

**PUNGGOL**  
**Whatsapp**  
**6787 1178**

**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**

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							
TINY TYKES 7 mths – 11 mths							
YOUNG WADDLERS 8 mths – 13 mths				2.00 - 3.00pm			2.00 - 3.00pm
WADDLERS 12 mths – 18 mths			*2.00 - 3.00pm		2.15 - 3.15pm	9.00 - 10.00am 4.30 - 5.30pm	9.00 - 10.00am
GYMSTERS 19 mths – 3 yrs			*3.30 - 4.30pm	9.15 - 10.15am 3.30 - 4.30pm	9.15 - 10.15am	10.30 - 11.30am 2.00 - 3.00pm	10.15 - 11.15am 11.30 - 12.30pm 4.30 - 5.30pm
<b>INDEPENDENT DEVELOPMENTAL PROGRAM</b>							
TERRIFIC TOTS 3 yrs – 4 yrs			*5.00 - 6.00pm	5.00 - 6.00pm		12.00 - 1.00pm	3.15 - 4.15pm
MITES/ WHIZ 5 yrs – 8 yrs						3.15 - 4.15pm	
SPECIAL NEEDS 3 yrs – 8 yrs							
<b>FOR MEMBERS ONLY: Adult Assisted Gym Time</b>							
PRACTICE & PLAY All ages			1.00 - 1.45pm	6.15 - 7.00pm	1.00 - 1.45pm		
<b>PRESCHOOL_PREP PROGRAM</b>							
PLAYGROUP 19 mths – 3.5 yrs		8.30-10.30am 10.45-12.45pm	8.30-10.30am 10.45-12.45pm 2.00-4.00pm	8.30-10.30am 10.45-12.45pm	8.30-10.30am 10.45-12.45pm 2.00-4.00pm		
CREATIVE BUDDIES 3 yrs – 4.5 yrs		9.00-12.00pm	9.00-12.00pm	9.00-12.00 pm			
<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