

Some options

Our understanding is that every workplace is different and every employee is unique. We strive to offer a range of individualised and tailored programs to create a fun-filled event for everyone.

For each session, we give an introduction to dragon-boating, go through safety requirements and then kit everyone up with paddles and get them on the water! For the longer sessions or when you would like more of a regatta 'feel', we will conduct a "Dotting of the Dragon Eyes" ceremony which is a traditional part of competitive dragon boat racing.

After work or Saturday mornings

\$30 per person for 90 minutes. Minimum numbers 50 people on weekdays, 30 people on weekends.

Tuesdays or Thursday at 4.30-6.30pm or on Saturday morning from 9.00am. We can be flexible with our start and finish times. The session includes 90 minutes of warmup, skills and finish with a race.

Half day morning or afternoons

\$60 per person for 3 hours. No minimum numbers apply.

After the warmup we provide 45 minutes going through basic techniques on the water with each team. We then have a shore break. As there will be people of varying fitness levels, it is important allow time to catch your breath between training and racing. We wind up the session with 3 x 200m races.



Full day

\$99 per person for 6 hours. Minimum numbers 60 people on weekdays, 40 people on weekends.

The first hour includes a warmup and time on the water to get a feel for the boats and learn the various skills to paddle. It's a good way for your team to learn to connect with each other as a crew. We make sure we give people enough rests on the water in between paddling.

After a lunch break, the racing starts!

Everyone will experience a number of races, culminating in a grand final. The finish line is right in front of the spectators, so you are guaranteed to get everyone cheering.

After your session is over, we can arrange to have the bar open at the Maylands Sport and Recreation Centre.

Frequently asked questions

What do we wear?

Shorts and a short sleeved T-shirt or a rashie. You can wear thongs, Crocs, reef walker type shoes or even runners - but they will get wet! There are toilets and changerooms available,

What about food?

The Maylands Sport and Recreation Centre has a kitchen and BBQ facility if you wish to do your own catering, otherwise we can recommend some caterers to come in and feed your group on the shore next to the racing.

Is it safe?

Dragon boating is a very safe sport and we paddle in a protected part of the Swan River. We have a Risk Management Plan in place and can provide this to you.

**So what are you waiting for?
Get involved in a unique team
building event.**

For further information please contact:

0428 249 396



**Fighting breast
cancer one
stroke at
a time**



Corporate events

Amazons Perth Dragon Boat Club

**Looking to motivate
your staff with an
exciting, challeng-
ing and rewarding
experience?**

What is it?

Dragon boating is the ultimate team building activity that anyone can be involved in irrespective of previous experience, fitness base and age. To master this century old tradition requires a combination of teamwork, communication and timing.

A dragon boating session on the river with the Amazons Dragon Boat Club is for you!

No matter whether young or old, fitness fanatic or couch surfer, dragon boating can be immediately picked up by anyone and is a wonderful way to bring together your group of workmates or friends for an amazing experience.

Within minutes of jumping in the boat with a paddle in your hand, you and your team will learn to work together in synchronization, building power and speed as you go along. It's that easy to learn and enjoy.

It's an exhilarating sport, and participants can immediately understand what it's like to think about their seat buddy and their whole crew – reinforcing that a team working together can achieve fantastic results. And have satisfying fun along the way.

The Amazons can run a dragon-boating experience to suit your needs. We can work with any number from 10 to 200 people.



Where do we paddle?

The Amazons are based in Maylands at the Maylands Sport and Recreation Centre, right on the edge of the Swan River.

Many of our Amazon paddlers work full-time and so we generally prefer to provide full-day experiences on the weekend, however it's always worth asking us about a weekday session. Minimum numbers do apply but we are always open to chat about options.

All the packages are outlined below. Our pricing also includes insurance for participants and we can provide a risk management plan for you if required.

Our goal is to make sure everyone enjoys their time on the water, so we'll make sure we tailor the level of physical effort to everyone's needs.

There are twenty seats for paddlers in a dragon boat, but if you don't have enough for a full boat of twenty, we can help you out with some extra experienced paddlers.

What will happen on the day

We provide all the equipment – boats, paddles, lifejackets as needed. The boats will be traditionally dressed with the golden dragon heads, tails and even a drum to get you into the rhythm.

Experienced paddlers will guide your teams, teaching them the basics and even some special skills if they are up for it! We can run some races so your team mates get the buzz from a closely fought race.



Paddling for a reason

The Amazons Perth Dragon Boat Club is committed to raising awareness of breast cancer whilst encouraging women to regain an active, adventurous life despite the physical limitation imposed by breast cancer surgery. Dragon boat racing is a remarkable diversion from the psychological impact of breast cancer whilst offering a social atmosphere for the team to train.

In 1996, Dr Don McKenzie, a Canadian Sports Physician set up a study comprising of breast cancer survivors. He wanted to show that strenuous, repetitive upper body activity improved physical and mental health of breast cancer survivors. He showed that dragon boat paddling was ideal for breast cancer patients whose active treatment had ended.

30% of funds raised are donated to Breast Cancer Network Australia and the National Breast Cancer Foundation.

So not only will you be giving your friends or workmates a unique team building experience, you will be helping in the fight against breast cancer.

