

WELCOME TO MAROOCHY SEA SERPENTS

DRAGON BOATING ... FUN, FITNESS, TEAM WORK



Want to try something new?

Improve your health and fitness?

Make new friends?

Why not try Dragon Boating?

You can paddle recreationally or train up for competitive racing. Our club caters for all ages, abilities and fitness levels and also invites breast cancer survivors to try paddling. Our philosophy is that everyone gets to be involved. Experience is not necessary and you don't need to purchase any equipment.

WHERE: **Sunshine Coast:** Maroochy Cabins, 38-40 David Low Way, Maroochydore.
Brisbane Satellite Club: Pamphlet Sea Scouts, 55 Vivian Street, Tennyson

WHEN: Tuesday ... 5.00pm for 5.30pm on the water (*Maroochydore & Brisbane*)
Thursday ... 5.00pm for 5.30pm on the water (*Maroochydore*)
Saturday ... 6.30am for 7.00am on the water (*Brisbane*)
Sunday ... 7.30am for 8am on the water (*Maroochydore*)

WHAT TO BRING: Water bottle, hat, sunscreen, light comfortable clothing. Paddles will be provided.



SPONSORED BY:



Contacts: Kerry Pickering (President) - 0419 721 687; Andy McVittie (Coach)- 0403116061
Teresa Thoi (Vice President - Brisbane Satellite Club) ... 0426 956 824
Audra Kearney (Pink Sea Serpents – breast cancer survivors & supporters) ... 0414 231 907
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