



TRAINING SESSIONS

We have planned the following training offer for the 2021 beach volleyball season:

- 4 (possibly 5) training cycles of 4 weeks each:
 - 19.04. – 16.05.
 - 24.05. – 20.06.
 - 28.06. – 25.07.
 - 02.08. – 29.08.
- Training days: Mondays, Tuesdays, Wednesdays, Thursdays, Fridays
- Training times: 17:45 to 19:15 and/or 19:30 to 21:00
- Frequency: 2 training sessions per week, with a duration of 1,5h each
- Training groups: the training groups are assembled by our coaching team
- Modes: men, women, mixed
- Price:
 - 35 Euro for groups of 5 or more players
 - 45 Euro for groups of 4 players (Groups of 4 only available on request, please contact us in advance)

In order to maintain and guarantee the level of the training sessions, we ask you to always let us know when you cannot participate in the training*. Please announce your absence 24 hours in advance in the respective training group or contact your coach.

* Delays of up to half an hour are tolerated, but it would of course be advantageous to inform the participants in advance.



TRAINING SESSIONS

General information:

- Where?

Our training sessions take place in Lintgen on the beach volleyball courts.

- Who?

To participate in our training sessions, you must be a valid member of Beach de Lux. All information about the membership can be found on our homepage

- Registration?

You can register for the different training cycles on our homepage www.beachdelux.lu

- You can register throughout the year. The registration is closed 1 week before the start of the respective training cycle. A registration is only valid if the money has been credited to our bank account until Friday before the start of the first training session.
- When you register, you specify the mode (women, men, mixed) as well as the weekdays and times on which you can NOT train, we will try to integrate you into our system as good as possible. It is best to provide as much information as possible, for example, if you theoretically have time to train every weekday, please inform us in advance so that we have more flexibility when creating groups. However, please bear in mind that not every group composition will always be possible, as these depend on demand and since we want to allow as many players as possible to train according to their preferences.
- You do not need a training partner to register for training (groups of 5 players or more).
- To train in a group of 4 people you MUST register with a fixed partner.