


## **Mondays & Wednesdays**

**On-water Recreational Dragon Boat - What does it look like?**

- **Skill level – Developmental, Developmental Plus, High Performance**
- **Canal Dragons Mixed Dragon Boat Crew**
- **members of Hope Floats Breast Cancer Survivor  Crew practice with Warlocks or Canal Dragons as they choose**
- **2 practices per week; Monday and Wednesday evenings - attendance at weekly practices is optional, flexible personal scheduling**
- **60 minute practices focused on developing paddling skills, team work and camaraderie - expectation of video review of technique with coach**
- **Yearly club membership fee must be paid at beginning of May or upon joining the club during the summer program**
- **3 practices for free for new members.**

**Coach to advise on appropriate program**

- **multiple packages available for program fee**
- **Pro-rated program payment plan available to address the specific needs of paddlers**
- **Consistent attendance at practices is optional**
- **Fitness activities outside of the dragon boat program are optional**
- **Racing is optional**
- **Paddlers communicate participation at practices through coach**
- **Optional winter program**

**Click [here](#) to register with Canal Dragons Mixed Crew & Hope Floats Breast Cancer Survivor Crew for the on water program**