



bright & early

Playgroup Program

(for ages 19 months to 3 years)





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Start them off bright early

- The major part of a child's development happens between the ages of 0 to 5 years old.
- Every child deserves a space where they can explore their full potential during these early years of development, and have a ton of fun doing it!





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Our programs are designed to



Enhance cognitive development



Build social skills



Strengthen confidence



Improve fine & gross motor abilities





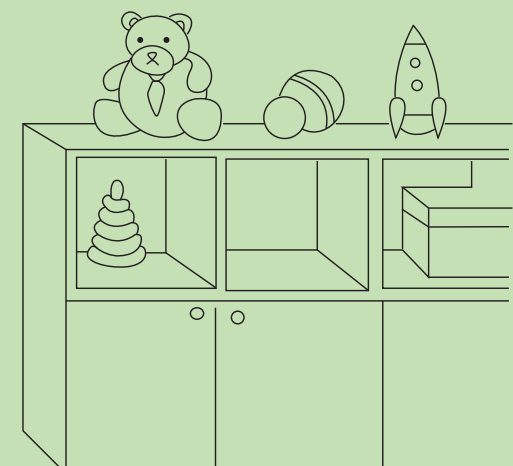
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It's time to get ready for preschool

My Gym - the trusted name in child skills development, brings you Singapore's first sports-based Playgroup Program.

Designed to enhance your kid's social, emotional, mental, cognitive, and physical skills.

These activities, with an emphasis on sports, will help kids develop their sense of self-esteem & sportsmanship, teach them the importance of discipline, and most importantly will imbibe in them the **"I CAN DO IT"** spirit.





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Not just another playgroup program

- The first playgroup program with an emphasis on sports.
- A holistic approach to early child development.
- The whole playground becomes a classroom.
- Small teacher-student ratio to give each student the attention they deserve.





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- A special program designed specifically for overall skill development.
- Flexi choice of 2, 3, 4 or 5 days without committing to a traditional preschool model
- My Gym has served millions of kids in multiple locations around the globe for 35 years and counting.





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Playgroup Program Basics

Age group: 19 months – 3 years old

A 3-hr programme that provides children with the opportunity to develop and gain learning experiences through structured lessons and free play. The aim is to enhance each child's competence in all developmental areas as they learn in a pre-school setting that incorporates gymnastics.





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Objectives

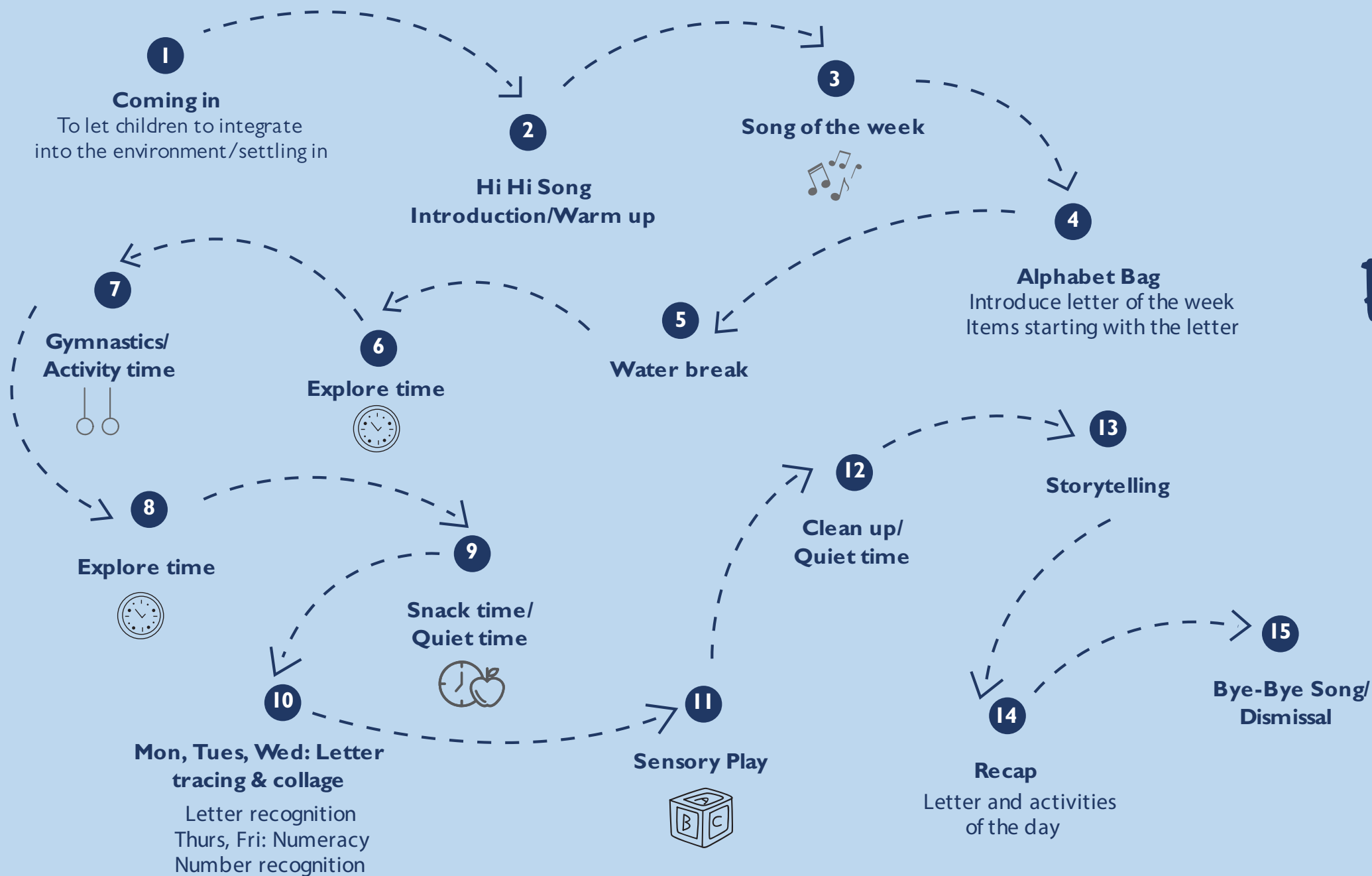
- Build confidence and nurture independence
- Develop fitness and strength
- Develop social skills
- Enhance imagination and creativity
- Allowing appreciation of arts through drama, crafts and music activities
- Foster a love for learning!





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Program flow





Magic & Movements



Arts & Crafts



Social skills



Letter tracing/
Numeracy



Alphabet bag



Gymnastics



Dramatic play



Sensory play



Storytelling

F A Q



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What will they be doing in the 3 hours

- Explore around the gym
- Language and literacy – alphabet bag, letter tracing, letter collage, number recognition
- Music and movement – explore time, song of the week, storytelling
- Arts and creativity
- Sensory play
- Gymnastics – hanging, tumbling, agility and balancing
- Snack time
- Storytelling





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Will my child missed out anything if we choose to attend 2 3 times a week

- Don't worry, our combination ensures that every child will get to participate in the different curriculum focus.
- We would encourage you to go for 5 times a week to introduce readiness for school, classroom setting and to adapt to a new environment and routine faster.

Mon, Tues, Wed	Thurs, Fri
Letter tracing, letter collage	Numeracy





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What is the ratio of children to teachers

- Our maximum class size is 10 and the ratio is 1:5.

How is My Gym's Playgroup different

- Our small class ratio enables the teacher to focus more on each child
- No intermix of different age groups
- Whole gym dedicated for interactive learning
- Thematic approach

