

## 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

**TAMPINES**  
6789 7061



**bright & early**

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.

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>PARENT ASSISTED DEVELOPMENTAL PROGRAM</b>							
LITTLE BUNDLES 3 mths – 7 mths	5.15-6.00 pm						
TINY TYKES 7 mths – 11 mths							
YOUNG WADDLERS 8 mths – 13 mths		9.15-10.15 am				9.00-10.00am	10.30-11.30 am 1.30-2.30 pm
WADDLERS 12 mths – 18 mths	9.30-10.30 am		2.30-3.30 pm			4.30-5.30 pm	10.30-11.30 am 1.30-2.30 pm
GYMSTERS 19 mths – 3 yrs	4.00-5.00pm		4.00-5.00 pm	9.15-10.15 am		10.30-11.30 am 1.30-2.30 pm	9.00-10.00 am 4.30-5.30 pm
<b>INDEPENDENT DEVELOPMENTAL PROGRAM</b>							
TERRIFIC TOTS 3 yrs – 4 yrs			5.30-6.30 pm			12.00-1.00 pm 3.00-4.00 pm	3.00-4.00 pm
MITES/ WHIZ 5 yrs – 8 yrs							12.00-1.00 pm
SPECIAL NEEDS 3 yrs – 8 yrs							
<b>FOR MEMBERS ONLY: Adult Assisted Gym Time</b>							
PRACTICE & PLAY All ages	2.30-3.15pm						
<b>PRESCHOOL_PREP PROGRAM</b>							
PLAYGROUP 19 mths – 3.5 yrs	8.30-10.30am 10.45-12.45pm	10.45-12.45pm	8.30-10.30am 10.45-12.45pm 2.00-4.00 pm	10.45-12.45pm	8.30-10.30am 10.45-12.45pm 2.00-4.00 pm		
CREATIVE BUDDIES 3 yrs – 4.5 yrs	9.00-12.00pm		9.00-12.00pm		9.00-12.00pm		
<b>MY GYM PARTIES</b>							
For Kids aged 1 mth - 12 yrs							
<b>WORLD ART PROGRAM</b>							
TWOOSY DOODLERS 20 mths – 3 yrs							
MINI DOODLERS 3 yrs – 5 yrs							
DOODLERS 6 yrs – 12 yrs							

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