



CAIRNS DRAGON BOAT CLUB

Launching from **Cairns Cruising Yacht Squadron: 42 – 48 Tingira Street, Portsmith**

Paddling Sessions:

Sunday – Technique training 7 – 8.30am;

Tuesday and Thursday – sports training;

Saturday – endurance training around Admiralty Island or to the Pier for coffee, depending on tide.

All levels of experience welcome at any session.

Phone: 0481 369 661;

Email: cairnsdragonboatclub@hotmail.com

Keep up to date with the club on Facebook

<https://www.facebook.com/CairnsDragonBoatClub/info/?tab=overview>

- Low impact fun and fitness for all ages
- Beginners welcome
- Social and competitive paddlers welcome

