



# Paddle your way to a Dragon Boat Festival!

## Dragon Boat – Introductory Courses

Provides on and off water conditioning and training. No experience or equipment required.

Location: Rideau Canoe Club

### Saturdays

**Females 10-11:10 am**

May 1-Jun 12 \$135.25 438022 - Tim Horton's Ottawa Dragon Boat Festival  
Jul 3-Aug 21 \$135.25 438036 - Fall400 - Carleton Place Dragon Boat Festival

**Males 10-11:10 am**

May 1-Jun 12 \$135.25 438026 - Tim Horton's Ottawa Dragon Boat Festival  
Jul 3-Aug 21 \$135.25 438038 - Fall400 - Carleton Place Dragon Boat Festival

### Tuesdays & Fridays

**Females 6:55-8:05 pm**

May 4-Jun 15 \$161 438046 - Tim Horton's Ottawa Dragon Boat Festival

**Males 6:55-8:05 pm**

May 4-Jun 15 \$161 438050 - Tim Horton's Ottawa Dragon Boat Festival



For more information contact:  
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Register online at [www.ottawa.ca](http://www.ottawa.ca) or by phone at 613-580-2588