



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swimsuit Etiquette 101

“Appropriate, modest, and properly fitting swim attire must be worn at all times”

We understand that this statement could have many interpretations, but in a family environment like the YMCA, the image that you create for young girls to follow and young boys to see is a very important matter.

- If you stand in front of the mirror in your underwear and your swimsuit does not cover your underwear, then your swimsuit probably is not modest.
- Creases and curves should be contained within the fabric of your swimsuit.
- If your goal is to attract the attention of your male counterparts, then additional coverage is appreciated.
- And guys, to level the playing field a bit, Speedo’s are for lap swimming and the French Riviera. Not sunbathing or going off the diving board. Not many can wear them and wear them well. (Even though you think you can.)
- Cotton t-shirts, tank tops, and shorts can weigh you down in the water and create a dangerous situation. These articles are not appropriate for swimming.
- Transparent swimsuits or articles of clothing are not appropriate for swimming.

For individuals that prefer more modesty than a traditional swimsuit offers, tight-fitting polyester, nylon, and spandex clothing may also be worn as long as it is not transparent when wet.