



## Play sport on the sand!

### What is Beach Volleyball?

A fun Olympic Sport played on a sand-filled court split in two by a net in the middle. Two players on each side try to ground the ball on the opponents' side of the court.

### Who can play?

Anyone aged 10-17.

### Where can I play?

Shoreditch Park, N1 5DR (Old Street Tube Station).

### When can I play?

Summer Holidays (from 20<sup>th</sup> July, 2009), Monday – Friday, 12:00-16:00.

Day	Time	Target group
Mon	12 – 2	14-16 years boys
Mon	2 – 4	14-16 years girls
Tue	12 – 2	10 – 12 years
Tue	2 – 4	12 – 14 years
Wed	12 – 4	Variety day all ages – modified for disability groups: smaller court sizes, alternative balls, additional grass court. Please sign up for 1 or 2 hour sessions.
Thur	12 – 2	14-16 years boys
Thur	2 – 4	14-16 years girls
Fri	12 – 2	10 – 12 years
Fri	2 – 4	12 – 14 years

### Who runs the sessions?

Qualified coaches from the London Beach Volleyball Club.

### How much does it cost?

Nothing. The sessions are free of charge.

### Want to play for fun, or in our Beach Tournament on 15-16 August?

Come to a session, visit our website ([www.LondonBeachVolleyball.org](http://www.LondonBeachVolleyball.org)), or contact Gaby for further details ([Juniors@LondonBeachVolleyball.org](mailto:Juniors@LondonBeachVolleyball.org)).