



DISCOVERY U4 TO U6 BOYS AND GIRLS

2025/2026 WINTER

Program description:

This program is intended for boys and girls born between 2019 and 2021 who wish to discover or practice recreational soccer in a fun and structured environment.

Frequency: 1 session per week

Duration:

- U4: 45 minutes
U5/U6: 55 minutes

Supervision: Certified coaches and aspiring young coaches in training

The sessions include:

- Motor skills and technical workshops
Fun and awakening games
Small matches adapted to the players' age

Program Objectives:

Foster a love for soccer from an early age

Promote group interaction: respect, sharing, tolerance, and solidarity

Develop basic movement skills : running forward/backward, jumping, dodging, etc.

Introduce simple technical skills : ball control, using different parts of the foot, and moving with the ball

Program duration and practice day:

This program will begin:

- Autumn period: Saturday, October 11, 2025 to Saturday, December 20, 2025 (inclusive)

and/or

- Winter period: Saturday, January 10, 2026 to Saturday, March 28, 2026 (inclusive).

Table with 7 columns: Year of birth, Practice day, Time (Your choice), Practice location, Places available, Fall OR winter rates, Fall AND winter rates. Rows include U4 Mixed (2021) and U5/U6 Mixed (2020/2019).





		12:20pm to 1:15pm				
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*If a schedule is not full, the SHA reserves the right to group the children in another schedule..*

\* The price shown corresponds to the program registration for the given period of dates and the supply of equipment. If your child has not played during the 2025 summer season, **a \$70 affiliation fee will be added to your registration.**

### **Equipment:**

All children registered in this program will receive **a practice kit** that includes:

- One pair of socks
- One pair of shorts
- One practice jersey

### To bring to each session:

- Indoor soccer shoes (**non-cleated**) or athletic sneakers
- Socks, shorts, and practice jersey provided by CS Aylmer
- A labeled water bottle
- Shin guards are not mandatory at this age

This equipment is essential to ensure each child's comfort, safety, and identification during the sessions.

### **Conditions:**

- The program is **open to all children** born in the specified years.
- It is subject to the **club's internal regulations** and **refund policy**.
- **Spots are limited** based on gym capacity and the number of available coaches to ensure a **safe environment** and **high-quality supervision**, in line with **Canada Soccer's** recommendations.

### **Registration:**

Registration will be done online via our website by credit card starting **Monday, August 11, 2025**, depending on availability.

**Note:** Online service fees are charged by the transaction provider based on the registration amount and are non-refundable.

