

## Dragon boating : a fun team-building experience !!!

Get off the beaten track and live an incredible stress-free experience. Get into shape in a very friendly atmosphere. The Desjardins Pacemakers Dragon Boat Club is delighted to invite you to join the team.

In 2007, the Desjardins and Montreal Heart Institute dragon boat clubs combined their muscular and cardiovascular forces to form the Desjardins Pacemakers. We are now inviting all Jewish General Hospital employees to do the same by joining the club.

Dragon boating is a nautical sport that has exploded into popularity over the past few years. Each team has twenty paddlers, one drummer and one steers person that all work together in perfect synchronisation. Proper technique is very easy to pick up, making dragon boating a very accessible sport for people of all ages. The dragon boat community is also well known for its numerous teams of cancer survivors.

Training sessions will be held at the Olympic Basin in Parc Jean-Drapeau starting in May 2011. In the meantime, you are invited to come to our optional fall (October to December) and winter (January to April) workouts. Throughout the year, the club will also organize several social activities.

### **Optional fall and winter workouts**

Fall and winter workouts will be held at Centre ÉPIC (5055 St-Zotique, corner Viau). Workouts are 90-minute sessions that are packed with muscular resistance and cardiovascular exercises.

The following 3 options are available :

- 1) Tuesdays from 8 pm to 9.30 pm
- 2) Thursdays from 8 pm to 9.30 pm
- 3) Both Tuesdays and Thursdays from 8 pm to 9.30 pm

Costs are usually below \$7 per 90-minute session (to be confirmed). Discounts are also available for people who train twice a week. Not sure if this is right for you? Why don't you come have a free tryout with us?

### **For more info :**

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*Le club de dragon-bateau Desjardins Pacemakers*