




BearyFun Gym CCK Class Schedule BearyTots (18 - 30 months old) *Developing Healthy Bodies. Alert Minds.*

Programme Fees

Trial Class Fee	<i>\$70.85 (will converted to a one-time registration upon signing up)</i>	Call or Whatsapp 8380 3692 to book! <i>(please book 3 days in advanced)</i>	
Term Fees	<i>\$555.90 (1 coach: 8 children)</i>	1 hour per lesson; Once a week 9-weeks programme	
Registration Fee (one-time)	<i>\$70.85 (one time only)</i>	Upon signing - FREE 1 set of uniform	

**All fees are inclusive of 9% GST.*

Class Schedule

Day	Time	Term 1 (2024)	Term 2 (2024)
Thu	10:30am – 11:30am	4 Jan, 11 Jan, 18 Jan, 25 Jan, 1 Feb, 8 Feb , 15 Feb, 22 Feb, 29 Feb, 7 Mar	14 Mar, 21 Mar, 28 Mar, 4 Apr, 11 Apr , 18 Apr, 25 Apr, 2 May , 9 May, 16 May, 23 May , 30 May
	4pm - 5pm		
Sat	3:30pm – 4:30pm	6 Jan, 13 Jan, 20 Jan, 27 Jan, 3 Feb, 10 Feb , 17 Feb, 24 Feb, 2 Mar, 9 Mar	16 Mar, 23 Mar, 30 Mar , 6 Apr, 13 Apr, 20 Apr, 27 Apr, 4 May, 11 May, 18 May
Sun	3:30pm – 4:30pm	7 Jan, 14 Jan, 21 Jan, 28 Jan, 4 Feb, 11 Feb , 18 Feb, 25 Feb, 3 Mar, 10 Mar	17 Mar, 24 Mar, 31 Mar , 7 Apr, 14 Apr, 21 Apr, 28 Apr, 5 May, 12 May, 19 May
	4:30pm – 5:30pm		

**Class timings are subjected to changes.*

House Rules

- ➡ **Replacement Class:** Kindly inform us if your child is unable to attend any lesson. He/ She is entitled to **2 make-up lessons per term** which are to be **completed within the current term**. Please book a make-up lesson one week in advance of the desired date at the counter or over the phone. (There will be **no further make-up lessons if your child missed the scheduled make up class.**)
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- ➡ **Safety Rules:** Watch and jewellery are to be removed before class starts. BearyFun Gym coaches will take the necessary precautions to ensure the safety of the children.
- ➡ **Rights of Children:** Please seek BearyFun Gym staff's permission for photography and videography.

BearyTots PG (18 - 30 months old)



Flexibility



Body Stability



Coordination



Locomotor



Muscular Strength

Locomotor Development

Crawl, Run, Leap, Hop, Jump & Slide etc.

Travel in different directions

front, back, left, right,
zig-zag & straight

Travel through different spaces

big & small, wide & narrow

Sensory Stimulation

Create movements on uneven platforms

Ascending / descending movements on apparatus

Experience jumping on
different platforms

trampoline, air track, tumble
track and into a foam pit

Floor Gymnastics Skills

Rotation Movements

Motor Planning Movements

Balancing activities with different apparatus and more

Trampoline Skills

Straight jump

Bunny Jump

Jump and turn

Donkey kick and more

Muscular Strength

Hang and support on bar

Swing on bar

Walk up against the wall (upside down)

Body Coordination

Coordinate body parts
through jumping:

feet together, feet open &
close
swinging / straight hands

Coordinate body parts
through weight transfer

from hands to body
and vice versa

Swing body parts such as
legs, hands & body

symmetrical / asymmetrical

Social and Emotional Development

Familiarise with new environment and people

Self-regulate their behaviour.

Identify and cope with emotions appropriately.

Express thoughts and ideas.

