



Heading to the club for the first time?

Here is a couple of tips.

Firstly. Expect NOTHING! -

IF you head to the club expecting to get lucky, I will strongly suggest resetting those expectations, see swinging is not playboy or porn hub so not everyone in the lifestyle will jump anything that walks through the door. The idea that those in the lifestyle are DTF is a common miss conception.

categories are:

Fishbowl Swingers – This category or term reflects the 60s & 70s Swinging mentality where a lot of the focus was on once of encounters or where most people just wanted to focus on the sex and having it with as many people as possible, think of Woodstock, a great opportunity to get your freak on NSA.

Socialite Swingers: with this category whilst there still. remains a large element of sexual experience , a lot more focus is put on the social and relationship building side of things, people in this category generally look to play with others that they have built connections with, there needs to be some level of physical and mental attraction in this category and more that often swingers in this category may be less inclined to play with random people or those they have not built some connection too.

In saying this, swingers may fit into different category's and can even be part of both, there is no set boundaries for this and the best way to figure out how you feel or what category a couple may fit is to communicate with them.

Before you attend!

Research, Research, Research.... That's right before you attend a venue we encourage you to put in a little bit of research, some of the key things to research are:

Bookings – Do you need to pre book, whilst for most venues, couples and single ladies are able to walk in, some venues may have a no walk-in policy, in the case of single males it is almost always that you will have to pre book.





Dress Code – Massive, there is nothing worse than starting your night being stopped at the door! Yes it happens and we have made this rookie mistake, it puts a dampener on your evening especially when you have travelled quite a distance to be there.

Rules NOT Reviews – Oh now I'm going to upset a few people, I myself am big on researching the reviews of a club before I go but I think it's crucial to say **DON'T**, this lifestyle is diverse and so are the people within it, the fact is not everyone is going to like what you like and this is the case for venues, instead I would suggest the following

- Research the rules of the club, do they fit what you are looking for?
- Once at the venue familiarise yourself with staff, that way if you do come across an issue you know who to turn to.
- Visit more than once, we have the rule of 5, we like to visit a club at least 5 times before putting it on our Shit List, in those 5 times we mix up the nights and events.

In saying that we have heard of some venues that are pretty bad, the issues are more around how patrons are treated and what is 'Expected' of them, remember if you are uncomfortable it's for a good reason -GET OUT, also an OWNER / OPERATOR / HOST that engages in play and expects you to fulfill their desires is probably a douchbag and run, run quickly. However most owners, operators, and staff are amazing and if you get that vibe from them stay a while and give the venue a chance.

Know the Event!

Most venues hold special themed nights or events, this may be as simple as a dress up theme night or be more interesting like a BDSM sampler night, Gang Bang night. There is nothing as off-putting as turning up to a venue only to find out that it is a theme night that you are not comfortable with, unfortunately this happens a lot and can be easily avoided by simply checking the venue website or phoning ahead.



Dressing up – You tend to put in a lot of effort in preparation for attending venue, make sure you select something appropriate, no I'm not talking about finding a giant pineapple costume and running about the club, instead I mean whatever you choose needs to be comfortable and something that's not going to shift your focus or ruin your night, I mean there's a big difference to forcing someone to carry your high heels after an hour (not mentioning any names / partners, YOU KNOW WHO YOU ARE) and being in an outfit that you have to keep adjusting or running to the bathrooms to fix and re adjust. Dress to impress but be comfortable enough to hold down conversation without your attire taking your attention.

Body Language - Yes it matters, ever heard "I went to the venue and it was really clique", well in most cases that is an assumption based on others or your body language, be open and welcoming and work on your outward appearance to invite others in to your circle. And don't be afraid to take a leap of faith and insert yourself (respectfully) into another circle, see a spare seat say "Can I please join you" its amazing how often you will get a yes and expand your swinging circle.

Set a realistic goal!

WTF does this mean??

