



Program Outline 2026 Fall Recreational League Programs (U3-U18)

PROGRAM OVERVIEW

North Mississauga Soccer Club offers a range of recreational soccer programs that allow athletes to have fun, stay active and develop social skills. All recreational programs are offered once a week, allowing players to combine soccer with other activities. If you would like to join more high-intensity soccer programs, please explore the NMSC Grassroots, Competitive and High Performance programs.

KEY ELEMENTS OF THE PROGRAM BY AGE GROUP

U3/4

1. **Format:** One parent/guardian must be on the field with the player during the 50-minute program (recommended by OSA)
2. **Focus:** Introduce players to soccer by providing opportunities to use their imagination, be creative, and learn through trial and error. We offer age- and stage-appropriate development activities suitable for this physical and cognitive stage of development
3. **Curriculum:** The physical curriculum involves children playing in activities that build basic fundamental movement skills such as running, jumping, twisting, throwing, and catching, as well as an introduction to the soccer ball.

U5-7

1. **Format:**
Technical coaches will lead fun, game-based soccer activities, including dribbling and running with the ball, as well as small-sided games (2v2, 3v3, 4v4, 5v5) within each player's training group. Sessions are designed to keep players moving, smiling, and actively involved from start to finish.
2. **Focus:**
Players having fun while developing their physical literacy and continuing their

growth across the four corners of the LTPD. Through imaginative, play-based games, players are introduced to basic soccer skills in a way that builds confidence, encourages creativity, and nurtures a genuine love of the game.

3. **Curriculum:**

We offer age- and stage-appropriate activities that align with the physical and cognitive development of 5–7-year-olds. The curriculum prioritizes enjoyment, imagination, and learning through play, creating a positive, engaging environment where players are excited to come to soccer each week.

U8-9

1. **Format:** Technical Coaches will lead age-appropriate games, serving as game leaders. Teams will play weekly 5v5 games with **NO** GKs.
2. **Focus:** Players having fun, making new friends, and developing their physical literacy, technical skills, and game understanding.
3. **Curriculum:** Game-based learning development centred on fun in a low-pressure, social, and physical environment.

U10-18

1. **Format:** 50-minute game (2×25-minute halves) with Referees. Teams will play weekly 5v5 or 7v7 games (based on registration numbers).
2. **Focus:** Players having fun, playing with their friends, and developing their physical literacy, technical skills, and game understanding.
3. **Curriculum:** Game-based learning development centred on fun in a low-pressure, social and physical environment.

WHAT IS INCLUDED

- 1 Session per week on Turf- Mattamy Sports Park Dome
- Recreational Uniform -Jersey, shorts, socks (cleats and shin guards not included)
- Communication Tools -Playmetrics
- Player Insurance -Ontario Soccer

STANDARDS

- Age-Specific Curriculum
- Qualified Coaches with mandatory coach education courses completed (U3-U9)
- Volunteer Coaches led and supervised by the Recreational Manager (U10-18)
- Programs align with Canada Soccer Standards
- Girls' and Boys' programs (U3/4 co-ed)

SCHEDULED DATES

Age Group	Dates
U3- U18 Saturday	Oct 24, 31, Nov 7, 14, 21, 28, Dec 5, 12, 19
Location	Mattamy Sports Park (Dome) - 5320 Ninth Line

SCHEDULED TIMES SATURDAY

Age Group	Times
U3/4, GU5, BU5, GU6, BU6, GU7, BU7, GU8, BU8, GU9, BU9	8:00 am - 9:00 am Price: Early Bird Price - \$225 (Until August 24) (Regular price \$295)
U3/4, GU10-12, BU10/11	9:00 am - 10:00 am Price: \$295
BU5, BU6, BU7, BU12/13, GU13-15	10:00 am - 11:00 am Price: \$295
BU8/9, BU14/15	11:00 am - 12:00 pm Price: \$295
BU16-18, GU16-18	12:00 pm - 1:00 pm Price: \$295

UNIFORM & EQUIPMENT

Includes an Inaria recreational kit (1 jersey, 1 pair of shorts, 1 pair of socks). Jersey colour will depend on team placement. Players are required to bring their own soccer cleats and shin pads, or they will not be allowed to participate for safety reasons. Also, jewellery and casts of any kind are not allowed.

REGISTRATION

To secure your place in the program, all registrations are completed online via Playmetrics using the link on our NMSC website. Due to indoor space constraints, spots are limited. Once registered and players are rostered, closer to the program start date, the weekly schedule and sub-field location can be viewed on Playmetrics.

PROGRAM FEE

PROGRAM	FEE
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2026 Fall Recreational House League Program 9 weeks on a turf field	\$225 (8 Am - Early bird discount - Until August 24) \$295 (Regular Price)
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PAYMENT METHODS

The Club has transitioned to a cashless system via PlayMetrics. Families can pay online with Visa, Mastercard, American Express, or Visa Debit. E-transfers and cash are not accepted. Full payment is due at registration.

REFUNDS

All refunds are subject to the Club's [Refund Policy](#). Cancellations due to inclement weather are not eligible for refunds.

FEE ASSISTANCE

Fee assistance programs may be available directly through KidSport and Jumpstart. You can apply to both, and some programs accept multiple applications each year. Please verify directly with the respective funder, as the club has no affiliation with them.



[KidSport](#)



[Canadian Tire Jumpstart](#)

ADDITIONAL NOTES

The information contained in this document is subject to change at the discretion of NMSC and its partners to meet established standards. The Club reserves the right to change the date, location, day, and time based on field availability and registration numbers.

Family Discount: Register 3 or more children in the Indoor Recreational programs, and receive a one-time discount of \$25 per child

Play-Together Request (Friend Requests): **1 per player maximum upon registration, and requests must be reciprocated (full names) on Playmetrics registration. No emails will be accepted.** Our main goal is to keep the recreational teams balanced and as fair as possible for all registrants; therefore, we cannot guarantee friend requests.

Coach Requests: To keep the recreational teams balanced and as fair as possible for all registrants, we cannot honour Coach requests.