



Parkland Dragon Boat Racing Club

Corporate Paddle Sessions are scheduled on Thursdays and Fridays. If you require another day of the week, please email to arrange. Sessions start at 9:00 A.M. and end by 4:00 P.M.

Fun Paddle

Looking for a fun activity for your employees? Dragon boating is a sport that focuses on individual effort to create team synchronicity. It is a perfect way to get that feel of “we are all in the same boat”. A short introduction to the sport along with safety protocols and a warm up leads into 45 minutes on pure fun the water. This session is designed to bring your people together in fun environment.

- 60 minutes \$300/ team
- A minimum of 14 paddlers required and a maximum of 20
- Paddles and pfd's are supplied, cancellations and minimum paddlers subject to change due to weather

Focus Paddle

Looking for a fun activity to create a team bonding experience? Dragon boating is a sport that focuses on individual effort to create synchronicity within the group. This session is designed to bring attention to each individual's strengths and skills and how they contribute to the success of the team as a whole. We start with a short introduction to the sport along with safety protocol and a warm up that leads into 60 minutes of paddling and drills. Using the dragon boat to incorporate team bonding exercises instills a fresh perspective while having tons of fun on the water! This session is designed to bring groups of people together in a positive way!

- 2.5 hrs \$700/team.
- A minimum of 14 paddlers required and a maximum of 20
- Paddles and pfd's are supplied, cancellations and minimum paddlers subject to change due to weather

Team Building Paddle

Looking for a fun activity to build a positive team culture? Dragon boating is a sport that focuses on individual effort to create synchronicity within groups of people. This session is designed to build a team mentality and incorporate strategies to facilitate healthy cultures. We start with setting a goal and working as a team to achieve it. With a short presentation and exercises, your group will discover their strengths and how to use them off the boat to create a healthy work environment. This day includes a short introduction to the sport along with safety and a warm up that leads into 2- 45 minute paddling sessions on water.

- 5 hours to include a light lunch \$1500/team
- A minimum of 14 paddlers required and a maximum of 20
Paddles and pfd's are supplied, cancellations and minimum paddlers subject to change due to weather



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Where We Are Located

We are located near the boat launch and Marina in the Village of Wabamun. Note: we are not in Kapssawin Provincial Park.

- Our address is 5119 50 St, Wabamun, AB T0E 2K0

What to Bring

- Water
- Lunch if applicable
- Cold weather gear
- Hot weather gear
- Change of clothes
- Towel
- Sunscreen
- Bug spray
- Hand sanitizer
- Towel/blanket

What to Wear

It is best to wear loose fitting clothing that can get wet or active wear. Tank tops and sleeveless shirts are acceptable but wearing a PFD is mandatory and chafing may happen. Running shoes, sandals or flip flops are acceptable on the boat and going barefoot is an option weather permitting.

What to Expect

We will be on a lake where there are powered boats and other recreation watercrafts. The dragon boat we take out for group paddle sessions is a stable and safe craft but paddler safety is PDBRC's top priority. Therefore, we ask that all paddlers follow coaches and steers commands.

Please arrive 30 minutes prior to your session to be ready and prepared!