

TUMBLING - TRAMPOLINE - DOUBLE MINI

**2025 SPRING & SUMMER
SCHEDULE**



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

Dear Mr. Jon's Academy Students & Families,

We wanted to let everyone know that Mr. Jon will be undergoing knee surgery on May 12th and will be taking some time off to recover. During his absence, you may notice a few new faces stepping in to help, ensuring that your classes will continue to run smoothly during this time. These are instructors of Mr. Jon, some will be from our Springfield Road location that you may not have met yet.

To show our support and let Mr. Jon know we're thinking of him, we invite you to write cards or letters. You can drop them in the designated box at the gym that will be up there starting next week. Your kind words, cute drawings, and encouragement will brighten his spirits while he is recovering.



We will keep you updated on Mr. Jon's progress and let you know as soon as we have an estimated return date. We are sure he will miss all of you just as much as you are missing him. Thank you for your understanding and support during this time.

FOR ANY QUESTIONS

(309) 699-3923



info@fondulacpark.com



2025 Recreational Spring & Summer Class Session/Fees

Spring Session #2

Registration opens to public 4/14/25

Priority Registration opens on 5/19/25 for students currently enrolled in Spring Session #1

- Monday, April 28 – June 9 (6-classes off 5/26 & 6/16)
- Tuesday, April 29 – June 10 (7-classes off 6/17)
- Wednesday, April 30 – June 11 (7-classes off 6/18)
- Thursday, May 1 – June 12 (7-classes off 6/19)
- Friday, May 2 – June 13 (7-classes off 6/20)
- Saturday, May 3 – June 14 (6-classes off 5/24 & 6/21)

****NO CLASSES LAST WEEK OF SPRING SESSION #2 (JUNE 16 - JUNE 21)****

Summer Session

Registration opens to public 6/2/25

Priority Registration opens on 5/19/25 for students currently enrolled in Spring Session #1

- Monday, June 23 – August 11
- Tuesday, June 24 – August 12
- Wednesday, June 25 – August 13
- Thursday, June 26 – August 14
- Friday, June 27 – August 15 (7-classes off 7/4)
- Saturday, June 28 – August 16 (Academy Only)

****Jon Williams Tumbling Classes held at Springfield Road: All Saturday Classes will be moved to Fridays for the summer schedule only.

SPRING & SUMMER 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 SPRING CLASSES:

- Last week of the Spring Session #2 (6/16 - 6/21) is taken off due to coaches being at Nationals.

IMPORTANT SUMMER SESSION INFORMATION:

- Priority Registration opens on May 19 for students currently enrolled in Spring Session #2. Public Registration opens on June 2.
- Jon Williams Tumbling Classes held at Springfield Road: All Saturday Classes will be moved to Fridays for the summer schedule only.

TEXT
@TUMBLE to 22300
to opt-in

To receive class
registration
reminders,
updates and
cancellations
texts



Q: WHEN SHOULD MY CHILD MOVE UP TO THE NEXT LEVEL?

A: If you ever have questions regarding your child's progress or class level, please talk to a coach for more information.

A: Coaches will evaluate athletes during class times during the session to see if athletes are able to move to the next level class.

A: When athletes are ready to move up a level or join a different class, a coach will inform the parent.

2025 SPRING/SUMMER 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)**

Beginner Tumbling - For children ages 5 and up		60 Minute Class
Conditioning begins this class then instruction on tumbling, trampoline and double mini trampoline.		
Monday Mornings for Summer Only		9:00-10:00am - Springfield Rd
Mondays		5:00-6:00pm - Springfield Rd
Mondays		5:45-6:45pm - Springfield Rd
Tuesday Mornings for Summer Only		10:30-11:30am - 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 **Moved to Fridays for Summer Only**		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
Tuesday Mornings for Summer Only		9:00-10:30am - Springfield Rd
Tuesdays		6:30-8:00pm - Springfield Rd
Thursdays		4:00-5:30pm - Springfield Rd
Thursdays		6:30-8:00pm - Springfield Rd
Saturdays **Moved to Fridays for Summer Only**		8:00-9:30am - Springfield Rd
Saturdays **Moved to Fridays for Summer Only**		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.		
Monday Mornings for Summer Only		10:00-11:30am - Springfield Rd
Mondays		4:00-5:30pm - Springfield Rd
Tuesdays		4:00-5:30pm - Springfield Rd
Saturdays **Moved to Fridays for Summer Only**		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 School Tumble Time		90 Minute Class
For children ages 5 to 12. Students will work on conditioning, strengthening exercises, and tumbling.		
Fridays **for Summer Only - Class held at Academy**		9:00-10:30am - Springfield Rd

2025 SPRING/SUMMER 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	10:45-11:45am - 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

Fon du Lac Park District's Gym Complex: 309 Springfield Road, East Peoria, IL 61611

For Ages 5 and Up, Beginners – Adult Classes

Tumbling/Trampoline Equipment:

