



Parkland Dragon Boat Racing Club

WELL BEING ON THE WATER

LOCATION: Wabamun Lake

DATE: July 8th to August 5th

TIME: 10:00-11:00 AM
60 minutes of instruction

COST: \$105/Person for both sessions.
Max 20 people so please register early
to save your spot!

This session is specifically for people of ages 18+ who are interested to find balance and renewal while paddling in nature!

WHAT TO EXPECT: To have fun and possibly get a bit wet on the water!

HOW TO PLAN: Please arrive 30 minutes prior to get your pfd and waivers completed and exact cash is appreciated

WEATHER: Rain or shine - come prepared

WHAT TO BRING:

- Water
- Cold weather gear
- Hot weather gear
- Towel
- Sunscreen
- Bug spray
- Hand sanitizer
- Comfortable clothing that can get wet

NOTE: For safety of paddlers and at PDBRC discretion cancellations due to weather and less than the minimum requirement of 14 paddlers may apply