



## TRAINING SESSIONS

We have planned the following training offer for the 2024 beach volleyball season:

- **3 training cycles of 4 weeks each:**
  - 22.04. – 19.05.
  - 27.05. – 23.06.
  - 01.07. – 28.07.
- **Training days (depending on cycle):** Mondays, Tuesdays, Wednesdays, Thursdays, Fridays
- **Training times depending on cycle (mainly between 5 and 9 p.m.)**
- **Frequency:** 2 training sessions per week, with a duration of 1,5h each
- **Training groups:** you register for a particular training group
- **Modes:** men, women, mixed (depending on availability)
- **Costs:**
  - 40 Euro for groups of 5 or more players
  - 50 Euro for groups of 4 players (Groups of 4 only available on request, please contact us in advance)

In order to guarantee the level of the training sessions, we ask you to always inform us 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 helpful to inform the participants in advance.



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### 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/](http://www.beachdelux.lu/)

- The enrolment times for the trainings are indicated in the registration form of the respective cycle. They usually close 2-7 days before the start of the cycle, so we have time to organize everything.
- A registration is only valid if the money has been credited to our bank account before the first training session.
- 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.

All additional information should be available on our website. If you have any further questions, please contact us by mail, Facebook or Instagram, ask in your training groups or ask your coach.