Address: 1 Choa Chu Kang Street 53,

#02 - 07 & #02 - 08

Singapore 689236


Bearyfungym.CCK@gmail.com





BearyFun Gym CCK Class Schedule Jolly N1 (3 years old) *Developing Healthy Bodies. Alert Minds.*

Programme Fees

Trial Class Fee	S\$70.85 <i>(will converted to a one-time registration upon signing up)</i>	Call or Whatsapp 8380 3692 to book! <i>(please book 3 days in advanced)</i>	
Term Fees	S\$501.40 (1 coach: 8 children)	1 hour per lesson; Once a week 9-weeks programme	
Registration Fee (one-time)	S\$70.85 <i>(one time only)</i>	Upon signing - FREE 1 set of uniform	

**All fees are inclusive of 9% GST.*

Class Schedule

Day	Time	Term 1 (2024)	Term 2 (2024)
Thu	5pm – 6pm	4 Jan, 11 Jan, 18 Jan, 25 Jan, 1 Feb, 8-Feb , 15 Feb, 22 Feb, 29 Feb, 7 Mar	14 Mar, 21 Mar, 28 Mar, 4 Apr, 11-Apr , 18 Apr, 25 Apr, 2-May , 9 May, 16 May, 23-May , 30 May
Sat	9:30am – 10:30am	6 Jan, 13 Jan, 20 Jan, 27 Jan, 3 Feb, 10-Feb , 17 Feb, 24 Feb, 2 Mar, 9 Mar	16 Mar, 23 Mar, 30-Mar , 6 Apr, 13 Apr, 20 Apr, 27 Apr, 4 May, 11 May, 18 May
	3:30pm – 4:30pm		
	4:30pm – 5:30pm		
Sun	9:30am – 10:30am	7 Jan, 14 Jan, 21 Jan, 28 Jan, 4 Feb, 11-Feb , 18 Feb, 25 Feb, 3 Mar, 10 Mar	17 Mar, 24 Mar, 31-Mar , 7 Apr, 14 Apr, 21 Apr, 28 Apr, 5 May, 12 May, 19 May
	10:30am – 11:30am		
	3:30pm – 4:30pm		
	4:30pm – 5:30pm		

**Class timings are subjected to changes.*

House Rules

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Jolly NI (3 years old)

