



Coomera Dragons

Coomera Dragons has recently undergone a revamp with a change in our uniform colours to reflect the growth of our club.

Our club culture has not changed though and we still remain a family orientated club, we train hard, have LOTS OF FUN and have a great mix of club members from the Brisbane and Gold Coast communities.

This sport encourages a commitment to work together as a team, provides health and wellbeing benefits, great training sessions and of course competitive racing with other dragon boat clubs throughout Queensland and Australia!

Trainings

Trainings are suitable for ALL levels of fitness. Coomera Dragons currently train **9.00 – 11.00am Sunday** mornings at **Coomera Regatta Lake**. Take Exit 57 off the Pacific Motorway, then your 1st left into Watersports Avenue.

We meet on the grass verge in front of the Coomera Water Sports Club.



What to Wear

Singlet, wet-suit shirt, pants or a t-shirt and shorts will suffice. A water bottle and sunscreen is also essential due to the length of the training session. Other essentials include a cap, sunglasses, towel and a change of clothes (just in case you get a little wet). All other equipment is supplied ie paddles / boats / lifejackets

Further Info

We provide 'Come & Try' sessions if you are interested in jumping in the boat for a paddle. There is a \$10 fee per person which covers 3 water training sessions. Please contact the club via the following email address coomeradragons@hotmail.com and one of our committee members will be in contact with you to provide additional information.

Come along and join in the fun of paddling in a dragon boat!