

Age Group	Birth Year(s)	Cost (\$)	Playing Day	Playing Time(s)	Game Location	Training Night	Training Time(s)	Training Location	Team Size	Playing Format	Start Week	End Week	Super Saturday
Little Paws	2021, 2022	165	Saturday	10:00 AM	Main Field			Main Field	10	Skills and fun games	Week of June 1	Week of August 10	August 15-Rain Date August 22
U7 Mixed	2019, 2020	235	Tuesday	6 pm/7:15 pm	Gemini/Nash	Tuesday	30 mins Training Followed by Game	Gemini/Nash	8	3v3 no GK	Week of June 1	Week of August 10	August 15-Rain Date August 22
U9 Mixed	2017, 2018	235	Wednesday	6 pm/7:15 pm	Gemini/Nash	Monday	6:30 pm-7:30 pm	Dover Park	10	5v5 with GK	Week of June 1	Week of August 10	August 15-Rain Date August 22
U11 Mixed	2015, 2016	235	Thursday	6 pm/7:15 pm	Gemini/Nash	Tuesday	6:30 pm-7:30 pm	Dover Park	12	7v7 with GK	Week of June 1	Week of August 10	August 15-Rain Date August 22
U13 Boys	2013, 2014	235	Thursday	6 pm/7:15 pm	Starsky	Tuesday	6:30 pm-7:30 pm	Sisters of St Joseph	15	9v9 with GK	Week of June 1	Week of August 10	August 15-Rain Date August 22
U13 Girls	2013, 2014	235	Tuesday	6 pm/7:15 pm	Starsky	Thursday	6:30 pm-7:30 pm	Sisters of St Joseph	15	9v9 with GK	Week of June 1	Week of August 10	August 15-Rain Date August 22
Open Training U9 and younger					Saturday	9 am-10 am		Field #3			Week of June 1	Week of August 10	
Open Training U13/U11					Saturday	10 am-11 am		Field #3			Week of June 1	Week of August 10	
Open Training U15 and Older					Saturday	11 am-12 pm		Field #3			Week of June 1	Week of August 10	

Note All dates/times/locations are tentative and subject to change based on registration

U13 and older may be playing interlock vs other organizations across the city

Grass Roots Matrix

https://cdn1.sportngin.com/attachments/document/4dad-3355032/2025.02.20_-_Canada_Soccer_GrassrootsStandards-EN.pdf?_gl=1*1eash1l*_ga*MjAxMzUxMjI1LjE3MjA1NzMyNTQ*_ga_PQ25JN9PJ8*cxE3NTk2Nzg0MTkzbM4JGcxJHQxNzU5Nj5MDkxJGo2MCRsMCRoMA_