

U4 CO-ED ROOTS ACTIVE START

Our youngest players partake in fun, engaging and developmentally appropriate activities designed to foster a love for soccer, a love for the ball, while improving key motor skills. All delivered by staff coaches in a vibrant station style training environment.

BLOCK 1

• Saturdays (7 Sessions)

November 2 8:45-9:30am November 9 8:45-9:30am November 16 8:45-9:30am November 23 8:45-9:30am November 30 8:45-9:30am December 7 8:45-9:30am December 14 7:45-8:30am

BLOCK 2

• Saturdays (7 Sessions)

January 11 8:00-8:45am January 18 8:00-8:45am January 25 2:15-3:00pm February 1 2:15-3:00pm February 8 8:30-9:15am February 22 8:30-9:15am March 1 10:15-11:00am

LOCATION: Shouldice Turf Dome - 1515 Home Rd. NW **INCLUDED**: All players receive a Blizzard training top

\$160 PER BLOCK