



DISCOVERY U4 TO U6 MALE AND FEMALE

WINTER 2022/2023

Description of the programme: This programme is aimed at players born in **2018 to 2016** who wish to discover or practice a **leisure soccer** activity. Once a week, for 45' for the U4 and 55' for the U5/U6 and supervised by certified educators and young coaches in training. The practices will be composed of motor skills workshops, games and small matches. This programme aims to instil in young children a passion for soccer and the discovery of simple notions of group life (respect, sharing, tolerance, solidarity), the fundamental basics of movement (forward and backward running, jumping, dodging, etc.) as well as simple soccer techniques (ball control, use of the different surfaces of the foot to move with the ball, etc.)

Duration of the programme and practice day: This programme will start:

- Fall period: Saturday 08 October 2022 to Saturday 17 December 2022 (inclusive)

and/or

- Winter period: Saturday 14 January 2023 to Saturday 01 April 2023 (inclusive).

Year of birth	Practice day	Time (Your choice)	Location of the practice	Places available	Fall OR winter rate	Fall AND winter rate
U4 Mixed (2018)	Saturday	11:10 am to 11:55 am	Gymnase du Marais (200 rue du Marigot)	18 max.	\$165*	\$275*
U5/U6 Mixed (2017/2016)	Saturday	9 am to 9.55 am OR 10.05 am to 11.00 am		18 max. per slot	\$165*	\$275*

If a schedule is not full, the SHA reserves the right to group children in another schedule.

* The price shown corresponds to the registration to the programme for the given period of dates and the provision of the equipment. If your child did not play during the summer 2022 period, **a \$55 membership fee will be added to your registration.**

Equipment: All children registered in this winter program will receive a pair of socks, shorts and a practice shirt. At practice, the child must bring: spikeless soccer shoes or sneakers, socks, shorts, a practice shirt and a water bottle or named water bottle.

Conditions : This program is open to all children in the above age groups and is subject to the club's rules and refund policy. Places are limited by the capacity of the gyms and the educators available in order to preserve a safe environment and an optimal quality of supervision for the well-being of the children as recommended by Soccer Canada.

Registrations :

Registration will be done online via our website by credit card starting Monday August 22, 2022.**

** The online service fee is charged by the transaction provider based on the registration amount and is non-refundable.