We'll simply you can't control a lot in this lifestyle, for instance if a couple / individual is attracted to you, you can't control if someone will take you up on a offer to head to a room. So going in setting a goal of playing for example is for the most part out of your control and you will be reliant on things falling in to place for this to happen, so I highly recommend setting a goals that are within your realm of control such as,

- introducing yourself/ meeting one couple or single so next time you head in you might see and know a familiar face or two,. This also pushes you to step out of your comfort zone and approach others , setting a goal before the night that you will introduce yourself to 3 people is a great way to start networking in the lifestyle, its also an opportunity if part of a couple or single attending with someone to have your companion hold you accountable and visa versa, ensuring you get the most out of your trip.



- Set yourself a goal of not sitting and staying! One of the biggest things to hold people back in this lifestyle is getting too comfortable in your bubble, you will see this so often, a couple walks in and scouts for a empty seat, once they find that seat the next time you see them move is out the door! Whilst comfort and prime seating can be desirable, you need to think is this helping me to socializes or meet others? Was my intention to come to the club and find the best seat in the house or was it to socialize? Setting yourself a goal of; A, not getting comfortable in one spot and B, setting a time limit on how long you will stay in the one spot without others interacting can be beneficial. Move about and explore!

Be respectful/ Don't be a creeper!!

People can be put off by how you approach them and that makes it incredibly difficult for some people, if you are interested in another couple or single, approach them respectfully and introduce yourself,

Hi I'm this is my first time visiting ect, I'm new/old to the lifestyle ect

if they want to chat start a conversation ask them questions, how long have you been swinging, what got you into the lifestyle ect , what are you looking for ?

Remember some people attend clubs just to have a night out in a safe location, not everyone is wanting to play and they may simply not be attracted or interested, that is OK

Don't follow a couple or single around! I know you may think this one's a simple point and it is but you would be surprised how often a individual or couple starts creeping and following you around, if someone is paying you no attention and is clearly shutting themselves off by moving away, see the big neon sign flashing above them saying GO AWAY

Remember some of the best swinger friends you find, you may never play with, but you still can develop a great friendship, that will last longer than any sexual encounter.



Communication!

Communication is probably the most important thing we need to do in our lifestyle, whether it be communicating with your partner or a prospective encounter, you need to ensure you have a clear understanding as best you can of your boundaries, limitations, and hard limits.

Often you will hear or see online that you should have a code word or gesture to let your partner or another person know you are not comfortable etc, and whilst this can be a great idea we would promote just being open and honest, clearly communicate how you are feeling, see code words and signals can be great but in the heat of the moment they can be forgotten, not on purpose but your brain can only process so many things at once and in a situation like swinging it can take away your awareness, so don't allow a missed cue or signal to ruin your night, instead be confident in speaking up and saying what you need to so everyone is on the same page and things are not missed.

Debrief / Reconnect

Debriefing is really important and should be done with both good and bad experiences, don't limit debriefing to when things go wrong as it should not be associated with a negative experience.

Reconnection is critical, whether you are a part of a couple or an individual you need to reconnect with your partner or yourself. There are many ways in which you can do this, it can be by having reconnection sex with your partner, it can be simply going to a coffee shop and having a date, if you're single book a day or something special to do for yourself so that you can reconnect to your grounding. Remember that this lifestyle can be great, but it can be draining, one of the biggest issues after attending a club can be Swing Drop, support yourself and pay attention to your body and mind.



Know the rules and etiquette of the lifestyle

Remember at any club **No means No**, If a couple / individual doesn't seem interested walk away DONOT harass them thinking they will change their mind.

NEVER TOUCH ANOTHER PERSON WITHOUT PERMISSION!!!!!!!!!!

I scream this as it is the most frustrating thing about attending clubs, some individuals believe that if a person has body parts out they can automatically touch.. **NO , NO , NO . NEVER TOUCH SOMEONE WITHOUT PERMISSION.**

If you are watching or have been invited to watch give the couple/ individual SPACE unless you have been in invited to play take a few steps back.

Every club has different rules and expectations familiarity with these is not negotiable and failure to follow even by accident will likely see you removed from the venues.

Stay safe and remember!

Safe, Sane and Consensual

Be kind and good things can happen.