- 1 Competition length ROSS Rod Floor with 20' competition landing mats
- 1 Competition FIG Spieth Tumble Floor with 20' competition landing mats
- 100' Transitional 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
- 6 above ground Euro Ultimate Trampolines with end decks & platform surround
- 2 in-ground Euro Ultimate Trampolines – dismounts into loose foam pit
- 27' x 25' Loose Foam Pit
- Competition length ROSS Rod Floor dismounts into loose foam pit
- 30' Extreme Tumbl Trak that dismounts into loose foam pit

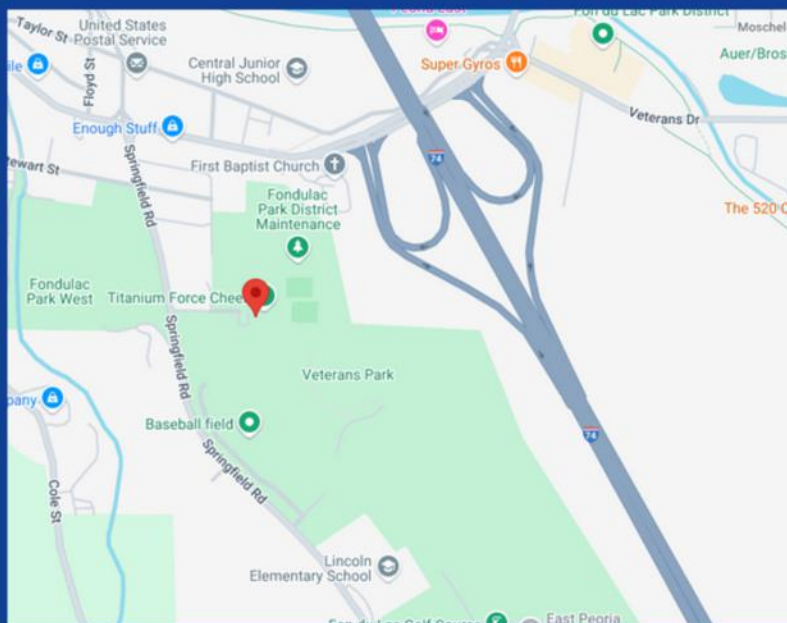
Facility Offers:

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

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.



**POLICE WILL BE PATROLLING TO ENFORCE
THESE RULES - IT IS CREATING A SAFETY ISSUE**

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

Jon Williams Tumbling Academy

Located at Synergy Healthcare & Sports Facility

350 Cimmeron Dr., East Peoria (Off of Pinecrest Exit on 74)

For Ages 0 – 8

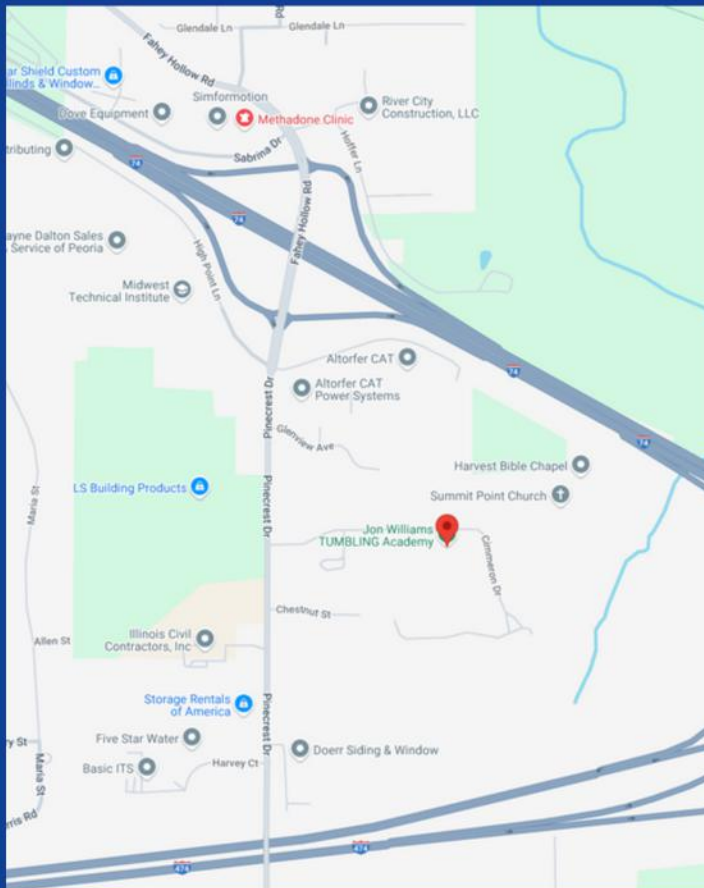
Offering Tumbling Tots, Mr. Jon's Wiggles and Beginner Classes up to age 8

Tumbling/Trampoline Equipment:

- 60' Extreme Tumbl Trak with 14' of landing mats
- 1 Rebound Double Mini Trampoline
- 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
- Climate controlled environment
- 20' ceiling height



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 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 | Springfield Rd - Marquis Williams: tmbic88@gmail.com
Fon du Lac Park District: 309-699-3923 | info@fondulacpark.com | www.fondulacpark.com