

**Crenshaw Athletic Club**  
**www.crenshaws.com**  
**512-453-5551**



**2018-19**

*The "enlightened" alternative to  
traditional preschool and pre-k  
programs.*



**Crenshaw Athletic Club**  
5000 Fairview  
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## **CRENSHAW ATHLETIC CLUB**

**Palaestra Preschool and Pre-K Program**

### **Mission Statement**

**Palaestra** is an educational program dedicated to the development and advancement of children through academics and athletics. It is our goal to make Crenshaw Athletic Club the most progressive facility of its kind. In striving to accomplish this goal, we never lose sight of the individual child. We pledge to do our best to develop each child's potential and provide them with a rewarding, enjoyable and positive experience.

### **General Information**

#### **HOURS**

Palaestra operates from 7:45 a.m. until 11:50 a.m., Monday through Friday. Classes begin at 8:45 a.m. Lunch Bunch begins at 11:55 a.m. and begins releasing students at 2:00 p.m. daily. (LB Children must be picked up by 2:45 p.m.) The program meets Monday through Friday, Monday/Wednesday/Friday or Tuesday/Thursday.

#### **AGES**

The Palaestra Programs are geared toward children ages three to five years old. Children must be fully potty trained and have the ability to use the restroom by themselves. Staffing does not allow for this training.

#### **STUDENT/TEACHER RATIOS**

We strive to keep classroom ratios at 1 to 12 and, drop it to 1 to 6 in the pool with the addition of a second teacher. In most cases our youngest groups are held to 1 to 10 or less.

(The State of Texas D.F.P.S. ratios are 3yrs. 1 to 15, 4yrs. 1 to 18 and 5yrs. 1 to 22)



**OLDER SIBLINGS?**  
Check out our school age programs!

**AFTERNOON GYMNASTIC CLASSES**

**AFTERNOON SWIMMING LESSONS**

**WE EVEN OFFER AFTER SCHOOL CARE**

**BIRTHDAY PARTIES**

**&**

**AN ADULT FITNESS FACILITY**

For more information visit our website: [crenshaws.com](http://crenshaws.com) or call: 512-453-5551

## Sample Schedule

**Early Drop Off**  
7:45– 8:20 a.m.

This is in the downstairs classroom. The time is for the benefit of parents with an early schedule. Centers are set up for the children to rotate through at their leisure.

**Regular Drop Off**  
8:25– 8:40 a.m.

At this time, students move into the gym for supervised free play while the remaining children arrive.

**Gymnastics**  
8:45-9:15 a.m.

The basics for preschool gymnastics are incorporated into experiencing many different activities in the gym.

**Swimming**  
9:20– 9:50 a.m.

After working with students to gain comfort in the water, teaching the children to be water safe becomes a priority. As students gain confidence they begin working to learn their strokes.

**Snack**  
9:55-10:10 a.m.

A light, nutritious mid-morning snack and water is provided at this time.

**Explore**  
(Math & Science)  
10:10-10:40 a.m.

After swimming, the children will change out of their suits. Students then participate in games and hands on experiments to learn math and scientific concepts.

**The Arts**  
10:45– 11:15 a.m.

The Arts focuses not only on visual art but, also integrates music and the performing arts as well.

**Language Arts**  
11:20– 11:50 a.m.

Language Arts focuses on handwriting, letter sounds, pre-reading, reading and sight words. This class also, uses games play and the smart board to help solidify concepts and provide students with the optimum level of kindergarten readiness.

**Regular Pick Up**  
11:50– 12:00 p.m.

Students who leave at noon are escorted to the gym to wait for their parents to arrive.

**Lunch Bunch**  
11:50– 2:30 p.m.

Children lunch with their friends, play at the park, in the gym and/ or numerous fun, playful activities.

## CRENSHAW ATHLETIC CLUB

### Palaestra Preschool and Pre-K Program

#### Facility

Our state of the art gymnastics training facility is home for many different activities for children and adults. The 12,000 square foot gymnasium is equipped with both full size and scaled down gymnastic apparatus; our trampolines are all ground level to ensure the utmost safety. All of our gym equipment is regularly maintained by our USGA certified coaches. The indoor heated pool was built with teaching in mind. The shallow end is a mere 18 inches deep and kept at a constant 86 degree temperature. The classes will have access to an outdoor playground, special art room, computer lab and a smart board.

#### TUITION

To register, a \$100 non-refundable registration fee is required. The tuition is paid monthly and is pro-rated three times a year for short months (August, December and March).

#### DAYS

T/TH

\$285.00

#### MONTHLY TUITION

#### LUNCH BUNCH

\$85.00

M/W/F

\$130.00

M-F

\$195.00

*Join our automatic debit program (ACH) and, never worry over late fees!*

#### LUNCH BUNCH

During the school year, Crenshaw's offers an extended day "Lunch Bunch" section of the Palaestra program from 11:50 a.m. to 2 p.m. Students eat lunch, rest or nap briefly and/or play games in the gym or at neighboring Perry Park. They must bring a packed lunch Monday-Thursday, on Fridays we offer pizza for an added fee.

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### Palaestra Preschool and Pre-K Program

#### PARENT VISITATION

We welcome parents to come and observe anytime. Please first check in with the office. Parents are asked to be aware if their presence is disrupting or distracting to the class. Please no parents or siblings on the equipment at anytime.

#### HOLIDAYS

Palaestra generally begins around the same time the public schools start back. Palaestra will close in observance of religious, state and national holidays. There is no prorating for these one and two day holidays. Palaestra observes a winter break and spring break. Due to these longer holidays, Crenshaw's prorates the tuition in August, December and March.

#### Commonly Asked Questions

***How is Palaestra different from other preschool and pre-k programs?*** Palaestra is a unique experience in academic learning and physical activity that is integrated to promote a complete, more well rounded education. The program includes a curriculum of reading, writing, math, science, art, music, swimming and gymnastics, as well as, free and imaginative play on Fridays.

***What does the word "Palaestra" mean?*** Palaestra is a loosely translated Greek word which means "learning while doing physical activity or play".

***Do the children need to wear special clothing for the program?*** Children wear a swim suit under their clothing when they arrive. A towel and underwear should come in a backpack. Children should wear comfortable clothing which is easy to move in and get in and out of. Students are encouraged to dress themselves.

## CRENSHAW ATHLETIC CLUB

### Palaestra Preschool and Pre-K Program

***How are teachers selected?*** Teachers are selected by their expertise and years of experience with preschool and pre-k students. We are a state licensed facility. All teachers are run through DFPS finger printing and a full background check.

***How are children divided into groups?*** Children are divided according to age. Sometimes adjustments are made during the year if we feel there is a need. Teachers are careful not to place children too far ahead as to eliminate constant struggle to keep up. The age range of each group is very close since all five groups only span a two year period.

***Are children allowed to attend for just a month or two?***

Palaestra is designed to be a nine month school program. The academics and activities are based on the children attending throughout the year. Children attending for a very short period would be at a great disadvantage.

***Do the children have to swim?*** In order for children to benefit from this unique program they should swim everyday they attend. In most cases, there will be an adjustment period for new students while they are learning to trust their instructors and overcome their fears. Our instructors are sensitive and understanding teachers who care greatly for the children. Our teaching methods are gentle and gradual. If a child is going to have initial doubts about the program, it will usually be about swimming. Crenshaw's feels strongly that if children are encouraged, they will adjust within a short time. There is no better insurance policy in Austin than having your child water safe!