

Block n' Roll Beach Volleyball Club

📍 **Barcelona · Summer 2025 and 2025-2026 Season**

💬 Who are we?

Hi everyone! We are Sara, Jesús, and David, passionate about beach volleyball and rock music 🤘. After years of training and competing, we have decided to create **Block n' Roll Beach Volleyball Club**: a place to learn, improve, enjoy, and build a community.

We want to share our passion for the sport through dynamic, intense and personalized training — all in a friendly, fun, and “full of sand” setting!

💡 What do we offer?

- ✓ Complete and personalized training.
 - ✓ Small groups (max. 8 people per court).
 - ✓ 1h30 sessions with certified coaches.
 - ✓ Free trial session.
 - ✓ Option for private or personalized training.
 - ✓ Active community, good vibes...and lots of sand! 🕶️
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📍 Where do we train?




CEM Eurofitness Vall d'Hebron – Barcelona

📍 Pg. de la Vall d'Hebron, 178, Horta-Guinardó, 08035 Barcelona 🌐 [See location on Google Maps](#)

Facilities

- Outdoor beach volleyball courts.
- Lighting for night training.
- Locker rooms, showers and a bar.


How to get there

-  **Metro:** Line 3 (green), **Montbau** station (7 min walk). Line 5 (blue), **Vall d'Hebron** station (8 min walk).
 -  **Bus:** Lines 19, 27, 60, 76, H4, V17, V21
 -  **Car:** Easy access and nearby parking available
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Schedules?

Official start: **September 2025**

 **Monday to Friday, 6:00 PM to 10:30 PM** – Specific schedules will be published on social media.

 Each session lasts 1h30

 *Want to start earlier?*

We offer the possibility to train from May to July 2025 with limited schedules (morning and afternoon). Contact us if you are interested!



Who is it for?

Our training sessions are open to both **adults and minors**, regardless of experience level: whether you're taking your first steps in beach volleyball (beginner), have a solid foundation (intermediate), or are looking to perfect your game (advanced).

You can sign up alone, with a partner, or with a group of friends. We will **form balanced groups**, adapted to the technical level and pace of each player, ensuring you feel comfortable and enjoy from the very first session. Each group will have a **maximum of 8 people per court**, allowing for close monitoring and a personalized experience. We also offer the possibility to organize **smaller groups**.

In addition to regular training, we offer **personalized sessions**. Feel free to contact us if you're interested.

At our club, we especially value **dynamic training sessions**, which for us include not only intensity and planning but also the **atmosphere, attitude, and commitment** of everyone involved. That's why we offer **free trial sessions**, so you can get to know us, experience a class, and find the group that suits you best.

Our training methodology

After years of training with various coaches, in different contexts and with different methods, we've had the opportunity to observe, learn, and compare approaches. This experience has allowed us to develop **our own training methodology**, based on what we consider most effective, motivating, and respectful of each player's needs.

Our focus is on **dynamic training**, designed to **make the most of each session's time**. This means structuring sessions so that the number of drills is high, giving each player plenty of repetitions, ball touches, and real-game situations.

At the same time, our sessions are **personalized, adapting each drill to the technical level and specific goals of each player**. We recognize that everyone learns at a different pace, so we always offer variations and adjustments to help everyone progress from their starting point.

Moreover, our training is specifically aimed at **comprehensive performance improvement**, addressing three key dimensions of beach volleyball:

- **Physical abilities** (endurance, speed, specific strength, coordination)
- **Technical abilities** (basic skills, ball control, precision)
- **Tactical abilities** (game reading, decision-making, positioning)

In short, our goal is for each session to be not only effective in terms of learning but also enjoyable, motivating, and truly adapted to your real needs.

Prices

For groups of 8 people:

- 1 session/week → **€35 /month**
- 2 sessions/week → **€65 /month**

 *For smaller groups, prices may vary.*

🛡️ **Federative License is mandatory**, which includes **sports insurance** and it is a CEM Vall d'Hebron requirement.

- Annual price: €35

You can manage it yourself, or we can arrange it for you at no extra cost.



Our coaches

Jesús García



David Bardina



📜 Official Beach Volleyball Level 1 Certification.

🎯 Over 6 years competing, training, and growing in the sport.

🎵 Best volleyball lovers and promoters of a great atmosphere, on and off the court.



Interested in joining?

We'd love to have you in the Block n' Roll family!

📝 Fill out the no-commitment form:

👉 [\[Link to form\]](#)

✉️ You can also email us at:

✉️ blocknroll.bcnclub@gmail.com

📷 Instagram: [@blocknrollbeachvolleybcn](#)

💥 **We will Block n' Roll!** 🤘