

Come Dragon Boating  
this School Holidays!



Fast, Furious,  
Fun on the water!

# School Holiday Dragon Boating Program

Come and try something different this school holidays! Grab some friends and get on board for some serious fun on the water in one of our Dragon Boating programs.

Our courses are open to all students aged 12 years and up.. All participants will receive a certificate of achievement.

## Introduction Program

In 4 days you will learn how to paddle and take part in a dragon boat race. See the boats in their traditional dress and learn to drum for your crew! Meet professional paddlers and hear their stories. The ideal course for anyone new to dragon boating. No experience necessary!

- Mon 1st Oct - Thurs 4th Oct
- 9.30am - 12.30pm
- Bank Street, Pymont
- \$165 inc GST

**Includes Introduction to Dragon Boating Manual**

## Intermediate Program

Take your dragon boating to the next level! Learn how to get more power through your stroke, experience the 'erg' and take home a video analysis of yourself in action. Ideal for current paddlers looking to improve technique, strength and fitness,

- Tues 25th Sept - Thurs 27th Sept
- 9.30am - 12.30pm
- Bank Street, Pymont
- Wed will be held in the Dragon Boats NSW Office at Underwood Road, Homebush
- \$150 inc GST

**Includes personalised video analysis review.**

## What to Bring

- Water, snacks.
- Sun protection.
- Clothes and shoes you can get wet, plus a change of clothes.



*Suits all fitness levels, No experience necessary!*

For more information or to book visit our website [www.leapsandboundsahead.com.au](http://www.leapsandboundsahead.com.au), call us on 1300 795 859 or send us an email on [leapsandboundsahead@gmail.com](mailto:leapsandboundsahead@gmail.com)



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