

Hell Gate Sea Dragons Dragon Boat Team consists of a wonderful group of men and women who have a great time and truly enjoy each other's company on and off the water. It's all about having fun, getting fit and staying healthy, while doing good for the community.

Additional information as follows:

- We meet at Leighton Park located in Palm City at 2701 SW Cornell.
- Currently **regular** team practices are held on Saturdays at 7:30am and Wednesdays at 6:30pm. Introductory practices are held on Saturdays at 9:30am. All are asked to arrive approximately 30 minutes' prior for check-in and warm-up exercises.
- Paddles and life jackets are provided.
- Please bring a bottle of water (metal and glass are not permitted).
- Wear clothing that is quick to dry. Also, you will want to wear appropriate footwear (i.e. water shoes, sandals w/grip, sneakers). Sandals should have some treading or grip on the bottom to avoid slippage (Flip flops are not permitted). A pair of sunglasses will both help keep out the glare and protect your eyes from splashing water. A hat is highly recommended to keep you cool when exposed to the sun.
- Practice is rarely cancelled due to bad weather. If it's unsafe to go on the water, we sometimes have a get-together at a nearby restaurant.
- Safety is first and foremost and we make sure to look after each other.
- New paddlers have the chance to experience 3 sessions before deciding whether or not to join Hell Gate Sea Dragons.