



Greater Sacramento

What should my child wear?

Participants should wear comfortable shoes (no outdoor cleats). You do not need shin guards except for Micro Classes. Lil' Kickers Promo Tops are given to first-time customers for free and are available for purchase after that. Outfitting your child in Lil' Kickers garb is a fun way to make your child feel a part of the team. Kids naturally appreciate looking like older uniformed kids and role models.

How long are your sessions?

Can I join in the middle of the session?

Yes! We offer open enrollment so that you can join anytime and have your class fees prorated, meaning that you pay only for the remaining classes and not the full session fee.

What is your make-up policy?

Make-up classes can be made online, based on availability, and you must reschedule within the current session. We do our very best to accommodate your requests. If you have multiple children, please schedule a make-up class for each.

How long are each classes?

Each of our classes lasts 50 minutes with a water break halfway through, so be prepared with a water bottle. Between classes, there is a 10-minute break.

What is your policy for accommodating children with special needs?

Lil' Kickers is an inclusive program for children with special needs as long as we can assist them appropriately. Please contact your Lil' Kickers Coordinator for more information on where your child with special needs fits.

How is Lil' Kickers & Skills Institute different than other programs?

While many soccer programs use traditional soccer drills to teach soccer fundamentals, Lil' Kickers uses a child-centered perspective and makes learning fun for kids. Our coaching methodology uses special techniques designed around how kids naturally learn, building social, emotional and conscientious individuals on and off the soccer field.

As an extension of Lil' Kickers, Skills Institute maintains smaller group sizes to work on individual soccer development. We strive to educate, develop, and inspire kids to learn the skills necessary to progress to an academy or travel club.

Price Per Class & Payment Options

**Register
Today**

SCAN QR CODE TO SIGN UP

Lil' Kickers

THE HOUSE ATHLETICS (INDOOR)



Class Name / Age Range	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Bunnies (18-24 Months) <i>parent/child</i>							
 Thumpers (2-3 Years) <i>parent/child</i>							
 Cottontails (2.5-3.5 Years) <i>parent/child</i>							
 Hoppers (3 & 4 Years) <i>beginners</i>							
 Jackrabbits (3 & 4 Years) <i>intermediate</i>							
 Big Feet (5 & 6 Years) <i>beginners</i>							
 Micro 4/5 <i>recreational</i>							
 Micro 6/7 <i>recreational</i>							
 Neuro-Adaptive <i>recreational</i>							
Class Name / Age Range	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Skill Institute 5/6 Level 1							
 Skill Institute 7/8 Level 1							
 Skill Institute 9-12 Level 1							