

**Promoting movement and  
learning enrichment  
for pre-schoolers**

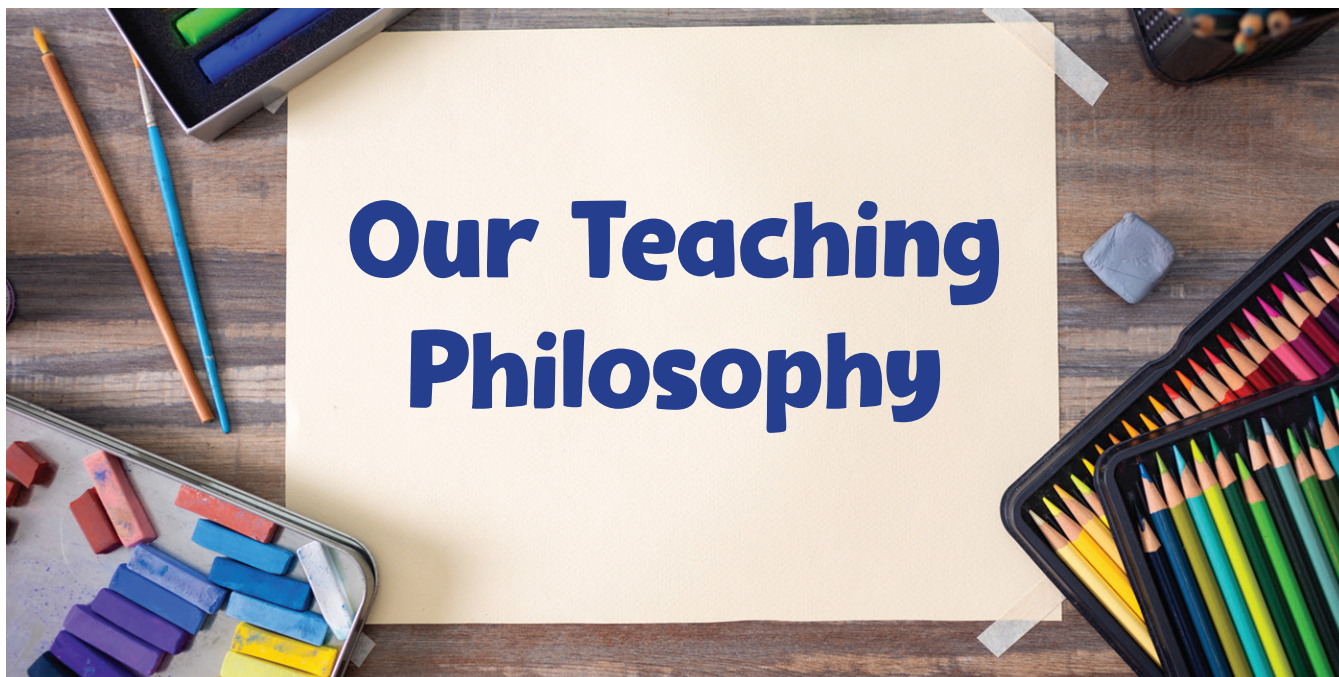


**Little  
Thinkers**

**Fall/Winter 2024/25**



A Columbia Athletic Clubs - Silver Lake program.



# Our Teaching Philosophy

**Little Thinkers year-round Preschool/Pre-K promotes movement and learning enrichment rooted in the values and culture of Columbia Athletic Clubs and the Pacific Northwest. Children engage with each other and with staff in a constructive, creative, safe environment to prepare them for a lifetime of healthy living and learning.**

Little Thinkers values allowing children to be themselves while recognizing the importance of play in developing social skills and the academic foundations necessary for kindergarten! Our program believes that play is a child's "work". Just as adults take pride in their accomplished work, we strive to make each child go home with a sense of pride and accomplishment in the work they've completed that day.

