CLUB DEVELOPMENT CENTER (CDC)
U9 TO U12

SCHEDULE
WINTER 2026/27

PLEASE TAKE NOTE:
Days, hours and locations are subject to change depending on the number of registrations per category, the availability of fields and of technicians.

OUR PROGRAMS

Year of birth	Category	Programs offered
2018	U9	CDC 1 / CDC 2
2017	U10	CDC 1 / CDC 2
2016	U11	CDC 1 / CDC 2
2015	U12	CDC 1 / CDC 2

DESCRIPTION OF PROGRAMS

Registration in...	Description
CDC 1	Participation in one practice per week, the CDC 1 practice.
CDC 2	Participation in two practices per week, the CDC 1 and CDC 2 practice.

M = boys teams / **F** = girls teams

UNIFORMS & PRACTICE KITS

	INCLUDED IN THE REGISTRATION FEE	TO PURCHASE
U9 to U12	**PRACTICE GEAR** ○ One practice jersey ○ One pair of shorts ○ One pair of soccer socks	o a pair of shin pads o soccer cleats

PRACTICE LOCATIONS

Complexe Multi-Sports de Laval
955 Avenue Bois-de-Boulogne
Laval, Québec
H7N 4G1

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

U9 (2018) to U12 (2015)

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U9 (2018) & U10 (2017) F

	CDC 1	CDC 2
DAY	Sunday	Friday
TIME	9:00am – 10:15am	One hour time slot between 6:00pm - 8:00pm
LOCATION	Complexe Multi-Sports de Laval	Soccer IQ
# OF WEEKS	20	21
DATES	November: 01, 08, 15, 22, 29 December: 06, 13 January: 03, 10, 17, 24 February: 14, 21, 28 March: 14, 21 April: 04, 11, 18, 25	November: 06, 13, 20, 27 December: 04, 11, 18 January: 15, 22, 29 February: 05, 12, 19, 26 March: 12, 19, 26 April: 02, 09, 16, 23
COST	$580	$865

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 is applicable for new players.

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WE ARE LAVAL

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U11 (2016) & U12 (2015) F

	CDC 1	CDC 2
DAY	Sunday	Friday
TIME	9:00am – 10:15am	One hour time slot between 6:00pm - 8:00pm
LOCATION	Complexe Multi-Sports de Laval	Soccer IQ
# OF WEEKS	20	21
DATES	November: 01, 08, 15, 22, 29 December: 06, 13 January: 03, 10, 17, 24 February: 14, 21, 28 March: 14, 21 April: 04, 11, 18, 25	November: 06, 13, 20, 27 December: 04, 11, 18 January: 15, 22, 29 February: 05, 12, 19, 26 March: 12, 19, 26 April: 02, 09, 16, 23
COST	$620	$880

Registration CDC 1 = CDC 1 practice only
Registration CDC 2 = CDC 1 and CDC 2 practice
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U9 (2018) M

	CDC 1	CDC 2
DAY	Sunday	Friday
TIME	10:20am – 11:35am	One hour time slot between 6:00pm - 9:00pm
LOCATION	Complexe Multi-Sports de Laval	Soccer IQ
# OF WEEKS	20	21
DATES	November: 01, 08, 15, 22, 29 December: 06, 13 January: 03, 10, 17, 24 February: 14, 21, 28 March: 14, 21 April: 04, 11, 18, 25	November: 06, 13, 20, 27 December: 04, 11, 18 January: 15, 22, 29 February: 05, 12, 19, 26 March: 12, 19, 26 April: 02, 09, 16, 23
COST	$580	$865

Registration CDC 1 = CDC 1 practice only
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U10 (2017) M

	CDC 1	CDC 2
DAY	Sunday	Friday
TIME	11:40am – 12:55pm	One hour time slot between 6:00pm - 9:00pm
LOCATION	Complexe Multi-Sports de Laval	Soccer IQ
# OF WEEKS	20	21
DATES	November: 01, 08, 15, 22, 29 December: 06, 13 January: 03, 10, 17, 24 February: 14, 21, 28 March: 14, 21 April: 04, 11, 18, 25	November: 06, 13, 20, 27 December: 04, 11, 18 January: 15, 22, 29 February: 05, 12, 19, 26 March: 12, 19, 26 April: 02, 09, 16, 23
COST	$580	$865

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 is applicable for new players.

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U11 (2016) M

	CDC 1	CDC 2
DAY	Sunday	Friday
TIME	1:00pm – 2:15pm	One hour time slot between 6:00pm - 9:00pm
LOCATION	Complexe Multi-Sports de Laval	Soccer IQ
# OF WEEKS	20	21
DATES	November: 01, 08, 15, 22, 29 December: 06, 13 January: 03, 10, 17, 24 February: 14, 21, 28 March: 14, 21 April: 04, 11, 18, 25	November: 06, 13, 20, 27 December: 04, 11, 18 January: 15, 22, 29 February: 05, 12, 19, 26 March: 12, 19, 26 April: 02, 09, 16, 23
COST	$620	$880

Registration CDC 1 = CDC 1 practice only
Registration CDC 2 = CDC 1 and CDC 2 practice
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U12 (2015) M

	CDC 1	CDC 2
DAY	Sunday	Friday
TIME	2:20pm – 3:35pm	One hour time slot between 6:00pm - 9:00pm
LOCATION	Complexe Multi-Sports de Laval	Soccer IQ
# OF WEEKS	20	21
DATES	November: 01, 08, 15, 22, 29 December: 06, 13 January: 03, 10, 17, 24 February: 14, 21, 28 March: 14, 21 April: 04, 11, 18, 25	November: 06, 13, 20, 27 December: 04, 11, 18 January: 15, 22, 29 February: 05, 12, 19, 26 March: 12, 19, 26 April: 02, 09, 16, 23
COST	$620	$880

Registration CDC 1 = CDC 1 practice only
Registration CDC 2 = CDC 1 and CDC 2 practice
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SATURDAY MATCHES

CATEGORY	DATES						TIME	LOCATION
U9F CC & CR	Nov. 07, 21	Dec. 05	Jan. 09	Feb. 13	March. 13	Apr. 10	11:00am	Complexe Multi-Sports Laval
U10F CC	Nov. 07, 21	Dec. 05	Jan. 09	Feb. 13	March. 13	Apr. 10	11:00am	Complexe Multi-Sports Laval
U11F CC	Nov. 07, 21	Dec. 05	Jan. 09	Feb. 13	March. 13	Apr. 10	10:00am	Complexe Multi-Sports Laval
U12F CC	Nov. 07, 21	Dec. 05	Jan. 09	Feb. 13	March. 13	Apr. 10	10:00am	Complexe Multi-Sports Laval
U9M CC & CR	Nov. 07, 21	Dec. 05	Jan. 09	Feb. 13	March. 13	Apr. 10	9:00am	Complexe Multi-Sports Laval
U10M CC	Nov. 07, 21	Dec. 05	Jan. 09	Feb. 13	March. 13	Apr. 10	10:00am	Complexe Multi-Sports Laval
U11M CC	Nov. 14	Dec. 19	Jan. 23	Feb. 27	March. 27	Apr. 17, 24	9:00am	Complexe Multi-Sports Laval
U12M CC	Nov. 14	Dec. 19	Jan. 23	Feb. 27	March. 27	Apr. 17, 24	10:00am	Complexe Multi-Sports Laval

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CENTRE DE DÉVELOPPEMENT DU CLUB

QUESTIONS ?

WRITE TO US AT

CDC@ASLAVAL.COM

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