TAMPINES WhatsApp HQ 81750787



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• Punggol • Tampines

PARENT ASSISTED DEVELOPMENTAL PROGRAM SCHEDULE			
YOUNG WADDLERS 7 mths – 11 mths	TUES	9.00 – 10.00am	
	SAT	2.00 - 3pm	
	SUN	2.30 – 3.30pm	
WADDLERS 12 mths – 18 mths	WED	2.30 – 3.30pm	
	THURS	4.30 – 5.30pm	
	SAT	9.15 - 10.15am • 4.30 – 5.30pm	
	SUN	9.00 - 10.00am • 10.00 – 11.00am	
GYMSTERS 19 mths – 3 yrs	WED	3.45 – 4.45pm	
	THURS	9.00 – 10.00am	
	SAT	10.30 – 11.30am	
	SUN	11.15 – 12.15pm • <mark>12.15 - 1.15pm*</mark> • 4.45 – 5.45pm	
INDEPENDENT DEVELOPMENTAL PROGRAM SCHEDULE			
TERRIFIC TOTS 3 yrs – 4 yrs	WED	5.00 – 6.00pm	
	SAT	12.00 – 1.00pm • 3.15 – 4.15pm	
MIGHTY MITES/ WHIZ			
5 yrs – 8 yrs	SUN	3.30 – 4.30pm	
		3.30 – 4.30pm ASSISTED GYM TIME SCHEDULE)	
FOR MEN	IBERS ONLY (ADULT A	ASSISTED GYM TIME SCHEDULE)	
FOR MEN	MON, THURS MON, THURS MON, THURS	ASSISTED GYM TIME SCHEDULE) 2.30 - 3.15pm	
FOR MEN PRACTICE & PLAY All ages	MON, THURS MON, THURS MON, THURS	ASSISTED GYM TIME SCHEDULE) 2.30 - 3.15pm 3.30 - 4.15pm	
FOR MEN	MBERS ONLY (ADULT A MON, THURS MON, THURS PLAYGROU	ASSISTED GYM TIME SCHEDULE) 2.30 - 3.15pm 3.30 - 4.15pm JP PROGRAM	

MY GYM PARTY	SAT	6.00 Z.00pm
1 mth - 12 yrs	SAT	6.00 – 7.00pm