Children also need to move! The gym is a perfect place to release pent up energy, play group games, explore special relationships, and dance. When weather permits, Little Thinkers explore the outdoors to get dirty, feel the grass on their little hands and appreciate the smell of the Pacific Northwest rain! These things inspire their "work play" and cultivate their spongy growing minds. As teachers, we like to incorporate many movement-based activities including dance parties, yoga, outdoor adventures, and swimming lessons! One of the many things that make Little Thinkers unique is our access to Columbia Athletic Club's indoor and outdoor pools. Our students receive swimming lessons in private classes with just our students. Through these classes, students learn fundamental components to success in swimming with a focus on safety, fun, and positivity, providing them with a technical skill set that they can depend on for the rest of their swimming life.

Learning and self-articulation through human expressions is a style implanted inside our program. Your children are exposed to a variety of artistic mediums through activities like crafting, painting, singing, dancing, and playing instruments. These activities help them develop their fine motor skills, improve their sensory-based learning, and investigate various creative means of self-expression.

Another big focus at Little Thinkers is to build confidence and independence in our students; confidence to solve problems like sharing, taking turns, what to do when someone has sat in your spot, using words instead of screaming, hitting or shoving - by the end of the year, their problem solving skills will be greatly improved. These problem solving skills will be something they can use with confidence during conflicts both inside and outside of the classroom.

# Fall/Winter 2024/25 Schedule and Tuition

## Ages 3 & 4:

**Days:** Mondays & Wednesdays, 9am – 1pm

**Fees:** \$365 Member (per month)  
\$405 Non-member (per month)

## Ages 4 & 5:

**Days:** Tuesdays, Thursdays & Fridays, 9am – 1pm

**Fees:** \$435 Member (per month)  
\$475 Non-member (per month)

Our monthly tuition includes year-round swimming lessons.

## Curriculum

At Little Thinkers, we strive to:

- Provide a print-rich environment with a strong emphasis on early literacy skills and a love for books.
- Teach our students about numbers, letters, and shapes and provide cognitive games that make learning a joy.
- Teach our students about weekly themes through class discussions, projects, games, learning activities, books, songs, etc.
- Provide swim lessons and many other opportunities for large motor development.
- Teach about life cycles and introduce the children to natural science, curiosity, and discovery.

## Daily Routine

Each day will follow a consistent routine, keeping a healthy structured environment. Please note that this routine may adjust over time based on the pulse of the classroom. However, here is a good idea of what the day will have in store for your child:

### September 4 – June 20:

**9 – 10am:** Free play/structured art; sensory activities/gym/playground (weather permitting)

**10 – 11:45am:** Swim/School Work

**11:45am – 12:15pm:** Lunch

**12:15 – 12:50pm:** Circle time (songs, stories, finger plays, creative movement, and class discussion)

**12:50pm:** Pack up to head home

## School Supplies

### Bring daily:

- Water bottle
- Jacket for outdoor play
- Lunch (we are a nut-free facility)
- Backpack

### Keep In cubby/classroom:

- Swimsuit
- Goggles (optional)
- Change of clothes
- Hair brush & detangler (optional)

## Child Safety

The safety of all the children in our care is incredibly important to us at Columbia Athletic Clubs. Here is a closer look at some of the things we've done to ensure a safe secure environment for everyone:

- The Silver Lake facility is fully equipped with security cameras and each department follows strict evacuation procedure for potential emergency situations. Such emergencies include altercations, fire, earthquake, theft, power outages and facility threats. Although we hope that these types of situations rarely if ever take place, the employees of the facility understand the importance of being prepared at all times.
- Each employee has received CPR and first aid training. The club has two AED units, one at the front desk and the other in our tennis building. First aid kits are readily available throughout the facility, as well as fire extinguishers. All incidents are recorded with a Club Incident Form. Any minor injuries (knee scrapes, bumps etc.) that may occur during your child's in preschool will be shared with parents in full detail upon pick up. Club staff in all departments will know our preschool hours to increase awareness of young children present in the facility.
- To maximize child safety, enrollment is capped at twelve children per day. Ms. Isabel will have an assistant present throughout the school day. Our classroom is located right next to the Kids Club. The classroom is equipped with a hand washing sink and the children have full access to a child size bathroom located in the Kids Club.

