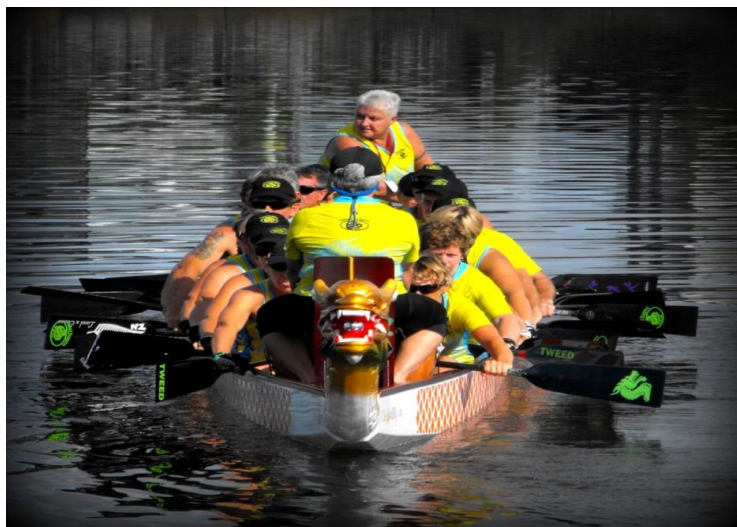




Birds Bay, car park at rear of Seagulls Club, Gollan Drive, Tweed Heads West

ENJOY AUSTRALIA'S FASTEST GROWING WATER SPORT FOR FITNESS, FUN & FRIENDSHIP

ALL AGES, ALL FITNESS LEVELS, MALE AND FEMALE WELCOME.

JOIN A COMPETITIVE CREW, OR PADDLE JUST FOR FUN, ON THE BEAUTIFUL TWEED RIVER

Tuesday: arrive & warm up 5.00pm on water 5.30pm to 6.30pm

Thursday: arrive & warm up 5.30pm on water 6.00pm to 7.00pm

Saturday: arrive & warm up 7.30am on water 8.00am to 9.00am

In summer all times are NSW daylight saving time

It is a water sport and you may get wet, it would be good idea to bring:

TOWEL, WATER BOTTLE, CAP, SUN BLOCK, SUNGLASSES, DRY CLOTHES (to change after training)

All times listed are NSW daylight saving times – We only train on Thursday during Daylight Saving.

Contact us at info@tweeddragons.com.au

OR

HEAD COACH : NORM 0407162619 PRESIDENT : TREVOR 0417714455

