



Capital Soccer Club Winter Indoor Training Schedule

All training sessions will be held at Green Mountain Community Fitness
beginning the week of November 7th

U10 Youth Academy – Tuesday's and Thursday's 5:30-6:30

U12 Boys – Tuesday's 6:30-7:30 and Saturday's 4:00-5:00

U14 Boys – Tuesday's 7:30-8:30 and Saturday's 5:00-6:00

U14 Girls – Thursday's 6:30-7:30 and Saturday's 6:00-7:00

U16 Boys – Monday's 7:00-8:00 and Sunday's 5:00-6:00

U16 Girls – Wednesday's 7:00-8:00 and Sunday's 4:00-5:00

U19 Boys – Monday's 8:00-9:00 and Sunday's 6:00-7:00

Goalkeeper Training

U10/U12/U14 GK training – Wednesday's 5:30-6:30

U16/U19 GK Training – Monday's 5:30-6:30