



GET IN SHAPE IN 2008 SWIM WITH SQUID

Swimmers...

Are you a swimmer or former swimmer who wants to lose some weight after the holidays?

Do you get bored swimming laps on your own?

Have you done triathlons and need to improve your swims?

Would you like a little more fun and social aspect to your swim workouts?

Do you want a new healthier social circle?

SQUID Swim Team (Denver's GLBT swim team) can help you get in shape. SQUID will have late-January open house events for prospective or returning members. You can meet coaches Jessica and Patt, and learn about SQUID's workouts, instruction clinics, and potential 2008 master and open-water competitions.

SQUID OPEN HOUSE

The first SQUID open house is
Monday, January 28, 2008, 6 ~ 8 p.m.
at Rainbow Alley at The Center, 1050 Broadway, Denver.

The second SQUID open house is
Wednesday, January 30, 2008, 6 ~ 8 p.m.
at Charlie's, 900 East Colfax, Denver.

SQUID hosts tri-weekly coached workouts at Davis Rec Center. The 80 minute workouts range from 2200-3500 yards, based on your skill level. The swimmers range from age 18-65, from fitness swimmers to triathletes to competitive swimmers.

A special workout ...
for new and returning swimmers will be held
Saturday,
February 2, 2008,
10:30 a.m.
at Davis Rec Center,
3334 Holly Street,
Denver.

For more information,
check out www.squidswimteam.org
or contact John Hayden at 303-297-3994