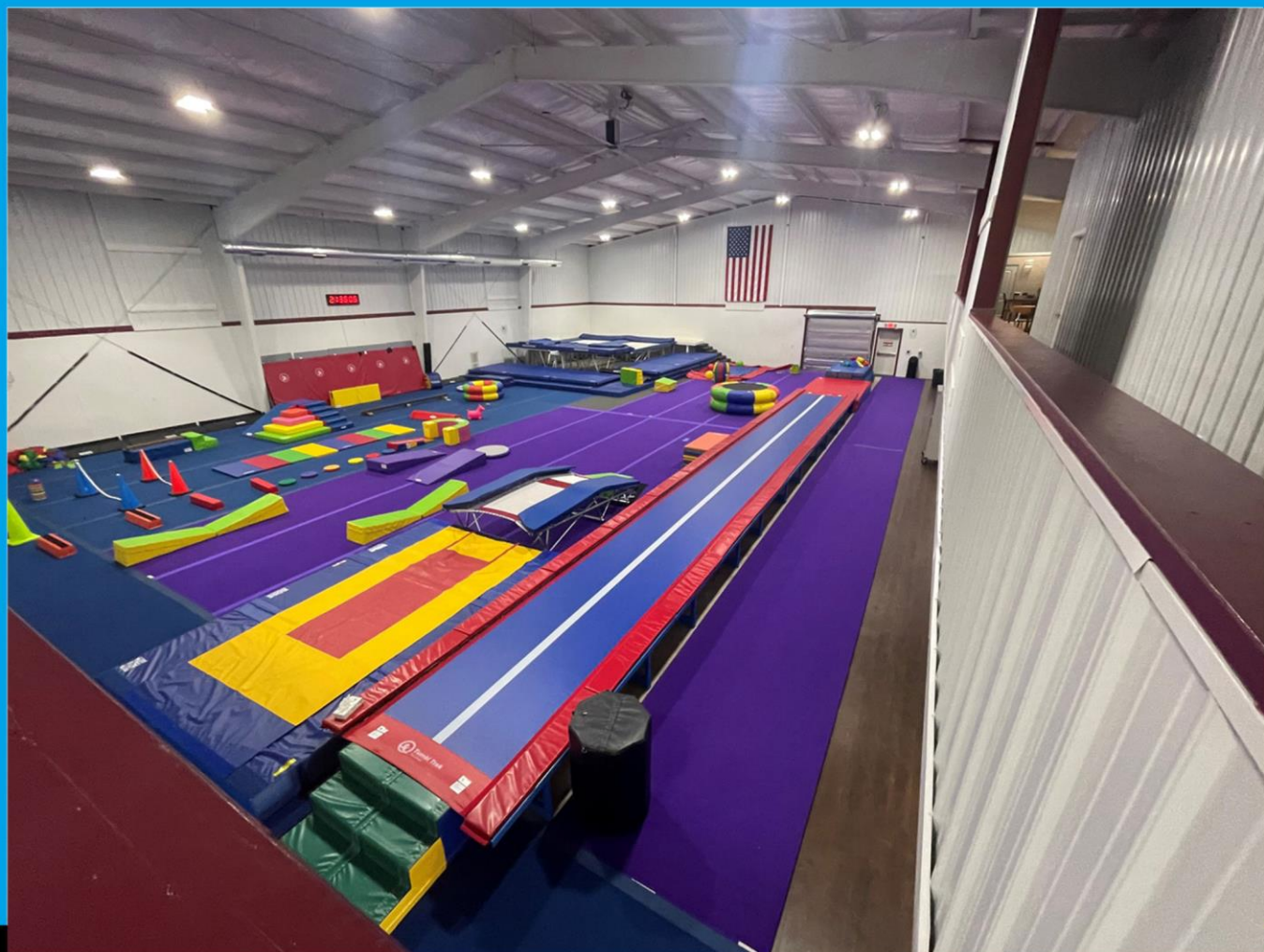
**Fon du Lac Park District's Gym Complex
309 Springfield Road, East Peoria, IL 61611
Turn at the Bradley A. Smith Park Sign**

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 Tumbl 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' ExtremeTumbl 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



Jon Williams Tumbling Academy

350 Cimmeron Dr., East Peoria, IL

Tumbling/Trampoline Equipment:

- 60' Extreme Tumb Trak with 14' of landing mats
- 1 Rebound Double Mini Trampoline with 20' competition landing mats
- 2 above ground Rebound Trampolines with Dave Ross String Beds with end decks and platform surround
- Multiple Training Aids
- 20' Transverse Climbing Wall
- AAI Elite Gymnastics Circuit
- Entire Gym Carpeted with 1 3/8" bonded Flexi-Roll Mats

Facility Offers:

- WiFi
- Security Camera System
- 20' foot ceiling height
- Temperature controlled environment

Jon Williams
TUMBLING
Academy

Jon Williams Tumbling Program

Fon du Lac Park District's Policies and Procedures – Updated for 2024

Class Fees, Payment, Pro Rating: Policy updated for 2024

All class fees are based on 8-class sessions. All payments are due prior to the first class of each session. Class attendance will be taken by Jon or another instructor. If there are spots available and you sign up for a class after the session has started, we will pro rate the number of classes left in the session. *We will not pro rate a session for missed classes.* Most sessions are 8 weeks but if your class falls on a scheduled gym closure the amount of the session is automatically prorated when you sign up for that class. **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.

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.

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 <https://fondulacpark.com>

Class Cancellations: Policy updated for 2024

In the event a class is cancelled due to inclement weather, the Fon du Lac Park District utilizes One Call (1-877-698-3261) for means of all mass communication for updates and cancellations. In addition, the Park District will post on the Fon du Lac Park District Facebook page and will put information on the local news channel websites under "Closings".

Cancellation Credits - A credit will also be placed on your account for the Cancellation of any class due to weather, instructor availability, etc. *Make-ups will not be allowed for cancellation of classes.*

Missed Classes: Policy updated for 2024

Your Tuition pays for a class spot regardless of your attendance. As a convenience, Jon Williams Tumbling and Fon du Lac Park District will offer scheduled make-ups. IMPORTANT: Every class will allow 2 spots for make-up. You must go online or call the office (309)699-3923 and be registered for the makeup spot for that class prior to attending the make-up class. Jon Williams Tumbling/ Fon du Lac Park District cannot guarantee make up spot availability. You will be allowed 2 make-ups per session.

Refunds: Policy updated for 2024

A refund for withdrawing from a class will only be given in the first two weeks of a session (less the classes attended). After the second week no refunds will be given. If you withdraw your student before the session starts a full refund will be given.

Appropriate Apparel:

Females – leotards, shorts and tight shirts. Males – tank tops or tight shirts and shorts. Everyone needs to bring clean socks or trampolene 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.

Sickness:

If you, your athlete or your immediate family are sick, please do not send your athlete to the gym. Please refer to missed classes policy for make-up information.

Contacts:

Academy - Jon Williams: jonwilliams226@gmail.com | Springfield Rd - Marquis Williams: tmbclch88@gmail.com
Fon du Lac Park District: 309-699-3923 | info@fondulacpark.com | www.fondulacpark.com