



## **3-SESSION INTRODUCTION TO DRAGON BOAT PADDLING** **for people of all ages, fitness levels, and paddling experience**

Come check out Dragon Boating with most established team in Los Angeles.  
Get top notch instructions and an opportunity to race with your new skills.

**GREAT EXERCISE**  
**SOAK IN THE SUN**  
**MEET OUR BIG FAMILY**  
**TONS OF FUN**

**Schedule:** (all at 8:30AM)

**Day 1, Saturday, April 7<sup>th</sup>:**

Intro to Dragon Boat  
Meet Your Instructors

**Day 2, Saturday, April 14<sup>th</sup>:**

1 Hour On-water Practice – timing and rotation  
2 Hour On-water Practice – Catch, Pull, Recovery,  
Power & Pace

**Day 3, Saturday, April 21<sup>st</sup>:**

2 Hour On-water Practice – Race Starts, Race Sets

**Race Day, Sunday, April 22<sup>nd</sup>:**

**Race with us against other LA teams**

**Location:** Monther's Beach

Near PCH and 2<sup>nd</sup> Street in Long Beach

If you are interested, have questions or would like to register for this event  
please contact Will Lin at (310) 334-1725 or [willin82@gmail.com](mailto:willin82@gmail.com)

For more information, check out: [www.teamlard.net](http://www.teamlard.net).

The Los Angeles Racing Dragons is a non profit paddling club based in Long Beach, CA. In our ten years of existence, we have established ourselves as one of the premier teams in the US and have built a reputation for excellence and competitiveness.