

# Rusty Dragons'

## ***Pool Paddling Program***

### ***at***

## ***Afterburn Performance Fitness***

The Rusty Dragons have partnered with Afterburn Performance Fitness to provide two pool paddling and fitness options for you. The programs are open to paddlers from ANY team, whether from a Rusty Dragons or other team. This is a great time for new paddlers to kick start their introduction to the sport and best prepare for the first on-water practices. This is also a great program for intermediate and experienced paddlers to refine their technique development and endurance, resulting in a leap ahead for you and your team in the spring.



Picture above: Afterburn pool paddling (Left to Right: Taras, Mohammad, Anthony)

Afterburn Fitness is a facility that focuses on what dragon boat paddlers need, using proven equipment and exercises that compliment the paddling portion of the program. Their unique paddle pool closely simulates paddling in a dragon boat. Space is limited to 20 paddlers, and YOU are invited to join the program and push yourself to improve your fitness and paddling skills.

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# Rusty Dragons Program Details

**Location:** 21 Progress Ave, Unit 4-5, Toronto, ON, M1P 4S8 (see map)

| Programs / Details | 11-Week<br>MONDAY program                                                                                                       | 9-week<br>THURSDAY program                                                   |
|--------------------|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| Dates...           | March 3 / 10 / 17* / 24 / 31<br>April 7 / 14 / 21** / 28<br>May 5* / 12 * = video review                                        | March 20 / 27<br>April 3* / 10 / 17 / 24<br>May 1 / 8* / 15 * = video review |
| Times...           | 7-9pm (arrive 10-30 minutes before start, ends 9pm sharp)<br><i>Note: 7-8pm is fitness class, 8-9pm is coached pool paddle.</i> |                                                                              |
| Cost...            | \$160.00                                                                                                                        | \$130.00                                                                     |

\*\* Note: We are OPEN for regular program on Monday April 21<sup>st</sup> (Easter Monday).

**Coaches:** Fitness Training (7-8pm): Andrew Liew  
Pool Paddling (8-9pm): Tim MacFarlane

**Payment:** > Cheque to "Rusty Dragons Adventures"  
> Interac e-mail transfer to "[Payments@RustyDragons.ca](mailto:Payments@RustyDragons.ca)".  
> PayPal / Credit Card payment (see Rusty Dragons website).

**Website:** [www.RustyDragons.ca](http://www.RustyDragons.ca) and click on "[Pool Paddling](#)"

Both options are run on a program basis, not on an individual drop-in or pay-as-you-go basis, as there are fixed costs to use the facility. However, contact Tim if you have any special circumstances where you would like to request some flexibility. We will do our best to accommodate, space permitting.

Register online via the "Register Now" link on our website. This is a great program that will advance your skills week by week in preparation for the spring.

The program starts at 7pm with some warm-up exercises then about 45 minutes of fitness training with Andrew Liew. It includes circuit training using various strength and cardio exercises that does not involve heavy weights or complicated equipment. Each person works at their own level while following the program.

We then take a short break and switch to the paddle pool for about 50 minutes of paddling drills starting at 7pm. We plan to finish at 8:55pm so you can be out the door by 9pm sharp.

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## **Video Review**

Video review is a great tool for use by paddlers to see how they are actually paddling from different perspectives. It also provides the coach a chance to look closely at your paddling and provide detailed feedback to the paddler. The video is for use by the program participants only and will not be shared publicly.

Video will be reviewed at the practice following the taping. Video will be taken at two strategic points in the program – likely the 3<sup>rd</sup> practice and 2<sup>nd</sup> last practices.

## **What to Bring?**

- Wear comfortable gym clothes. We will be working up a sweat in the gym!
- Wear indoor (clean) shoes for gym portion. No bare feet for safety.
- Wear same shoes or water shoes for the pool paddle. They may get wet.
- Wear comfortable shorts / track pants and top that is okay if it gets wet.
- Bring water as you need to stay hydrated during 2 hours of work!

## **Car-Pooling**

Car-pooling will also be arranged where possible. Tim will be driving from the Jarvis and Dundas area, leaving at 5:40pm sharp. Contact Tim if this works for you. You can be driven back downtown afterwards or nearest TTC. Others may be coming from an area close to you.

## **Blind, Partially Sighted, and Deaf Blind paddlers**

The Rusty Dragons encourage members of the BPS Toronto dragon boat team, or anyone else, to join us as we are fully supporting you through various accommodations. This includes but not limited to; car-pooling, taking care of guide dogs, working in groups for fitness component, descriptive coaching, etc.

