



## 2025 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 / 90 Min)**

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

### **Home Schooled Tumble Time (90 Min)**

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

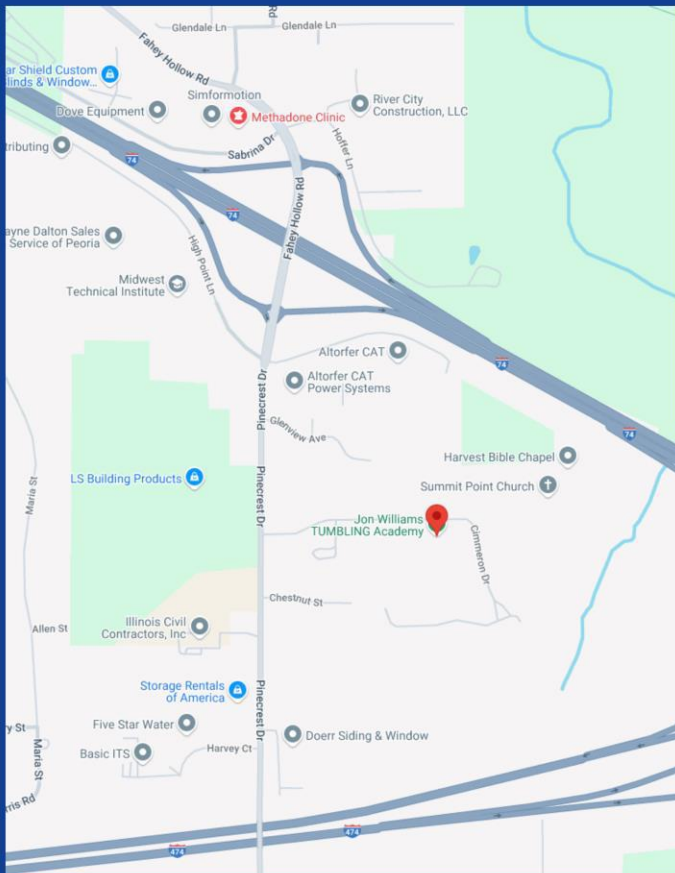
### **Jon Williams Tumbling Classes are held at the following locations:**

Fon du Lac Park District's Gym Complex (Ages 5-Adults)  
309 Springfield Rd., East Peoria  
(Turn at 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

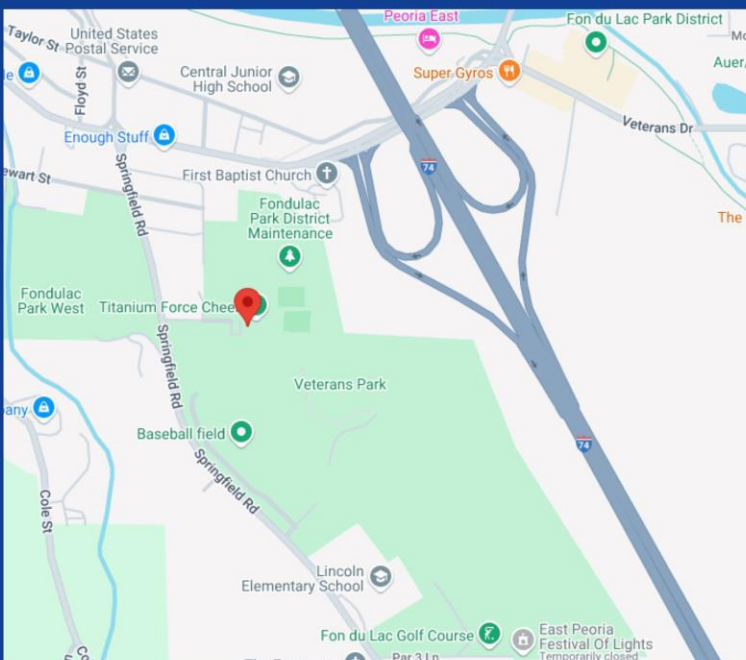
## Jon Williams Tumbling Academy Located at Synergy Healthcare & Sports Facility

