

Keep fit
Be a part of a team
Get outdoors
Have fun

Come and try dragon boating

The Diamond Phoenix all-women dragon boating team is hosting a free come and try day.

When: Sunday 19 September 2010 at 10 am
or
Saturday 16 October 2010 at 10 am

Where: Southern Cross Yacht Club, Lotus Bay, Yarralumla

The Diamond Phoenix dragon boating team is made up of women of all ages and fitness levels. The team trains on the water and competes through the warmer months of September to April.

For more information visit www.diamondphoenix.asn.au

Diamond Phoenix dragon boating team
Encouraging women in sport:
Happier, Healthier, Fitter

Proudly sponsored by *fernwood.*