- Yearly Curriculum Outline -



Flexibility



Body
Stability



Coordination



Locomotor



Muscular
Strength

Floor Gymnastics Skills

Rotation

Motor Planning Movements

Balancing

Trampoline Skills

Straight Jump

Circle Arm Jump

Donkey Kick

Bar Skills

Hang on the Bar

Swing on the Bar

Walk up the wall

Locomotor Skills

Crawl

Run

Jump

Theme Games

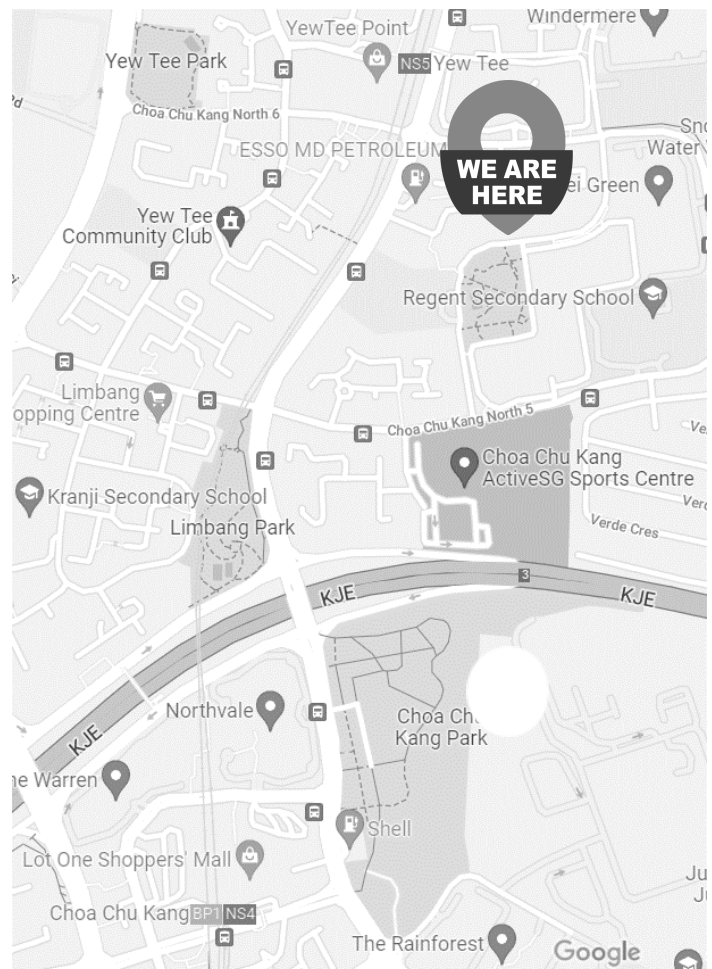
Land Animals

Sea Animals

Shapes

Colours

Body Parts



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BearyFun Gym CCK Class Schedule Bubbly N2 (4 years old) Developing Healthy Bodies. Alert Minds.

Programme Fees

Trial Class Fee	S\$70.85 <i>(will converted to a one-time registration upon signing up)</i>	Call or Whatsapp 8380 3692 to book! <i>(please book 3 days in advanced)</i>	
Term Fees	S\$501.40 (1 coach: 8 children)	1 hour per lesson; Once a week 9-weeks programme	
Registration Fee (one-time)	S\$70.85 <i>(one time only)</i>	Upon signing - FREE 1 set of uniform	

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Class Schedule

Day	Time	Term 1 (2024)	Term 2 (2024)
Tues	4:30pm – 5:30pm	2 Jan, 9 Jan, 16 Jan, 23 Jan, 30 Jan 6 Feb, 13 Feb , 20 Feb, 27 Feb, 5 Mar	12 Mar, 19 Mar, 26 Mar, 2 Apr, 9 Apr , 16 Apr, 23 Apr, 30 Apr 7 May, 14 May, 21 May , 28 May
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	11.30am - 12.30pm		
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Bubbly N2 (4 years old)

- Yearly Curriculum Outline -

A wide range of energetic and fun activities like fitness circuits to ensure continual movement will be installed within the one hour class. Socialization activities to teach children to listen and follow instructions, share and take turns, emotional development activities to encourage risk taking and deal with failure will be the highlight of the class.



Flexibility



Body Stability



Coordination



Locomotor



Muscular Strength

Jumping & Landing Skills

Term 1 - 3	T.I.M with good landing position (stretching)
	Jump down from 2 tier blocks - bend knees
Term 3 - 5	3 Jump on rebounder - Land with bend knees
	3 Donkey Kicks on rebounder - Bunny Hop up the block - T.I.M down block

Beam Skills

Term 1 - 3	Balance Walk on floor beam (with obstacles)
	Balance Walk down the floor beam (low to high)
Term 3 - 5	Balance Walk on red blocks at pit
	Balance Walk up slanted beam (low to high)

Bar Skills

Term 1 - 3	Hang on the bar for 10 seconds
	Walk Up Wall, tummy touch hold (10 secs)
Term 3 - 5	Hang on bar sidewalk (legs on 2 tier blocks)
	Angry Cat Walk Forward on junior parallel bar
	Forward Roll on bar (with assist)

Locomotor Development

Term 1 - 3	Pencil Jump Forward (on tumble track)
	Angry Cat Walk Forward (on seesaw)
	Angry Cat Walk Sideways (on air track)
Term 3 - 5	Circle Arm Jump (on tumble track)
	Angry Cat Walk Backwards (on air track)
	1 Leg Hop (on air track)

Floor Gymnastics Skills

Term 1 & 2	Rolling
	Pencil roll on the mat into the pit
	Egg roll down the wedge
	Preparation for Cartwheel
	Bench hop up & down
	Straddle sit on 2 tier blocks
Term 3 & 5	Motor Planning over beam (hands on box)
	Rolling
	Side roll over block
	Forward roll down the wedge
	Backward roll down wedge (with assistance)
	Preparation for Cartwheel
	5 secs hold Walk Up the wall
	3 sets Bunny Hop up & down the block
Motor Planning over red box	

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BearyFun Gym CCK Class Schedule Lively K1 (5 years old) Developing Healthy Bodies. Alert Minds.

