

FONDU-LAC PARK DISTRICT TUMBLING

TINY TUMBLERS (30 MIN) (6 MO - 2 YO)

We've combined our popular Crawlers and Walkers classes into one fun *Tiny Tumblers* class! Your little one will still enjoy the same 30 minutes of movement, exploration, and play while learning and growing at their own pace. This parent-participation class is perfect for curious crawlers and busy little walkers. Together, you'll explore climbing, balancing, crawling, walking, rolling, jumping, and fun obstacle courses designed just for little ones. Along the way, your child will build strength, coordination, confidence, and social skills in a safe, encouraging environment. Tiny Tumblers is a wonderful first introduction to tumbling.

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 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

PRE-BEGINNER (60 MIN) (4-5 YO)

This class helps preschoolers transition from our pre-school level into the Beginner level. It is perfect for our young tumblers who are ready to move beyond our Preschool level but would benefit from a little more time before advancing to Beginner Tumble.

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

FONDULAC PARK DISTRICT TUMBLING

CLASS LOCATION:
350 CIMMERON DRIVE
EAST PEORIA, IL 61611

QUESTIONS?
(309) 699-3923
FONDULACPARK.COM

**CLICK
HERE
TO
REGISTER**

MONDAY

SEPTEMBER 14TH - OCTOBER 12TH (5 WEEKS)

TINY TUMBLERS	9:30 - 10:00 AM	R\$37.50/NR\$42.50
RUNNER	10:00 - 10:45 AM	R\$52.50/NR\$57.50
PRE-SCHOOL	10:45 - 11:30 AM	R\$52.50/NR\$57.50

TINY TUMBLERS	4:30 - 5:00 PM	R\$37.50/NR\$42.50
BEGINNER(5-7)	4:30 - 5:30 PM	R\$67.50/NR\$77.50
RUNNER	5:00 - 5:45 PM	R\$52.50/NR\$57.50
BEGINNER(8&UP)	5:30 - 6:30 PM	R\$67.50/NR\$77.50
PRE-SCHOOL	5:45 - 6:30 PM	R\$52.50/NR\$57.50
PRE-BEGINNER	6:30 - 7:30 PM	R\$67.50/NR\$77.50
ADV BEGINNER	6:30 - 7:30 PM	R\$67.50/NR\$77.50

TUESDAY

SEPTEMBER 8TH - OCTOBER 13TH

NO MORNING CLASSES

TINY TUMBLERS	4:30 - 5:00 PM	R\$45/NR\$51
BEGINNER(8&UP)	4:30 - 5:30 PM	R\$81/NR\$93
PRE-SCHOOL	5:00 - 5:45 PM	R\$63/NR\$69
BEGINNER(5-7)	5:30 - 6:30 PM	R\$81/NR\$93
RUNNER	5:45 - 6:30 PM	R\$63/NR\$69
BHS	6:30 - 7:30 PM	R\$81/NR\$93

WEDNESDAY

SEPTEMBER 9TH - OCTOBER 14TH

NO MORNING CLASSES

PRE-SCHOOL	4:30 - 5:15 PM	R\$63/NR\$69
BEGINNER(8&UP)	4:30 - 5:30 PM	R\$81/NR\$93
TINY TUMBLERS	5:15 - 5:45 PM	R\$45/NR\$51
BEGINNER(5-7)	5:30 - 6:30 PM	R\$81/NR\$93
RUNNER	5:45 - 6:30 PM	R\$63/NR\$69
BHS	6:30 - 7:30 PM	R\$81/NR\$93

THURSDAY

SEPTEMBER 10TH - OCTOBER 15TH

TINY TUMBLERS	9:30 - 10:00 AM	R\$45/NR\$51
PRE-SCHOOL	10:00 - 10:45 AM	R\$63/NR\$69
RUNNER	10:45 - 11:30 AM	R\$63/NR\$69

RUNNER	4:30 - 5:15 PM	R\$63/NR\$69
BEGINNER(5-7)	4:30 - 5:30 PM	R\$81/NR\$93
PRE-BEGINNER	5:15 - 6:15 PM	R\$81/NR\$93
BEGINNER(8&UP)	5:30 - 6:30 PM	R\$81/NR\$93
TINY TUMBLERS	6:15 - 6:45 PM	R\$45/NR\$51
ADV BEGINNER	6:30 - 7:30 PM	R\$81/NR\$93
PRE-SCHOOL	6:45 - 7:30 PM	R\$63/NR\$69