



Try Dragon Boating!

The Tacoma Dragon Boat Association's 2018 season is underway!

Practices: **Mondays and Wednesdays, 6 - 7 p.m.**
Saturdays, 8:30 - 10 a.m.
Sundays, 4:30 - 5:30 p.m.

Johnny's Dock
 1900 East D Street, Tacoma

**Ages 14
 and up!**

- We supply the gear (paddles and life jackets and the dragon boat!)
- **Your first three paddles are free!**

Get Fit, Have Fun!

Dragon boating is a great way to get fit. It's a full body workout and much more fun than a gym. Gyms don't have harbor seals (you'll see lots of nature and great views).

Race

Our club competes in dragon boat races in the Northwest and other places. In 2016, we went to China!



Paddling along the Foss Waterway during the 2016 Maritime Fest

Beginners

Saturday is about endurance, so Monday or Wednesday practices are better for you. Bring clothes you can get wet in as well as a water bottle.

We leave promptly

If you are NEW, please arrive 20 minutes early so you can sign your waiver and get your gear. See you there!

TacomaDragonBoat.org

Join us and follow us on social!