350 Cimmeron Dr, East Peoria  
(Off Of Pinecrest Dr Exit On 74)



## Fon du Lac Park District's Gym Complex Jon Williams Tumbling

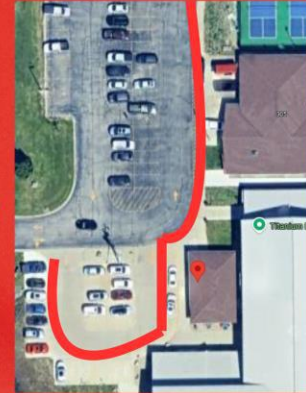
309 Springfield Rd., East Peoria  
(Turn at the Bradley A. Smith Park Sign)



## **ATTENTION:**

## Springfield Road Tumblers

**NO PARKING**  
along the  
curb.  
Vehicles left  
unattended  
will be towed  
at owners  
expense.



There have been continued issues with cars parked along the curb and handicapped spaces at the gym. This is causing vehicles to be blocked in, handicapped spaces to be inaccessible, and the Police bays to be blocked. Those areas are for IMMEDIATE loading/unloading only. Vehicles left unattended will be ticketed or towed at OWNERS EXPENSE. We also don't love to walk a mile into the gym, but unfortunately this has created a safety and traffic issue.

Thank you for your understanding. - Fon du Lac Park District

# 2025 Recreational Winter Class Session/Fees

## Winter Session

Priority Registration opens on 11/4/24 for students currently enrolled in Fall Session #2. General Public opens 12/02/24.

- Monday, January 6 – February 24
- Tuesday, January 7 - February 25
- Wednesday, January 8 – February 26
- Thursday, January 9 - February 27
- Friday, January 10 - February 28
- Saturday, January 11 - March 1\*\* (\*\*Springfield Rd Only 7-Classes, Off 2/8/25)

## WINTER TUMBLING FEES

Class Length	8-Class Fees:		7-Class Fees:		6-Class Fees:	
	Res	Non-Res	Res	Non-Res	Res	Non-Res
45 min Class	\$ 86.00	\$104.00	\$ 75.25	\$ 91.00	\$ 64.50	\$ 78.00
60 min Class	\$106.00	\$134.00	\$ 92.75	\$117.25	\$ 79.50	\$100.50
90 min Class	\$156.00	\$196.00	\$136.50	\$171.50	\$117.00	\$147.00

Res = Resident of Fon du Lac Park District

\*\*Please note all classes are 8 week classes unless otherwise marked

## IMPORTANT PLEASE TAKE NOTE FOR WINTER CLASSES:

- There are no classes from December 16, 2024 - January 4, 2025.
- Winter classes resume the week of January 6, 2025.
- Just a reminder: Classes are held on Martin Luther King Jr.'s Birthday, Monday, January 20 and on Presidents Day, Monday, February 17.

Priority Registration for Spring Session #1 opens on January 27 for students currently enrolled in Winter Session. Public Registration opens on February 17.

# 2025 RECREATIONAL CLASSES

**JON WILLIAMS TUMBLING CLASSES BELOW ARE HELD AT  
FON DU LAC PARK DISTRICT'S GYM COMPLEX LOCATED AT  
309 SPRINGFIELD RD., EAST PEORIA (TURN AT THE BRADLEY A. SMITH PARK SIGN)  
(THIS BUILDING IS DESIGNATED FOR AGES 5 THROUGH ADULTS)**

<b>Beginner Tumbling - For children ages 5 and up</b>	<b>60 Minute Class</b>
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
<b>Back Handspring</b>	<b>90 Minute Class</b>
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
<b>Intermediate / Advanced Tumbling</b>	<b>90 Minute Class</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.	
Mondays	4:00-5:30pm - Springfield Rd
Tuesdays	4:00-5:30pm - Springfield Rd
Saturdays	10:30am-12:00pm - Springfield Rd
<b>Adult Tumble Class</b>	<b>90 Minute Class</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.	
Thursdays	7:00-8:30pm - Springfield Rd
<b>Home School Tumble Time</b>	<b>90 Minute Class</b>
For children ages 5 to 12. Students will work on conditioning, strengthening exercises, and tumbling.	
Fridays	9:00-10:30am - Springfield Rd

