Toronto High Park FC
45+ Women's Pickup League

PROGRAM OVERVIEW

This program is for women aged 45 and older who love to play soccer and want to meet new people! This recreational program will be purely player-run, with the assistance of THPFC, and will be tailored to encourage those who want to take a break from their daily lives and enjoy the game of soccer. Mental and Physical activity is very important to everyone regardless of their age.

PROGRAM OUTLINE

Age Group	Women - 45+
Style	Open to all interested Women players 45+
Program Structure	*Summer Session (May to September)* Commitment: 1 x per week Length of Games: non-structured open play (non-Officiated) Playing Surface: Grass *Winter Session (November to April/May)* Commitment: 1 x per week Length of Games: non-structured open play (non-Officiated) Playing Surface: Gym
Uniform	No additional gear provided. Players should use THPFC training jerseys or comparable athletic gear. Shin pads are required, but not supplied.
Shoe Guidelines	Please visit THPFC Shoe Guidelines to learn how to pick the right shoes