

# FONDULAC TUMBLING

PARK DISTRICT

**CLASS LOCATION:**  
350 CIMMERON DRIVE  
EAST PEORIA, IL 61611

**QUESTIONS?**  
(309) 699-3923  
FONDULACPARK.COM  
SUPPORT@FONDULACPARK.COM

## **CRAWLERS (30 MIN)**

*Must be a good crawler*

Let your little one explore our gym from the ground up! In this parent participation class, we'll focus on activity and fun—standing, cruising, balancing, bouncing, and all things crawling! The goal is to help your *Crawler* grow into a *Walker* while getting comfortable in our facility.

**MAX CLASS SIZE: 12**

## **WALKERS (30 MIN)**

*Must be a good walker*

This parent participation class is designed for little ones who are confident walkers and ready to explore with friends! It gives your child the chance to interact with other children, building early social skills that support lifelong development. Your child will continue working on balance, jumping, and getting ready to roll, all while moving, playing, and having fun in a nurturing environment.

**MAX CLASS SIZE: 12**

## **RUNNERS (45 MIN) (2-3 YO)**

You and your active child (parent participation required) will explore the whole gym, working on rolling, balancing, and jumping! This class is all about fun and movement. Children will begin to follow directions, work well with others, and build strength and fitness while improving their gross motor skills through tumbling.

**MAX CLASS SIZE: 12**

## **PRE-SCHOOL (45 MIN) (4-5 YO)**

This class helps preschoolers transition from our younger tumble programs into the Beginner level and become confident and comfortable without their parents by their side. Children continue developing coordination, strength, and confidence while practicing foundational skills.

**MAX CLASS SIZE: 8**

## **BEGINNER (5-7 YO) (60 MIN)**

This class is a starting point for young tumblers or a continuation from our preschool program. Participants build a strong foundation in tumbling through basic skills like rolls, bridges, handstands, and cartwheels. The focus is on developing strength, balance, coordination, confidence, and safe practice through age-appropriate drills and fun activities.

**MAX CLASS SIZE: 12**

## **BEGINNER (8&UP) (60 MIN)**

This class is for older beginners, either just starting tumbling or continuing from younger programs. Students work on foundational skills such as rolls, bridges, handstands, cartwheels, and round-offs, while building strength, coordination, and confidence. Instruction emphasizes proper form, body control, and safe practice in a structured, encouraging environment.

**MAX CLASS SIZE: 12**

## **ADVANCED BEGINNER (60 MIN)**

For tumblers who have mastered beginner skills and are ready to advance, this class introduces limbering skills such as back walkover, front limbering, and flexibility exercises. Students continue building strength, coordination, and confidence while practicing proper technique and body control. This level prepares participants for Back Handspring class.

**MAX CLASS SIZE: 12**

## **BACK HANDSPRING (60 MIN)**

This class is for students who have completed the Advanced Beginner level and are ready to learn back handsprings. Students receive guided spotting, individualized feedback, and structured drills to safely develop back handsprings, build confidence, and prepare for more advanced tumbling skills.

**MAX CLASS SIZE: 12**

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## MONDAY

APRIL 6TH — MAY 11

CRAWLER	9:30 - 10:00 AM	R\$36/NR\$42
WALKER	10:00 - 10:30 AM	R\$36/NR\$42
RUNNER	10:30 - 11:15 AM	R\$54/NR\$60
PRE-SCHOOL	11:15 - 12:00 PM	R\$54/NR\$60
CRAWLER	4:30 - 5:00 PM	R\$36/NR\$42
BEGINNER(5-7)	4:30 - 5:30 PM	R\$72/NR\$84
WALKER	5:00 - 5:30 PM	R\$36/NR\$42
RUNNER	5:30 - 6:15 PM	R\$54/NR\$60
BEGINNER(8&UP)	5:30 - 6:30 PM	R\$72/NR\$84
PRE-SCHOOL	6:15 - 7:00 PM	R\$54/NR\$60
ADV BEGINNER	6:30 - 7:30 PM	R\$72/NR\$84

## TUESDAY

APRIL 7TH - MAY 12TH

RUNNER	9:30 - 10:15 AM	R\$54/NR\$60
PRE-SCHOOL	10:15 - 11:00 AM	R\$54/NR\$60
WALKER	11:00 - 11:30 AM	R\$36/NR\$42
CRAWLER	11:30 - 12:00 PM	R\$36/NR\$42
CRAWLER	4:30 - 5:00 PM	R\$36/NR\$42
BEGINNER(8&UP)	4:30 - 5:30 PM	R\$72/NR\$84
WALKER	5:00 - 5:30 PM	R\$36/NR\$42
PRE-SCHOOL	5:30 - 6:15 PM	R\$54/NR\$60
BEGINNER(5-7YO)	5:30 - 6:30 PM	R\$72/NR\$84
RUNNER	6:15 - 7:00 PM	R\$54/NR\$60
BHS	6:30 - 7:30 PM	R\$72/NR\$84

## WEDNESDAY

APRIL 8TH — MAY 13TH

NO MORNING CLASSES

CRAWLER	4:30 - 5:00 PM	R\$36/NR\$42
BEGINNER(8&UP)	4:30 - 5:30 PM	R\$72/NR\$84
PRE-SCHOOL	5:00 - 5:45 PM	R\$54/NR\$60
BEGINNER(5-7)	5:30 - 6:30 PM	R\$72/NR\$84
WALKER	5:45 - 6:15 PM	R\$36/NR\$42
RUNNER	6:15 - 7:00 PM	R\$54/NR\$60
BHS	6:30 - 7:30 PM	R\$72/NR\$84

## THURSDAY

APRIL 9TH - MAY 14TH

WALKER	9:30 - 10:00 AM	R\$36/NR\$42
CRAWLER	10:00 - 10:30 AM	R\$36/NR\$42
PRE-SCHOOL	10:30 - 11:15 AM	R\$54/NR\$60
RUNNER	11:15 - 12:00 PM	R\$54/NR\$60
CRAWLER	4:30 - 5:00 PM	R\$36/NR\$42
BEGINNER(5-7YO)	4:30 - 5:30 PM	R\$72/NR\$84
RUNNER	5:00 - 5:45 PM	R\$54/NR\$60
BEGINNER(8&UP)	5:30 - 6:30 PM	R\$72/NR\$84
WALKER	5:45 - 6:15 PM	R\$36/NR\$42
PRE-SCHOOL	6:15 - 7:00 PM	R\$54/NR\$60
ADV BEGINNER	6:30 - 7:30 PM	R\$72/NR\$84

NO CLASS MARCH 30TH- APRIL 5TH

# READY TO REGISTER?

Just click on the class that you want & you'll go directly to registration!

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## Fon du Lac Park District Tumbling Policies and Procedures

### **Class Fees, Payment, Pro Rating:**

All payments are due at registration. Class attendance will be taken by our instructors. 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. 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.

### **Missed Classes:**

Every class will allow 3 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. Fon du Lac Park District cannot guarantee make up spot availability.

### **Refunds:**

A refund for withdrawing from a class will only be given for the remaining classes of the session. You cannot be refunded for any previous classes that were missed. 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 must be signed in your DASH by Daysmart Account.