# 2025 RECREATIONAL CLASSES

**JON WILLIAMS TUMBLING ACADEMY CLASSES BELOW ARE HELD AT  
SYNERGY HEALTHCARE & SPORTS FACILITY  
350 CIMMERON DR, EAST PEORIA (OFF OF PINECREST DR, EXIT 98 ON 74)  
(JON WILLIAMS TUMBLING ACADEMY IS SPECIALIZED FOR CHILDREN UP TO AGE 8)**

## 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 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	11:00am-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	4:45-5:45pm - Cimmeron Dr
Thursdays - Girls exclusive	4:45-5:45pm - Cimmeron Dr
Fridays	11:30am-12:30pm - Cimmeron Dr
Saturdays	10:30-11:30am - Cimmeron Dr

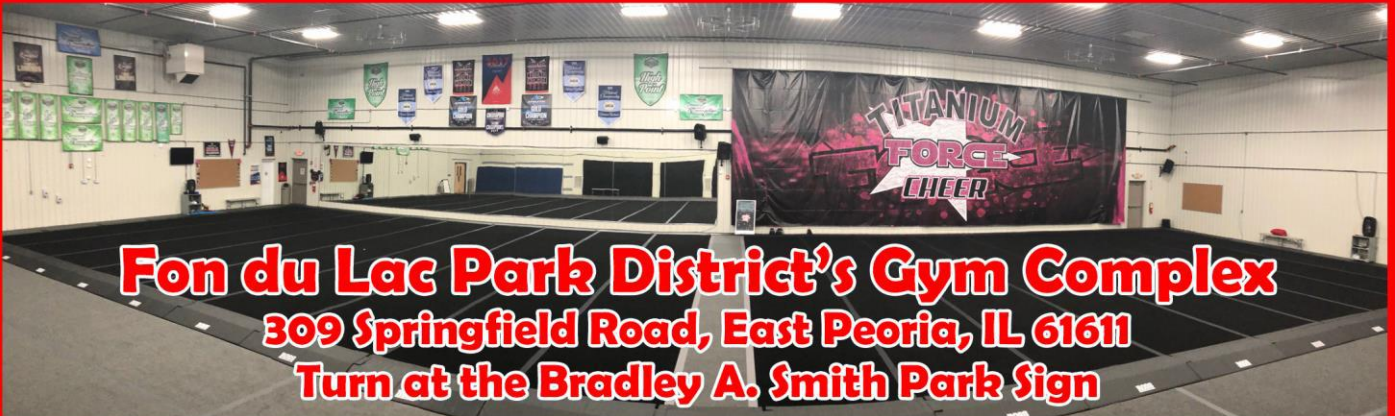
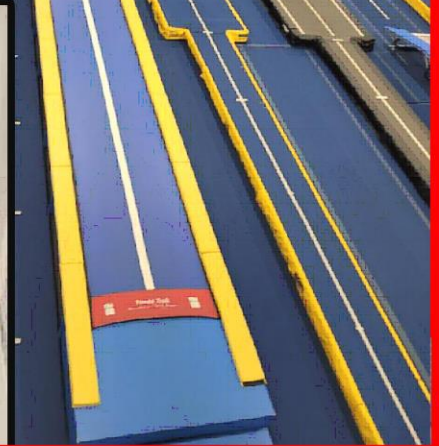
## Beginner Tumbling

### 60/90 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 90 min. class	5:45-7:15pm - Cimmeron Dr
Thursdays	5:45-6:45pm - 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