Programme Fees

Trial Class Fee	\$70.85 <i>(will converted to a one-time registration upon signing up)</i>	Call or Whatsapp 8380 3692 to book! <i>(please book 3 days in advanced)</i>	
Term Fees	\$501.40 <i>(1 coach: 8 children)</i>	1 hour per lesson; Once a week 9-weeks programme	
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Class Schedule

Day	Time	Term 1 (2024)	Term 2 (2024)
Tues	5:30pm – 6:30pm	2 Jan, 9 Jan, 16 Jan, 23 Jan, 30 Jan 6 Feb, 13 Feb , 20 Feb, 27 Feb, 5 Mar	12 Mar, 19 Mar, 26 Mar, 2 Apr, 9 Apr , 16 Apr, 23 Apr, 30 Apr 7 May, 14 May, 21 May , 28 May
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House Rules

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Lively Ki (5 years old)

- Yearly Curriculum Outline -

Tumbling skills, preceded by locomotor movements, are introduced and mastered. More gymnastics skills are taught simultaneously in the one hour class to help them become stronger, more agile, more coordinated and more self-confident.



Flexibility



Body Stability



Coordination



Locomotor



Muscular Strength

Trampoline Skills	
Term 1-3	5 Straight Jumps
	5 Circle Arm Jumps
Term 3-5	5 Tuck Jump
	Seat Drop without stand
Bar Skills	
Term 1-3	Hang on bar sidewalk (legs on 2 tier blocks)
	Walk Up, 1 Leg Circle Up (with assist)
	5 secs Front Support
	Forward Roll over the bar (with stepping)
Term 3-5	Walk Up - Circle up with blocks
	Front Support - Forward roll over the bar
	Straddle travel (1 set)
Floor Gymnastics	
Term 1-3	Rolling
	Side Roll into the pit
	Forward roll on mat
	Backward roll down the wedge (with assist)
	Preparation for Cartwheel
	Motor planning over red block (straight leg)
	Preparation for Handstand
	10 secs hold Walk Up the wall
	10 times Scorpion Kick on block
	Term 3-5
Bunny hop forward roll on block	
Angel roll down the pit	
Backward roll down the wedge	
Cartwheel	
Recognise master side	
Cartwheel over red block	
Preparation for Handstand	
20 secs hold Walk Up the wall	
20 secs Continuous Scorpion Kick (on air track)	

Beam Skills	
Term 1-3	Balance Walk on 1 low beam (alternating foot)
	Balance Walk on 1 slanted beam (low to high)
Vaulting	
Term 1-3	3 Straddle Kick on rebounder
	3 Circle Arm Jump on rebounder – Land with bend knees
Term 3-5	Hurdle Step – Bounce on rebounder – Land with bend knees
	Hurdle Step – Bounce on rebounder – Straddle Sit on block
Locomotor Development	
Term 1-3	1 Leg Hop (on air track)
	Bunny Hop Forward (on air track)
	Pencil Jump Backwards (on tumble track)
Term 3-5	Straddle Jump (on tumble track)
	Bunny Hop Forward - Up & Down the block (on tumble track)
	Jump Forward – Up & Down the block (on tumble track)


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BearyFun Gym CCK Class Schedule Flexi K2 (6 years old) *Developing Healthy Bodies. Alert Minds.*

