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## LOCATIONS



1326 Gerrard St E  
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## ABOUT FASTKIDS.ME

FASTkids.me is an All-Star Team of Specialists teaching kids about food, athletics, safety and tenacity in a fun leveled fitness class in preparation to participate at the tri-annual FASTkids.me Games.

Our proprietary teaching method combines 50+ years of experience in nutrition, first aid, team sports, dance and martial arts to encourage and prepare your children for the complex ever-changing world they will inherit.

## WHAT WE OFFER

A Unique 45 minute Interactive Fitness Class that's Fun, Progressive and Full of Surprises.

The FASTkids teaching method emphasizes:

- Proper nutrition
- Self-defence
- Personal safety
- Team work
- Crisis management
- Fitness
- Confidence
- Competition
- Social skills
- Conflict resolution

## WHAT OUR FAMILIES ARE SAYING

"Finally! a children's program that teaches my son real life skills in a fun way."

"The instructors are very knowledgeable, friendly and dedicated."

"My son loves everything about fastkids.me."

"Teaching kids to share, pay attention and prioritize health in a fun way helps all parents."

"Fastkids.me programs should be in schools."

"I need this program and I'm the parent!"

## WE'RE ON THE MOVE

Since soft launching April 2019, we've been:

- Invited to present our program at the Duke of Connaught public school
- Invited to exhibit at Goodlife's 40th Anniversary Celebration at various clubs
- Approved to exhibit at Bowmore public schools Annual FUN-Raiser Carnival