## F.A.Q.

Parents have asked if they can join us during the school day. We do have an open door policy. You are welcome to join us; we only ask that you plan it ahead of time with the staff. Some children have more difficulty when their parent is present; please keep this in mind when considering this option.

We have also had questions about immunizations. At this time, immunizations are not required. We leave this decision up to parents. As for illness, we keep a strict policy of admittance only if a child has been without fever and has been non-contagious for 24 hours or more. Children with contagious rashes will be required to provide a doctor's note confirming they are no longer contagious and may return to school. Please use your best judgement with coughs and sniffles.

## School Closures

At Little Thinkers, we follow the Everett School District school calendar. There will be no school on the following days:

**November 11:** Veterans Day

**November 22 – 24:** Thanksgiving Break

**December 22 – January 1:** Winter Break

**January 15:** MLK Day

**February 19 – 20:** Mid-Winter Break/Presidents Day

**April 1 – 5:** Spring Break

**May 27:** Memorial Day

## Inclement Weather Policy

Little Thinkers follows the Everett School District snow closure- if there is no school or late start, Little Thinkers will cancel school for the day.

# Little Thinkers Registration Form

enolas@columbiaathletic.com

Child's First & Last Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Desired Class: Preschool (ages 3–4) or Pre-K (ages 4–5) (circle)

Is your child potty-trained? Yes No (circle)

Is your child a member of Columbia Athletic Clubs? Yes No (circle)

Starting: Summer Fall (circle one or both)

## Parent/Guardian Information (Please print clearly)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

## Parent/Guardian Information (Please print clearly)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Please list all allergies, medical conditions and/or special instructions:

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## Summer

**We can't wait to get to know you and your child! Please help us establish their baseline with these questions. There are no right or wrong answers.**

### Language Development

#### My child:

	Yes	Sometimes	No
Understands spoken language well	_____	_____	_____
Is able to follow directions	_____	_____	_____
Speaks clearly; is easily understood by a new person	_____	_____	_____
Expresses needs adequately	_____	_____	_____
Is able to express ideas clearly	_____	_____	_____
Asks questions beginning with "who" and "what"	_____	_____	_____
Remembers past experiences	_____	_____	_____
Looks at books	_____	_____	_____
Looks at pictures you point to in books	_____	_____	_____

What is your child's favorite book? \_\_\_\_\_

## Physical Skills Development

My child:	Yes	Sometimes	No
Plays with clay, slime, or playdough	<hr/>	<hr/>	<hr/>
Cuts with scissors	<hr/>	<hr/>	<hr/>
Puts 6-piece puzzles together regularly	<hr/>	<hr/>	<hr/>
Climbs on playground equipment	<hr/>	<hr/>	<hr/>
Rides a tricycle	<hr/>	<hr/>	<hr/>
Plays with blocks	<hr/>	<hr/>	<hr/>
Catches a ball	<hr/>	<hr/>	<hr/>
Enjoys paper/pencil activities	<hr/>	<hr/>	<hr/>

What is your child's favorite indoor activity? \_\_\_\_\_

What is your child's favorite outdoor activity? \_\_\_\_\_

## Personal and Social Development

My child:	Yes	Sometimes	No
Looks you in the eye for more than a few seconds	<hr/>	<hr/>	<hr/>
Separates from parents easily	<hr/>	<hr/>	<hr/>
Responds positively to change in routine	<hr/>	<hr/>	<hr/>
Relates easily with most adults	<hr/>	<hr/>	<hr/>
Undresses self without help	<hr/>	<hr/>	<hr/>
Dresses self without help	<hr/>	<hr/>	<hr/>
Takes turns with other children	<hr/>	<hr/>	<hr/>
Plays cooperatively with other children	<hr/>	<hr/>	<hr/>
Takes care of personal needs (toileting, wash/dry hands)	<hr/>	<hr/>	<hr/>
Falls asleep easily at night at regular bedtime	<hr/>	<hr/>	<hr/>
Feeds self regularly, using spoon and fork	<hr/>	<hr/>	<hr/>
Eats dinner regularly at same table with the family	<hr/>	<hr/>	<hr/>
Stays with an activity for at least 10 minutes (not electronic)	<hr/>	<hr/>	<hr/>
Handles frustration well	<hr/>	<hr/>	<hr/>

Does your child know their ABC's? Yes No Almost (circle)

How many hours per day does your child watch TV/videos or play video games?