Programme Fees

Trial Class Fee	\$\$70.85 <i>(will converted to a one-time registration upon signing up)</i>	Call or Whatsapp 8380 3692 to book! <i>(please book 3 days in advanced)</i>	
Term Fees	\$\$501.40 (1 coach: 8 children)	1 hour per lesson; Once a week 9-weeks programme	
Registration Fee (one-time)	\$\$70.85 <i>(one time only)</i>	Upon signing - FREE 1 set of uniform	

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Class Schedule

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Tues	3:30pm – 4:30pm	2 Jan, 9 Jan, 16 Jan, 23 Jan, 30 Jan 6 Feb, 13 Feb , 20 Feb, 27 Feb, 5 Mar	12 Mar, 19 Mar, 26 Mar, 2 Apr, 9 Apr , 16 Apr, 23 Apr, 30 Apr 7 May, 14 May, 21 May , 28 May
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	11.30am - 12.30pm		
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Sun	9:30am – 10:30am	7 Jan, 14 Jan, 21 Jan, 28 Jan, 4 Feb, 11 Feb , 18 Feb, 25 Feb, 3 Mar, 10 Mar	17 Mar, 24 Mar, 31 Mar , 7 Apr, 14 Apr, 21 Apr, 28 Apr, 5 May, 12 May, 19 May
	2:30pm – 3:30pm		

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House Rules

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Flexi K2 (6 years old)

- Yearly Curriculum Outline -

Because of the children's ability to understand more technical instruction, combines with their eagerness to learn, this one-hour weekly programme becomes more focused on learning gymnastic skills, to further challenge the children –both physically and mentally.



Flexibility



Body Stability



Coordination



Locomotor



Muscular Strength

Floor Gymnastics	
Term 1-3	Rolling
	3 Continuous Forward Roll stand up 'T' position
	Backward roll down the three-fold mat
	Cartwheel
	Cartwheel over three-fold mat
	Cartwheel down the block
	Handstand
	20 secs hold Walk Up the wall
	10 times Sing Scorpion Kick on air track (higher than buttock)
Scorpion Kick to handstand on wedge (1 Leg touch the wall)	
Term 3-5	Rolling
	Donkey kick forward roll on block
	Backward roll on mat
	Cartwheel
	2 Continuous Cartwheels over mat
	Jump cartwheel over three-fold mat
	Handstand
	Scorpion Kick to handstand (1 Leg touch the wall)
	Jump Scorpion Kick to handstand on air track (with assist)
3 Bounce Up on rebounder before handstand (higher than buttocks)	

Trampoline Skills	
Term 1-3	Straight Jump
	Tuck Jump – Straddle Jump
	Seat Drop
Term 3-5	Straight Jump – Tuck Jump – Straddle Jump
	3 Straight Jump – 1 Turn
	Continuous Seat Drop
Bar Skills	
Term 1-3	Front Support up & down
	Jump Circle Up – Front Support with stepping
	Straddle Travel
Term 3-5	Jump Circle Up – Forward Roll
	Tuck Hold
Static Stretching	
Term 1-5	Pike
	Candlestick
	Bridge

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BearyFun Gym CCK Class Schedule Fitness Teen Level 1 (7 - 12 years old) *Developing Healthy Bodies. Alert Minds.*

Programme Fees

Trial Class Fee	\$\$70.85 <i>(will converted to a one-time registration upon signing up)</i>	Call or Whatsapp 8380 3692 to book! <i>(please book 3 days in advanced)</i>	
Term Fees	\$\$534.10 (1 coach: 8 children)	1.5 hour per lesson; Once a week 9-weeks programme	
Registration Fee (one-time)	\$\$70.85 <i>(one time only)</i>	Upon signing - FREE 1 set of uniform	

