

# Ready to try something new? Try Dragon Boat!...

A fun way to get fit and meet new people!

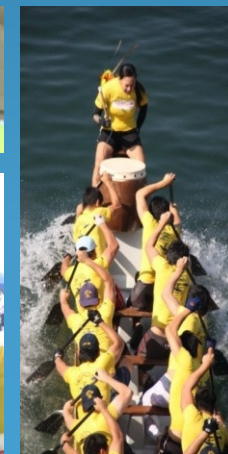
CYL Dragon Boat welcomes people of all ages, cultural backgrounds, and fitness levels!  
Dragon boat racing is just one of many great aspects of being part of the CYLDB team.

Intro Course: \$30 for 3 sessions **Season launch special – Bring a Friend for Free!!!**

**Dates:** Saturdays - 23<sup>rd</sup> Oct w/ BBQ, 30<sup>th</sup> Oct, 13<sup>th</sup> Nov

**Time:** 9:45am – 12:00pm

**Location:** 1 Bank St, Pyrmont (near the Fish Markets)



**RSVP:** 16 Oct - Be quick as there are limited spots available

**E-mail:** [dbintro@cyl.org.au](mailto:dbintro@cyl.org.au)

**Phone:** 0413 859 200

**[www.dragonboat.cyl.org.au](http://www.dragonboat.cyl.org.au)**



**Wear:** Hat/cap, t-shirt, board shorts, thongs/water shoes, sunscreen  
**Bring:** Bottled water, a towel, and a change of clothes as you will get wet