

BREAST CANCER SURVIVOR LEARN TO PADDLE



FREE!



Learn to **Dragon Boat** paddle with PVRC Dragon Rays' Coach Erin and members of the Rays of Hope Sponsored Dragon Rays.

When: Saturday, September 24th 2016

Time: 10 am to 1 pm

Where: Pioneer Valley Riverfront Club, North Riverfront Park, 121 West Street, Springfield 01104

Who can come? Breast Cancer Survivors and their supporters.

What should I wear? Water shoes or sandals, workout clothes and a hat or sunblock.

Dragon boats, paddles and PFDs (life jackets) provided.

Questions: email coach Erin at
dragonrays@pvrivierfront.org



Pioneer Valley Riverfront Club
www.pvrivierfront.org