

# Urban *swimnaked* Quick Reference

(how to *swimnaked* for us city folk who lack rivers, lakes, and swimmin' holes.)

## 1) Choose the right spot

- A backyard swimming pool is best
  - even better if there's a hot tub
- Next best is a condo/apartment complex swimming pool
  - best if you're familiar with the environment, security situation, and if it's a heated pool, and/or there's a hot tub
  - search out the large/newer/corporate developments for better chances of scoring a hot tub

## 2) Create a "trust and togetherness" vibe

- This is trippy/nature/exciting/nightswimming, not *Girls-Gone-Wild*.
  - you're doing something fun, but it's also challenging, and intimate, and some people are inevitably going to feel somewhat vulnerable. this is actually a benefit of the experience, but it's only positive if they feel safe and comfortable: So the people you invite should be mature enough to build a shared atmosphere of **trust, sincerity, and respect**
- Respect women
  - when guys get insecure they compensate by acting like jackasses. it's scary to show the goods in front of people, so a guy might shore up some confidence by spinning it like 'can't wait to check out naked chicks'. this guy isn't ready to swimnaked. no woman can benefit from the experience if she feels like she's meat, being gawked at, or being subjected to some tool's jokes - **Choose your group wisely**
- Acknowledge sexuality, then keep it in its place
  - sex, of course, at some point, comes up when being naked. a guy might check out a girl, a guy might feel like he's being checked out by a guy, etc., etc. it's not that we have to pretend like sexuality completely goes away, it never does. but the point is, **sex is cheap** in this situation. people hook up get naked and have sex all the time, this has been done. the point of swimnaked is to **experience being naked outside of having sex**. there is a humility, a heightened awareness, a closeness to nature, and an intimate respect for others – friends or strangers – that's gained when we experience being naked in a non-sexual situation. it's new territory. embrace it and evolve – leave the sexuality outside of your swimnaked event.

If you've accomplished #1 & 2, you've parked the cars and gotten to the water with a cool group of people who have the right mix of mature and childlike qualities, and you're ready to swimnaked. Part of feeling safe and comfortable however, is not having to worry about apartment security guards or, worse (and unlikely) *cops*, so:

### 3) Don't get caught

- It's being **loud**, not being naked, that gets you busted
  - No one who walks up to a swimming pool or hot tub and sees people in it assumes that anyone's naked. It doesn't occur to them for a second. And no one outside your group is likely to walk up to you anyway, in the dead of night, much less security or police, unless you're plastered drunk and or splashing and screaming and making frat-party-style noise. So, it's pretty simple:
- Stay quiet enough to **stay under the radar**
  - If it's necessary to be nearly silent, then try it out. nightswim hippie style. float each other on your backs, check out the sky, stand on each other so you cocoon out on the floor of the pool for 10 secs, listen to the night. talk close to each other. if you can be louder – jump in, run around, laugh, etc., go for it – just feel out the situation and be smart.
- Be careful with the **alcohol**
  - It's the drunks that will get you busted, every time. it's not that you have to ban it entirely, but like sex, **keep alcohol in it's place**. Calming the nerves is different than getting obliterated and ruining it for everyone – when we're drunk we're not good at "feeling out the situation" and no one controls how loud they are when they're drunk.
  - Bring cans, not glass. Broken glass in the pool is a huge, huge deal. They're gonna get mad about the glass before they get mad about the swimming naked.
- Be discreet with **removed clothing**
  - The pool area should look just like it would when swimming normally. Pack up conspicuous items like jeans and shoes or better yet leave them in the car so the poolside doesn't look like there was a hurried evacuation of a porno film-set.
- **Put your swimsuit (or at least shorts, boxers, etc.) next to the pool**
  - Remember when your mom picked out your clothes and laid them out for you in the morning? Carry your swimsuit (plus tshirts, girls?) to the pool. Get in. Look at it. Put your fingers in the waistband, smooth it out, and lay it right next to the side of the pool, tag side down, front-side up. Mallcop dude on his second job nightshift is spotted 20 yards from the pool and approaching. 5 heads, who *no one thinks for a second have naked bodies attached to them* swim gracefully to the side of the pool, slip their suit underwater, and slide it on before little buddy can ask what unit you live in.
- Know your line
  - If you're not drunk, and not being loud, you should never get to this point. But if a hotel manager or apt security dude wants to know what's up, be quiet, be respectful, and explain your friend lives in unit # whatever. Apologize for whatever you need to, and offer to leave immediately and quietly. You'd really have to do something crazy for this not to work, or to actually get cops involved. Fear of this kind of thing is a terrible reason to never swimnaked, and since our cities are overdeveloped with these corporate complexes and concrete, their swimming pools are all we have left. Use them. Just be smart.

## Frequently Asked Questions (FAQs)

- **Are you suggesting I trespass or break the law?**

No. Don't endanger yourself. Don't trespass. Don't break the law.

- **I don't have a group to go with.**

Then go by yourself, find a good spot, get used to it on your own. Then take one person. Then maybe they'll know someone and you'll have 3. Build slowly... the vibe is very important, don't rush it or screw it up inviting too many people, people who get too drunk, etc.

- **I'm a girl, won't guys take advantage of the situation?**

Be picky about who you go with. Whoever coordinates the event should address the "trust and togetherness" vibe with everyone attending. Don't go with frat boys (unsophisticated unevolved stereotypical immature and rude ones). Remember, it isn't easy for guys to be naked either – maybe we're growers not showers, and we're not having sex with you, so this is new territory for us too. Be willing to have a little faith in the situation – something very peaceful and trusting inevitably happens when you're naked in front of other people. It's not natural to be sarcastic, rude, or violent, etc. If the group is chosen wisely and people are sober it really should be okay – often girls remain mostly or partially clothed the first time until they're comfortable.

- **I'm a guy, what if i get a hard-on?**

In years and years of things like this I think it happened once, and we sort of laughed and got over it. The thing about total nudity, is that **it's not very erotic**. What's erotic, is underwear, tight fitting bra-les tank tops, ie minimal sexy clothing, slow stripteases, etc., models in the magazines popping out of tops and briefs, this is erotic. Regular people totally and completely nude is strangely non-erotic. If you really look at it, it's sort of funny and goofy if anything. What happens, is you forget about it pretty quickly, and you're not looking at it – you're swimming, you're talking, and enjoying an honesty and awake-feeling that's new, and different, and valuable. This isn't watching xtube videos – it's pretty unlikely you're gonna pop wood.

- **I'm overweight, I could never do this.**

There was a group of us at the University of Texas that swam naked at area lakes, and even house parties with pools and stuff. There were a few girls that were really self conscious about their weight and didn't remove clothing the first few times, and were extremely shy when they first did. I remember at the end of the semester watching them run around all over the place, laughing and talking to everyone and beaming this undeniable joy and self-confidence. It's counter-intuitive, but it's the advertising and clothes that make us ashamed, not our bodies. Swimnaked is about leaving the advertising, clothes, and shame on the shore, and entering a totally unique (and timeless) atmosphere where we can be seen as we really are – vulnerable, insecure, childlike, mature, and confident all at the same time... A friend in many gender studies courses with me agreed that the group was one of the most successful feminist environments we could imagine. Give the group a chance that it can present a unique collection of individuals, each searching for a deepened sense of self-awareness and more sincere interactions with others – don't presume, or limit it, to guys vs. girls or attractive vs. unattractive or any of the categories we perpetuate through brands, categories, clothing, careers, etc... *swimnaked*.