\_\_\_\_\_

How often does your child play with other children?

\_\_\_\_\_

What age child does your child play with most frequently?

\_\_\_\_\_

Has anyone ever had reason for concerns about your child's behavior? Please explain.

\_\_\_\_\_

\_\_\_\_\_

What do you like to do with your child?

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What things can your child do well?

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What things are challenging for your child?

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Does your child have any fears? If yes, please explain.

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Does your child have any swimming experience?

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We understand that your child is your pride and joy. Please list any concerns you may have for your child in a learning environment, as well as the most important values you would like to see your child learn and develop this year.

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### **Other adults that are authorized to pick up my child:**

(Please list full names so we may compare with photo ID at pick up.)

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**Under no circumstance will we release your child to a person that you have not authorized. If a person is here to pick up your child and not on your list of authorized pick up persons, even if the child is familiar with this person, we will keep your child at Columbia Athletic Club until we can connect and verify with you that we have your permission.**

**Agreement and Billing:** For your convenience your child will have a profile within our Member Self Service program we use for our club members located on our website. This will allow access to your statements, your billing information and make changes to personal information. We require a credit card or checking account on file for monthly billing. Automatic billing occurs on the 5th of each month. Monthly statements are sent out via email on the 5th of each month. If the 5th falls on a weekend or holiday the billing date will be the following business day. You may have statements printed out by CAC staff for reimbursement or IRS purposes with a written request. If you are not already members of CAC, there are special incentives for families of Little Thinkers to join the club! Please visit the Membership Office for details.

**Food Allergies/Medical Conditions:** Parents/guardians are responsible for communicating with Little Thinkers teachers and CAC Kids Club staff if the child has an allergy and or any medical conditions to ensure the child's safety and positive experience. We are a completely NUT-FREE zone.

**Absence/Illness/Inclement Weather:** Absences cannot be traded for another day. No credit will be given for absences due to illness, vacations or inclement weather. Little Thinkers follows the Everett School District (ESD) snow closures - if there is a late start or no school for ESD, Little Thinkers will cancel school for the day. Little Thinkers does not make up snow days at the end of the preschool year or offer tuition proration.

If your child is ill, please inform us that your student is out for the day. Additionally, please directly notify us of any communicable disease/illness that your child has. If you are called to pick up your child due to illness, please have a registered pick-up parent/guardian at the school within thirty minutes. If a child has been ill, they must be free from fever, diarrhea and vomiting for at least 24 hours prior to coming to CAC's Kids Club/Little Thinkers.

**Withdrawal from the Program:** Parents must give **30 DAYS' NOTICE** in writing for withdrawal from the Little Thinkers program. Parents are responsible for paying full tuition for one month from the day of written notice, whether or not the child attends.

**Behavior Policy:** Parents/guardians will be made aware of any behavioral concerns we are having. An age-appropriate plan of action will be made if undesirable behavior continues (including but not limited to acts of disrespect and or disruptive behaviors, hurting others, and/or bullying). The safety and wellness of all the children is of the utmost importance. If we are unsuccessful in getting behaviors to a manageable level, your child may be asked to leave the program.

**Photos and Video:** We like to highlight the fun times we are having at school! Photos/videos may be shared on CAC - Silver Lake's Facebook page, Instagram, monthly newsletter, or emails home to families.

By signing, you acknowledge and agree to comply with all of our Little Thinkers policies.

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**Little Thinkers is a Columbia Athletic Clubs - Silver Lake program. For questions contact us at 425.745.1617. You can also email us [slcmgr@columbiaathletic.com](mailto:slcmgr@columbiaathletic.com).**



Columbia Athletic Clubs - Silver Lake  
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