CLUB DEVELOPMENT CENTER (CDC)
U5 TO U8

SCHEDULE
WINTER 2026/27

PLEASE TAKE NOTE:
Days, times and locations are subject to change depending on registration numbers, field availability and technical staff availability.

OUR PROGRAMS

Year of birth	Category	Programs offered
2022	U5	CDC 1
2021	U6	CDC 1
2020	U7	CDC 1 / CDC 2
2019	U8	CDC 1 / CDC 2

PROGRAM DESCRIPTION

Registration in ...	Description
CDC 1	Participation in one practice per week. (CDC 1 practice).
CDC 2	Participation in two practices per week. (CDC 1 + CDC 2 practices).

M = Boys teams / **F** = Girls teams

UNIFORMS & PRACTICE KITS

	INCLUDED IN THE REGISTRATION FEE	TO PURCHASE
U5 to U8	○ One practice jersey ○ One pair of shorts ○ One pair of soccer socks	o One pair of shin pads o Soccer cleats

PRACTICE LOCATION

Soccer IQ
4980 Boulevard des Laurentides,
Laval, Quebec
H7K 2J5

U5 (2022) to U8 (2019)

@AS LAVAL

U5 (2022) M &
U5 (2022) / U6 (2021) F

	CDC 1
DAY	Saturday
TIME	9:00AM – 10:00AM
LOCATION	Soccer IQ
# OF WEEKS	20
DATES	November: 07, 14, 21, 28 December: 05, 12 January: 09, 16, 23, 30 February: 06, 13, 20 March: 06, 13, 20, 27 April: 03, 10, 17
FEE	$380

The affiliation fee is not included in the price above and applies to new players.

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U6 (2021) M

	CDC 1
DAY	Saturday
TIME	10:00AM – 11:00AM
LOCATION	Soccer IQ
# OF WEEKS	20
DATES	November: 07, 14, 21, 28 December: 05, 12 January: 09, 16, 23, 30 February: 06, 13, 20 March: 06, 13, 20, 27 April: 03, 10, 17
FEE	$380

The affiliation fee is not included in the price above and applies to new players.

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WE ARE LAVAL

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U7 (2020) / U8 (2019) F

	CDC 1	CDC 2
DAY	Saturday	Monday
TIME	11:00AM – 12:00PM	6:00PM – 7:00PM
LOCATION	Soccer IQ	Soccer IQ
# OF WEEKS	20	21
DATES	November: 07, 14, 21, 28 December: 05, 12 January: 09, 16, 23, 30 February: 06, 13, 20 March: 06, 13, 20, 27 April: 03, 10, 17	November: 02, 09, 16, 23, 30 December: 07, 14 January: 11, 18, 25 February: 01, 08, 15, 22 March: 08, 15, 22, 29 April: 05, 12, 19
FEE	$380	$555

Registration CDC 1 = CDC 1 practice only
Registration CDC 2 = CDC 1 + CDC 2 practice
The affiliation fee is not included in the price above and applies to new players.

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U7 (2020) M

	CDC 1	CDC 2
DAY	Sunday	Wednesday
TIME	1-hour time slot between 9:00AM – 5:00PM	6:00PM – 7:00PM
LOCATION	Soccer IQ	Soccer IQ
# OF WEEKS	20	21
DATES	November: 08, 15, 22, 29 December: 06, 13 January: 10, 17, 24, 31 February: 07, 14, 21 March: 07, 14, 21, 28 April: 04, 11, 18	November: 04, 11, 18, 25 December: 02, 09, 16 January: 13, 20, 27 February: 03, 10, 17, 24 March: 10, 17, 24, 31 April: 07, 14, 21
FEE	$395	$555

Registration CDC 1 = CDC 1 practice only
Registration CDC 2 = CDC 1 + CDC 2 practice
The affiliation fee is not included in the price above and applies to new players.

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U8 (2019) M

	CDC 1	CDC 2
DAY	Sunday	Thursday
TIME	1-hour time slot between 9:00AM – 5:00PM	6:00PM – 7:00PM
LOCATION	Soccer IQ	Soccer IQ
# OF WEEKS	20	21
DATES	November: 08, 15, 22, 29 December: 06, 13 January: 10, 17, 24, 31 February: 07, 14, 21 March: 07, 14, 21, 28 April: 04, 11, 18	November: 05, 12, 19, 26 December: 03, 10, 17 January: 14, 21, 28 February: 04, 11, 18, 25 March: 11, 18, 25 April: 01, 08, 15, 22
FEE	$395	$555

Registration CDC 1 = CDC 1 practice only
Registration CDC 2 = CDC 1 and CDC 2 practice
The affiliation fee is not included in the price above and applies to new players.

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CLUB DEVELOPMENT CENTER

QUESTIONS ?

WRITE TO US AT

CDC@ASLAVAL.COM

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