

DEEP DISH
BEACH VOLLEYBALL ACADEMY
CRYSTAL PALACE



The club caters for all levels, from complete beginner to experienced advanced players. Below is the weekly schedule for the club

SEASON SCHEDULE 24th April – 1st October

Day	Time	Court 1	Court 2	Court 3
Monday	19.00 – 20.30	Adv Women 1	Adv Women 2	Int Women 1
	20.30 – 22.00	Adv Men 1	Adv Men 2	Int Men 1
Tuesday	19.00 – 20.30	Int Women 2	Int Women 3	Beginner Mixed 1
	20.30 – 22.00	Int Men 2	Int Mixed 1	Beginner Mixed 2
Wednesday	18.00 – 19.00	Trial Session	Trial Session	Trial Session
	19.00 – 20.30	Adv Men 1	Adv Men 2	Int Men 1
	20.30 – 22.00	Adv Women 1	Adv Women 2	Int Women 1
Thursday	19.00 – 20.30	Int Men 2	Int Mixed 1	Beginner Mixed 2
	20.30 – 22.00	Int Women 2	Int Women 3	Beginner Mixed 1
Saturday	12.00 – 20.00	Open Social	Open Social	Open Social

MEMBERSHIP INCLUDES

- 2 x 1.5 hour coached sessions per week
- 1 x 8 hour social a week (non-member fee £7.50)
- Reduced rate for court hire

PRICING

Membership monthly fee:

Adult membership : £35.50 per month by direct debit

Cancellation : If you want to cancel your membership then please do so before the 14th of every month. If you cancel after this date, another months membership will be debited from your account.

HOW TO JOIN

- 1 Level Assessment : Turn up to the free trial session every Wednesday from 6 – 7pm where you will be greeted by a club coach. You will be asked to fill out a questionnaire at the beginning of the session. They will then put you through a series of drills to test your skill & fitness level. (Only 1 trial is allowed per person)
- 2 Directly after the session they will inform you what group you'd be best suited to and what times you will train.
- 3 Sign up to the club at the main reception in the sports centre. If you decide to sign up after your trial session then please do so immediately. This will ensure your place in the group that the coach has allocated you to. We cannot guarantee that group if you sign up at a later date to your trial.
- 4 Turn up to your designated training sessions and you are good to go!

GET IN TOUCH

Claire Bryant : Memberships and GLL contact

- Claire.bryant@gll.org
- 02087780131

Lewie Lett : Head Coach

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- 07760311133

Address

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BETTER
the feel good place

