



Discovery U4 MIXED (2022)

SUMMER 2026

Program Overview

The Discovery Soccer program is designed for children born in **2022 (U4 mixed)** who wish to develop their soccer skills while promoting enjoyment and socialization in a stimulating environment.

The program is led by young instructors as well as a coach certified at a minimum C License level, ensuring a structured and safe learning environment.

This program is open to everyone; however, spots are limited in order to comply with the coach-to-player ratios required by Soccer Québec.

👉 Registration date is the only admission criterion.

Program Content

Duration :

The program runs :

📅 **From May 25, 2026 until the week of August 17, 2026**

🏆 **Week 7 (mid-season): Matches only, with the theme: "On the Road to the World Cup."**

🏁 **Closing: End-of-season festival on Saturday, August 22.**

Frequency :

Training is offered once per week for U4 mixed boys and girls (born in 2022).

Option to choose Mondays at Bois-Franc :

- **5:30 PM to 6:15 PM**
- **6:35 PM to 7:20 PM**

Types of Sessions

🏆 Discovery Session

Sessions are conducted in a workshop format with one certified coach (minimum C License) and six trainee coaches.

Volunteer parents may assist our coaches by supporting the various workshops and helping manage matches. Maximum of 48 players per time slot.

Each session includes **4 workshops of 10 minutes each**, covering the key aspects of development for this age group:

✅ **Technical skills workshop**



- ✓ Motor skills / coordination workshop
- ✓ Fun games workshop
- ✓ Match workshop (small-sided games)

Every 3 weeks:

- ✓ 2 workshops
- ✓ 2 matches

CHOICE	DAY	TIME	LOCATION
1	MONDAY	5 :30 PM to 6 :15 PM	BOIS-FRANC (CLICK HERE)

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CHOICE	DAY	TIME	LOCATION
2	MONDAY	6 :35 PM to 7 :20 PM	BOIS-FRANC (CLICK HERE)

Pricing

Pricing	1 PRACTICE
	205\$*

*An additional \$74 affiliation fee applies, covering the period from May 1, 2026, to April 30, 2027.

! In Case of Cancellation (Weather Conditions)

If bad weather occurs (e.g., extreme heat, thunderstorm, heavy rain), information about training cancellations will be communicated on the following platforms:

- Website: aylmersoccer.qc.ca
- CS Aylmer Facebook page
- CS Aylmer Instagram
- SPOND app (event calendar & attendance)

✦ Important:

Training sessions canceled due to weather conditions will not be rescheduled.

Equipment

Equipment Provided by the Club

Each player will receive :

- 1 jersey
- 1 short
- 1 paire of socks





✉ A email will be sent to inform you of the distribution date.

🧰 Equipment Your Child Must Bring

Your child is required to bring:

- 🏆 Soccer shoes
- 🛡️ Shin guards (this is not mandatory)
- 💧 Personalized water bottle or water bottle with name on it

Your registration fees include

💰 What the Program Fees Include

Your registration covers :

📄 **Your child's affiliation with Soccer Québec and Soccer Outaouais**
(insurance, annual affiliation, official recognition)

👕 **Practice uniform**
(jersey, shorts, socks)

🌐 **Club administrative and sporting operating costs, including:**

- Supervision of coaches
- Equipment used during sessions
- Field management
- Program logistics and management

📄 Registration Procedure

To Register Your Child:

1. Go to our website: aylmersoccer.qc.ca
2. Click on the **REGISTRATION** tab in the main menu.
3. Follow the steps provided to complete the online registration.

📅 **Registration Opens: Monday, February 16, 2026**

⚠️ Important

Service fees charged by the provider apply during online registration.