

**JURONG  
EAST  
6465 9205**

**Nurturing essential mental, physical, emotional, and social development skills in children**

1st mile development is our expertise

Website: [www.mygym.com.sg](http://www.mygym.com.sg) | Facebook: [www.facebook.com/ilovemygym](https://www.facebook.com/ilovemygym) | Instagram: @mygymsingapore



**bright & early**

|  | MON             | TUES            | WED              | THURS                            | FRI             | SAT                             | SUN   |
|--|-----------------|-----------------|------------------|----------------------------------|-----------------|---------------------------------|---|
| <b>PARENT ASSISTED DEVELOPMENTAL PROGRAM</b>     |                 |                 |                  |                                  |                 |                                 |   |
| TINY TYKES<br>7 mths – 11 mths                   |                 |                 |                  |                                  |                 |                                 |   |
| YOUNG WADDLERS<br>8 mths – 13 mths               |                 |                 |                  | 09.15 – 10.15am                  | 3.00 – 4.00pm   | 5.00 – 6.00pm                   |   |
| WADDLERS<br>12 mths – 18 mths                    | 09.15 – 10.15am |                 |                  | 09.15 – 10.15am<br>2.30 – 3.30pm | 4.30 – 5.30pm   | 3.30 – 4.30pm                   | 09.15 – 10.15am<br>2.00-3.00pm                    |
| GYMSTERS<br>19 mths – 3 yrs                      |                 | 09.15 – 10.15am | #09.15 – 10.15pm | 6.00 – 7.00pm                    | 09.15 – 10.15am | 09.15 – 10.15am<br>10.45-11.45  | 10.45 – 11.45am<br>3.30 – 4.30pm<br>5.00 – 6.00pm |
| <b>INDEPENDENT DEVELOPMENTAL PROGRAM</b>         |                 |                 |                  |                                  |                 |                                 |   |
| TERRIFIC TOTS<br>3 yrs – 4 yrs                   |                 |                 |                  | 4.30 – 5.30pm                    |                 | 12.15 – 1.15pm<br>2.00 – 3.00pm | 12.15 – 1.15pm                                    |
| MITES/ WHIZ<br>5 yrs – 8 yrs                     |                 |                 |                  |                                  | 6.00 – 7.00pm   |                                 |   |
| SPECIAL NEEDS<br>3 yrs – 8 yrs                   |                 |                 |                  |                                  |                 |                                 |   |
| <b>FOR MEMBERS ONLY: Adult Assisted Gym Time</b> |                 |                 |                  |                                  |                 |                                 |   |
| PRACTICE & PLAY<br>All ages                      | 1.15 – 2.00pm   |                 | 1.15 – 2.00pm    |                                  |                 |                                 |   |
| <b>PRESCHOOL_PREP PROGRAM</b>                    |                 |                 |                  |                                  |                 |                                 |   |
| PLAYGROUP<br>19 mths – 3.5 yrs                   | 10.45-12.45pm   | 10.45-12.45pm   | 10.45-12.45pm    | 10.45-12.45pm                    | 10.45-12.45pm   |                                 |   |
| CREATIVE BUDDIES<br>3 yrs – 4.5 yrs              |                 |                 |                  |                                  |                 |                                 |   |
| <b>MY GYM PARTIES</b>                            |                 |                 |                  |                                  |                 |                                 |   |
| For Kids aged<br>1 mth - 12 yrs                  |                 |                 |                  |                                  |                 |                                 |   |
| <b>WORLD ART PROGRAM</b>                         |                 |                 |                  |                                  |                 |                                 |   |
| TWOOSY DOODLERS<br>20 mths – 3 yrs               |                 |                 |                  |                                  |                 |                                 |   |
| MINI DOODLERS<br>3 yrs – 5 yrs                   |                 |                 |                  |                                  |                 |                                 |   |
| DOODLERS<br>6 yrs – 12 yrs                       |                 |                 |                  |                                  |                 |                                 |   |

Start them off bright & early  
A space where every child can explore their full potential at a young age, and have a ton of fun doing it!

The right place at the right time  
Originating from Los Angeles, USA, our award-winning programs, extensively trained staff, excellent student/teacher ratio, and state-of-the-art facilities have earned My Gym the reputation as the best early learning program of its kind.

Our programs and activities are designed to stimulate your kid's mind and body, and aid in building their physical, cognitive, and social skills - giving them a sound platform for their future, and instilling in them an "I can do it!" attitude.

**LOCATION:** Buona Vista: 6684 9220 | Great World: 6235 4070 | Jurong East: 6465 9205 | Marine Parade 6440 9916 | Punggol: 6787 1178 | Tampines: 6789 7061