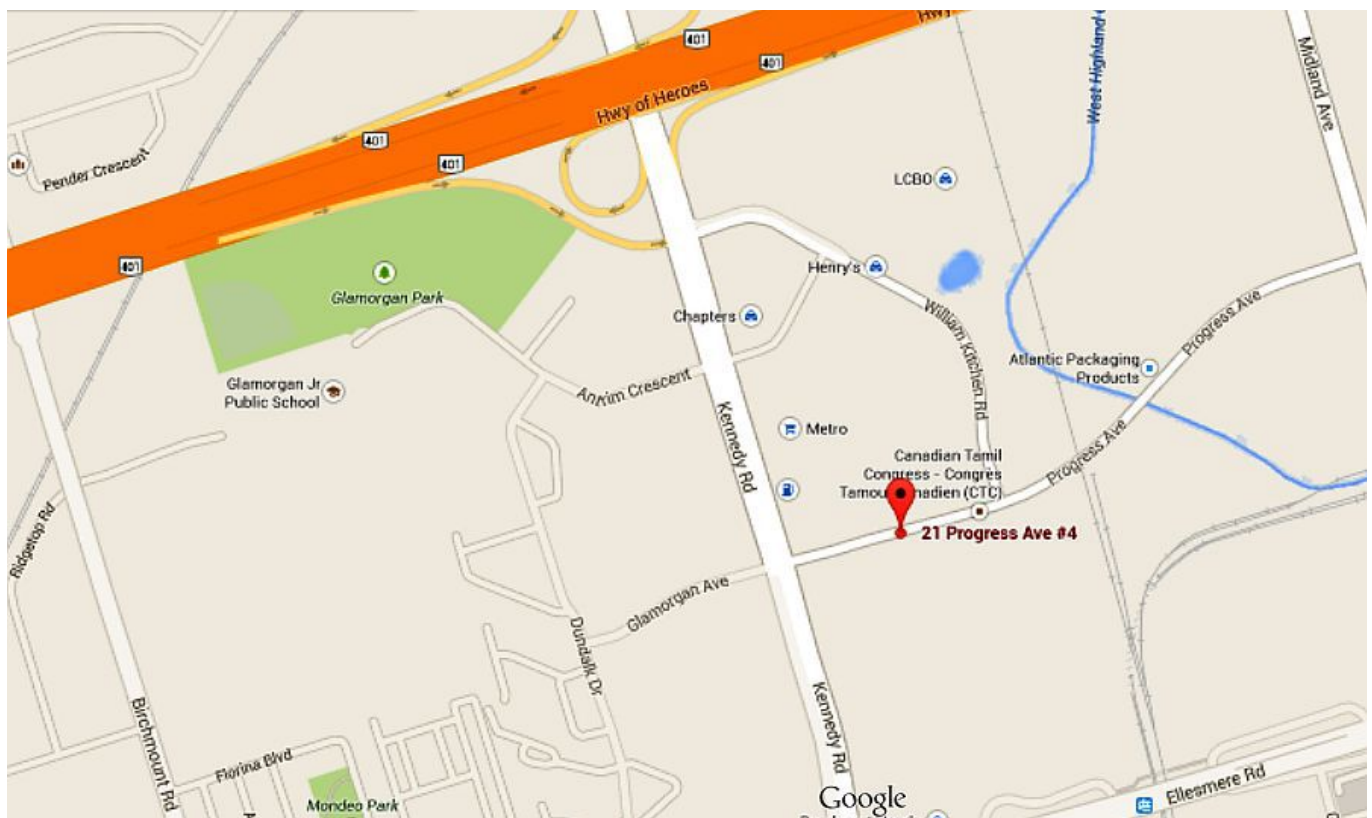
## **Notes**

- There are 3 washrooms and 2 change rooms, but no showers.
  - Pool paddles will be provided (they are narrower than regular paddles)
  - There are no lockers. Keep valuables locked in someone's car trunk.
  - Butt pads (foam cut-outs) will be supplied for the seats at the paddle pool.
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## Directions

The address of the training facility is 21 Progress Ave, Units #4-5. It is located just south of highway 401 off Kennedy Road. Progress Ave is just east of Kennedy. When you see the common entrance to #11/21/31, enter the driveway and go south right to the back of the long driveway. There are three buildings, #11 is on right (west side), #31 is on left (east side), and #31 is 3<sup>rd</sup> building at the back between the two. Afterburn is unit #4 just to the right as you approach the back building. There is an "Afterburn" sign on the building. Parking is free.

The closest TTC stop is Kennedy & Progress (just a 2-minute walk to the site). You can take the Bloor-Danforth subway to Kennedy station, then the #43 Kennedy north bus towards Steeles Avenue. Exit at Progress Ave, just north of Ellesmere and south of 401, and walk east (south side) to the building



## Paddles Up!

**Questions?**

Contact [Tim@RustyDragons.ca](mailto:Tim@RustyDragons.ca) or cell 647-971-7332