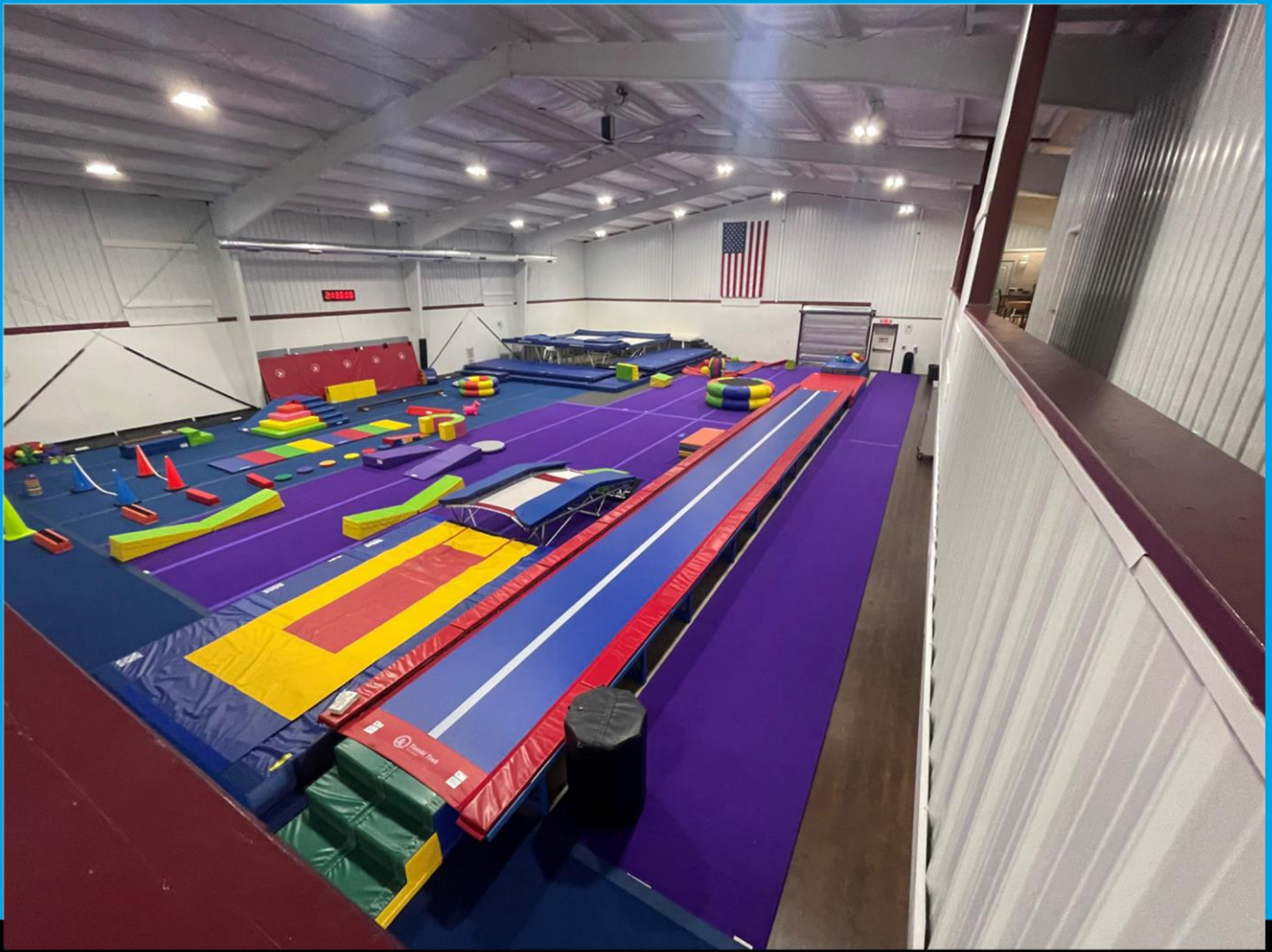
### Tumbling/Trampoline Equipment:

- 1 Competition length ROSS Rod Floor with 20' competition landing mats
- 1 Competition length SPIETH FIG Tumble Floor with 20' competition landing mats
- 100' Transition 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
- 6 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





# Jon Williams Tumbling Academy

350 Cimmeron Dr., East Peoria, IL

## Tumbling/Trampoline Equipment:

- 60' Extreme Tumbler Trak with 14' of landing mats
- 1 Rebound Double Mini Trampoline with 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 & Cargo Climbing Net
- 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

### **Class Fees, Payment, Pro Rating: Policy updated January 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.**

- ◆ Register **ONLINE** by going to [fondulacpark.com](http://fondulacpark.com) for link OR by scanning the QR code
- ◆ By phone at 309-699-3923 with credit card
- ◆ In person at the Fon du Lac Park District Administration Center (201 Veterans Drive, East Peoria)



### **Class Cancellations: Policy updated January 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 January 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 January 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 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.

### **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](mailto:jonwilliams226@gmail.com) | Springfield Rd - Marquis Williams: [tmbclch88@gmail.com](mailto:tmbclch88@gmail.com)  
Fon du Lac Park District: 309-699-3923 | [info@fondulacpark.com](mailto:info@fondulacpark.com) | [www.fondulacpark.com](http://www.fondulacpark.com)