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Class Schedule

Day	Time	Term 1 (2024)	Term 2 (2024)
Tues	5:00pm – 6:30pm	2 Jan, 9 Jan, 16 Jan, 23 Jan, 30 Jan 6 Feb, 13 Feb , 20 Feb, 27 Feb, 5 Mar	12 Mar, 19 Mar, 26 Mar, 2 Apr, 9 Apr , 16 Apr, 23 Apr, 30 Apr 7 May, 14 May, 21 May , 28 May
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	5pm - 6:30pm		
Thu	5pm – 6:30pm	4 Jan, 11 Jan, 18 Jan, 25 Jan, 1 Feb, 8 Feb , 15 Feb, 22 Feb, 29 Feb, 7 Mar	14 Mar, 21 Mar, 28 Mar, 4 Apr, 11 Apr , 18 Apr, 25 Apr, 2 May , 9 May, 16 May, 23 May , 30 May
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Sat	11:30am – 1pm	6 Jan, 13 Jan, 20 Jan, 27 Jan, 3 Feb, 10 Feb , 17 Feb, 24 Feb, 2 Mar, 9 Mar	16 Mar, 23 Mar, 30 Mar , 6 Apr, 13 Apr, 20 Apr, 27 Apr, 4 May, 11 May, 18 May
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Sun	11:30am – 1pm	7 Jan, 14 Jan, 21 Jan, 28 Jan, 4 Feb, 11 Feb , 18 Feb, 25 Feb, 3 Mar, 10 Mar	17 Mar, 24 Mar, 31 Mar , 7 Apr, 14 Apr, 21 Apr, 28 Apr, 5 May, 12 May, 19 May
	12:30pm – 2pm		
	2pm - 3.30pm		
	4pm – 5:30pm		

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House Rules

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Fitness Teen Level 1 (7 – 12 years old)

- Yearly Curriculum Outline -

This one-and-half hour weekly programme incorporates more conditioning and strength activities to prepare for more physically demanding skills. More challenging gymnastics skills are introduced, reviewed and mastered to build body strength, ability, coordination and confidence.



Flexibility



Body
Stability



Coordination



Locomotor



Muscular
Strength

Floor Gymnastics	
Term 1 & 2	Rolling
	Donkey kick forward roll up to tumble track
	Hurdle Run – Tuck Jump over red block into the pit on tumble track (Front Somersault)
	Backward roll down the slanted block
	Cartwheel
	Jump Cartwheel over mat
	Cartwheel down the block continue to 1 cartwheel
	Handstand
	Scorpion Kick to handstand (1Leg touch the wall)
	20 secs Continuous Scorpion Kick on floor
	Bounce up 3 times to 1 handstand
	Floor (Girls)
	Bridge down touch and up on wall (Bridge down drill)
	Bridge walkover from 2 tier slanted blocks (with assist)
Term 3 - 5	Rolling
	Backward roll down the block
	3 Continuous donkey kick forward roll
	Hurdle Run – Donkey Kick forward roll up 2 tier blocks on tumble track
	Cartwheel
	Jump Cartwheel continue to 1 cartwheel
	One Hand cartwheel down the block
	Handstand
	20 secs hold handstand on wall
	Handstand – lie back (Front Handstand Drill)
	Jump Scorpion Kick to handstand on 3 fold-mat
	Floor (Girls)
	Bridge down on wall
	Bridge walkover from 2 tier blocks

Static Stretching	
Term 1 - 5	Front (pancake) split
	Side Split
	Bridge
Vaulting Skills	
Term 1 & 2	Hurdle walk - Straight jump up 2 blocks and land
	Bounce up 3 times before handstand
Term 3 - 5	Hurdle run- Straight jump up 2 blocks and land
	Hurdle run- Donkey kick forward roll up 2 blocks
Trampoline Skills	
Term 1 & 2	Straight Jump
	5 Continuous Seat Drop
	Seat Drop – Half turn - Stand
Term 3 - 5	5 Continuous Seat Drop – Half turn – Stand
	Front Drop – Stand (with or without mat)
	Fall Backward into the pit (back drop drill)
Bar Skills	
Term 1 & 2	Tuck hold for 10 seconds (boys)
	Skin the cat with blocks
	Jump Circle up – Forward roll with assist (break-even height)
Term 3 - 5	2 Continuous Straddle Travel (boys)
	Skin the cat
	Jump Circle up – Forward roll (break-even height)