



SOCCER

PARENT HANDBOOK

THIS GUIDE INCLUDES

Levels | Program hours | What to bring | How it works | FAQs & resources

Soccer levels

EXPLORERS AGE 2

- Focus on foundational sports movement and soccer skills using songs and storytelling
- Parent participation is required for the first few weeks
- Available as a 45 minute weekly league class

ZOOMIES AGES 3-4

- Introduces core soccer movements by engaging kids' imagination through stories and adventures
- Intro to 20 minute game play
- Program options: weekly league, half-day camp. All-day camp available for kids 4+

SPEEDSTERS AGES 4-5

- Introduces more speed and skill progression while keeping the fun alive with songs and stories
- Intro to 20 minute game play
- Program options: weekly league, half-day camp, all-day camp

TRAILBLAZERS AGES 5-6

- Focused soccer skill and team play instruction through fun, high energy adventures
- 20 minute game play
- Program options: weekly league, half-day camp, all-day camp

LEGENDS AGES 6-8

- Further confidence building through technical skills within themed game settings
- Includes 1 vs. 1 skills and team vs. team games
- Program options: weekly league, half-day camp, all-day camp

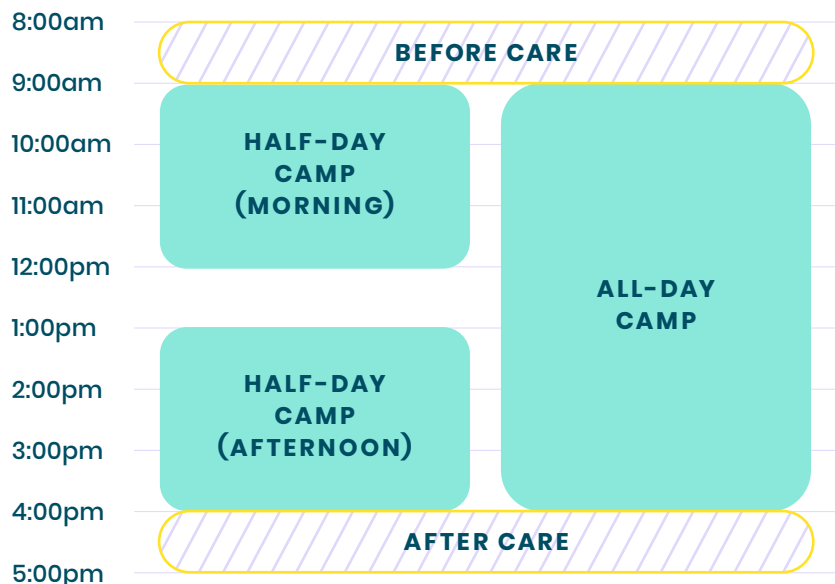
Soccer program hours


SOCCER LEAGUE

Our kids' soccer league keeps the fun and learning rolling all year with engaging **45 minute to 1-hour weekly sessions**, with schedules varying by location.

SOCCER CAMPS

Our week-long soccer camps offer half-day or full-day options to condense your kiddos learning. Check out the camp schedule!



 Before and after care is available for camps only and you must pre-register for a fee.



What to bring

ALL PROGRAMS

HALF DAY CAMPS +

ALL DAY/COMBO CAMPS +

- Athletic shoes or closed-toe shoes 
- Soccer socks & shin guards for kids 3+ *optional*
- Comfortable clothes for physical activity
- Sunscreen and bug repellent 
- Weather-appropriate clothing — rain gear, sweaters, gloves, etc. 
- Water bottle
- Nut-free snack 
- Required medications — Epi-pen, puffers, etc.
- Small backpack to hold all your child's belongings 
- Nut-free lunch
- Extra snacks Change of clothes

Hi there, I'm Ziggy!
Ready for a soccer
adventure?

How it works

WEEKLY LEAGUE

Our league offers 45 minute to 1-hour weekly classes, transforming learning into an adventure, making it a fun and special experience for kids of every level. We run friendly intra-team games during the last 20 minutes of classes so you can watch your kiddo showcase their understanding of soccer, new skills and proud "I DID IT" moments.



Every kiddo receives a jersey to keep.

HALF-DAY CAMP

Our half-day camp offers level-appropriate soccer skill instruction. Our instructors use creative play, soccer-based adventure, active learning and one-on-one feedback to help develop kids' confidence. Every kid gets their moment to shine as they spend maximum time with the ball to increase their skills, all while fostering a love for the sport and being part of a team.



Every camper receives a t-shirt to keep.

ALL-DAY CAMP

All-day campers enjoy the same activities and instruction as our half-day campers, but doubled for maximum practice time and progress. After their morning soccer activities, kids eat, rest and enjoy play time during their lunch break to ensure they are refreshed and energized for an afternoon on the soccer pitch.



Every camper receives a t-shirt to keep.



FAQs

1 WHAT IS PEDALHEADS SOCCER?

Pedalheads Soccer is a foundational soccer skills program for kids ages 2-8, using energetic storytelling and interactive games to teach fundamental skills. Our approach ensures maximum time with the ball and quick, efficient learning.

2 WILL MY KID GET TO PLAY SOCCER IN THEIR WEEKLY LEAGUE CLASSES?

Yes! We run friendly intra-team games during the last 20 minutes of class so you can watch your kiddo showcase their understanding of soccer, new skills and proud "I DID IT" moments.

3 WHAT LEVEL SHOULD MY KID BE IN?

Pedalheads Soccer is structured around age-appropriate learning. Simply choose the program for your child's age and we'll personalize their experience with one-on-one skill development to maximize their progress towards becoming a future soccer star!

4 DO YOU OFFER PROGRAMS FOR NEURO-DIVERSE CHILDREN?

We are big believers in making sport inclusive to everyone. Available at select locations, we offer programs specially designed for children on the autism spectrum to develop their cognitive and motor skills through individualized, small group and team games. Should your soccer star require 1:1 support, we kindly ask that a parent or behaviour interventionist participates alongside them. Find out more about the program and how to register today.

[LEARN MORE](#)

Want to know more?

[IMPORTANT UPDATES](#)

[OUR POLICIES](#)

[KNOWLEDGE BASE](#)

Contact our Customer Care Team to answer further questions
or make adjustments to your registration:

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