



Tampines

My Gym JumpStart Program

Time	Monday	Tuesday	Wednesday	Thursday	Friday
1.30pm - 2.00pm	Arrival of Students				
2.00pm - 2.45pm	Freshen Up Lunch Rest				
2.45pm - 3.45pm	Rest and Nap time (P1s) (2.45 to 3.30pm) Homework supervision Spelling revision (All)				
3.45pm - 4.00pm	Tea break				
4.00pm - 6.00pm	Inhouse revision Homework supervision Spelling revision				
4.00pm - 5.30pm	Tuition Programs (Additional Charges apply) English Maths Chinese Science				
4.00pm - 6.00pm	My Gym Practice and Play	My Gym Gym Program (Conducted by My Gym Instructors)	My Gym Sports Program (4-5pm) (Conducted by My Gym Instructors)	My Gym Practice and Play	My Gym Practice and Play (530 - 630pm)
6.00pm - 7.00pm	Board Games + Silent Reading	Lego + Silent Reading	Word games/puzzles + Silent Reading	Art and Craft + Silent Reading	Movie Time
7.00pm	Home Sweet Home				