

# Diamond Phoenix

## Dragon Boat Club

### 鑽石鳳凰龍舟隊

**Encouraging women  
in sport: happier,  
healthier, fitter!**

Find out why dragon  
boating is such a  
fast-growing fun sport.



**COME & TRY  
DAY**

**SAT 6th November  
11 AM**

**Grevillea Park**

Females from teenagers to fifty+ are welcome to join us for a paddle on Lake Burley Griffin. Dragon boating is a great way to build up fitness and make new friends, even if you've never done a team sport or water sport before. It's easy to learn how to paddle, so come along to one of our training sessions to have a try.

Check our website for times and a map. First 3 sessions are free! Bring: water bottle, quick drying clothes and shoes that can get wet. All paddling equipment is provided.

[www.diamondphoenix.com.au](http://www.diamondphoenix.com.au) | [info@diamondphoenix.com.au](mailto:info@diamondphoenix.com.au)

Dragon boating with Diamond Phoenix is a great way to get fit in a supportive environment. We compete at local Canberra regattas, as well as interstate and overseas.