

# 2024/25 INDOOR PROGRAM DETAILS

## U5 2020



## U5 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 8:30-9:30am
  - November 9 8:30-9:30am
  - November 16 8:30-9:30am
  - November 23 8:30-9:30am
  - November 30 8:30-9:30am
  - December 7 8:30-9:30am
  - December 14 7:30-8:30am

### **BLOCK 2**

- Saturdays (7 Sessions)
  - January 11 7:45-8:45am
  - January 18 7:45-8:45am
  - January 25 2:00-3:00pm
  - February 1 2:00-3:00pm
  - February 8 8:15-9:15am
  - February 22 8:15-9:15am
  - March 1 10:00-11:00am

**LOCATION:** Shouldice Turf Dome - 1515 Home Rd. NW

**INCLUDED:** All players receive a Blizzard training top

## \$185 PER BLOCK