

Indoor Beachvolleyball Training 2022/2023



The Indoor Beach Volleyball training will start again in September on our indoor beach courts with heated sand. Training takes place Monday to Thursday evening and Saturday morning. The training sessions last 1.5 hours and are provided by our Beach Club Aalsmeer trainers. There are training courses at different levels. So whether you are just a starter or are already a pro, there is always a suitable training for you.

On which days can you train?

Monday

18:00-19:30 Junior Beach 13 to 18 years old
19:30-21:00 2x2 Intermediate 3 mix
21:00-22:30 2x2 Advanced 1 mix

Tuesday

18:00-19:30 Junior Beach 9 to 12 years old
18:00-19:30 2x2 Beginner 1 mix
19:30-21:00 2x2 Beginner 3 mix
21:00-22:30 2x2 Intermediate 1/2 mix

Wednesday

19:30-21:00 2x2 Intermediate 1 mix
21:00-22:30 2x2 Advanced 2 Men

Thursday

19:30-21:00 2x2 Expert 1 Ladies
21:00-22:30 2x2 Expert 1/2 Men

Friday

Club Evening, Free Ball

Saturday

10:30-12:00 2x2 Intermediate 3

Are you unsure about your level? Prefer to start 1 level lower so that you can continue to grow. It is ultimately up to the trainer to determine at what level a player can play. With your registration you indicate at which level you want to play. If we find out during training that the level is too high or perhaps too low, we will consult with you to ensure that you get the most out of the training and that you are in the right group.

Course 1 = Indoor Training (15 weeks)

Monday 12 September 2022 through Saturday 24 December 2021

Course 2 = Indoor Training (15 weeks)

Monday 10 January 2022 through Saturday 23 April 2022

Cost

Indoor Course = €225,-

Single session = €17,50 (to be used once)

2 trainings per week = 10% discount (total amount €405,-)

Club Evening & Free Ball

All training members may use our special free play offer.

On a weekday you can call for a "free court" after 4 p.m. If there are any, you and other members can use this field for free.

If you do not want to train with us, but do want to come and play on the club night on Friday, for example. Then you can now also become a "free playing" member only.

Free Playing Member = €75,-

Single 'Free Ball' session = €10,- (to be used once)

Sign up

Want to sign up? Fill out the [subscription form](#) on our site.

Not sure which group suits you best? Let us help you: send an email to sportief@beach.nl and tell us more about your (beach)volleyball experience. We will get back to you asap with an advice for the right group.