Beach Sports

NEW FOR 2013

Try something new on our beach courts in Loxford Park, and you too can be part of the London 2012 legacy and play on sand from the beach volleyball event at Horse Guards Parade.

All equipment provided for organised sports sessions and coach/.supervisor in attendance. Wear comfortable sports clothing (no shoes or socks to be worn on the sand)

**Beach Volleyball Free Taster days** 8 yrs+
**Saturday 25, Sunday 26 May**
Come along and meet our coaches and have a go at beach volleyball.
Saturday 12noon-2pm Sunday 2pm-4pm

**Beach Volleyball activities**

Beach Volleyball is played in teams and is heaps of fun on the sand. You don't have to have played before and the sand makes it a brilliant way to keep fit.

**Beach Volleyball Pay & Play** 16 yrs+
**Starts Saturday 30 March**
Every Saturday 10am-12noon
£5 per person or £8 for 2 people
Pay on the day

**Beach Volleyball Community Sessions Open to all** 8 yrs+
**Starts Sunday 7 April**
(then first Sunday of every month - 5 May, 2 June)
2pm-4pm
£5 per person or £8 for 2 people
Pay on the day

**Beach Volleyball beginners coaching** 16 yrs+
**Starts Tuesday 16 April**
(Bronze, Silver, Go session)
See page 20 for more information

**Beach Soccer - your chance to play for England!**

Want a trial for the England Beach Soccer Team? Come down and watch the very best in England and then test out your skills with England scouts in attendance.

**Beach Tennis**

Beach tennis is a cross between tennis, beach volleyball and badminton. It's a fun sport suitable for all ages and abilities and played with paddle bats

**Beach Tennis Free Taster sessions**
**Saturday 30 March, Monday 1 April**
Saturday 3pm-4pm Monday 2pm-4pm

**Beach Tennis**
**Starts Saturday 13 April** 16 yrs+
Every Saturday 3pm-4pm
£2.50 per session, pay as you go

**Beach Soccer - Us Girls Session (women only)**
**Starts Thursday 18 April** 16 yrs+
Every Thursday 6pm-7pm
Free, no booking required but must be an Us Girls member (see page 18 for details).

*kids session is for ages 8-16*