

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

1st mile development is our expertise

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



bright & early

MON **TUES** **WED** **THU** **FRI** **SAT** **SUN**

PARENT ASSISTED DEVELOPMENTAL PROGRAM

YOUNG WADDLERS 7 mths – 13 mths		9.00 - 10.00am				2.00 - 3.00pm	9.00 - 10.00am
WADDLERS 12 mths – 18 mths			2.30 - 3.30pm	#4.30 - 5.30pm		9.15 - 10.15am 4.30 - 5.30pm	10.00 - 11.00am
GYMSTERS 19 mths – 3 yrs			3.45 - 4.45pm	9.00 - 10.00am		10.30 - 11.30am	11.15 - 12.15pm 2.30 - 3.30pm 4.45 - 5.45pm

INDEPENDENT DEVELOPMENTAL PROGRAM

TERRIFIC TOTS 3 yrs – 4 yrs			5.00 - 6.00pm			12.00 - 1.00pm 3.15 - 4.15pm	
TOTS / MITES 4 yrs – 5 yrs							3.30 - 4.30pm
MITES / WHIZ 5 yrs – 8 yrs							12.30 - 1.30pm

FOR MEMBERS ONLY: Adult Assisted Gym Time

PRACTICE & PLAY All ages	2.30 - 3.15pm			3.30 - 4.15pm			
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PRESCHOOL_PREP PROGRAM

PLAYGROUP 19 mths – 3.5 yrs	9.30 - 12.30pm	9.30 - 12.30pm	9.30 - 12.30pm	9.30 - 12.30pm	9.30 - 12.30pm		
CREATIVE BUDDIES 3 yrs – 4.5 yrs							

MY GYM PARTIES

For Kids aged 1 mth - 12 yrs						6.00 - 7.00pm	
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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: Great World: 6235 4070 | Jurong East: 6465 9205 | Punggol: 6787 1178 | Tampines: 6789 7061