

TRINITY BAY DRAGON BOAT CLUB



How do I start?

Give us a call or send an email

trinitybaydbc@gmail.com

0427 453 424 / 0458 554 311

Trinity Bay Dragon Boat Club
68 Tingira Street, Portsmith

Paddling Sessions

Time: 7.45 am – 10.30 am

Date: 1st and 3rd Sunday of the month

(Plus Morning Tea and a chat)

Why Dragon Boat Paddling?

Life Fun Travel

Belonging Regattas *New Skills*

Fitness Enjoyment

Teamwork Outdoors Friendship

Social Culture Adventure

What do I need to bring with me?

- ✓ Water bottle
- ✓ Hat, sunscreen, sunglasses
- ✓ Mozzie Spray
- ✓ Gold coin donation each session

What do I wear?

- ✓ T-shirt or rashie, shorts or boardies,
- ✓ Appropriate Footwear: slip-on reefers, crocs, sandals or old sneakers
- ✓ Change of clothes and towel