



## Adult Swimmer Dress Code

To maintain a respectful, family-friendly environment across all Physique Swimming locations, we ask all adult swimmers to follow the guidelines below when selecting swimwear for lessons, lap swim, and open swim sessions.

### 1. Appropriate Swimwear Required

All swimmers must wear proper swimwear designed specifically for aquatic use. Acceptable options include:

- One-piece swimsuits
- Well-fitted two-piece swimsuits
- Swim trunks, jammers, or briefs
- Rash guards, swim shirts, or performance swim tops
- Swim caps and goggles (optional but encouraged)

### 2. Coverage Expectations

To ensure comfort and professionalism in a shared space with children, families, and staff:

- Swimwear must provide **adequate coverage of the chest, buttocks, and groin area** at all times.
- Styles that expose excessive skin (thongs, micro-bikinis, extremely low-cut or open-side suits, etc.) are **not permitted**.

### 3. No See-Through or Sheer Materials

- Swimwear made from **transparent, mesh, or heavily sheer fabric** is not allowed.
- Suits must remain opaque **both dry and wet**.

### 4. Fit & Function

- Swimwear should be secure enough to stay in place during normal movement, swimming, and instruction.
- Clothing not designed for pool use (cotton t-shirts, sports bras, streetwear, etc.) is not permitted as it affects water quality and safety.

### 5. Instructor & Staff Discretion

Physique Swimming staff reserve the right to determine if attire meets these guidelines. If swimwear is deemed inappropriate, swimmers may be asked to adjust, cover up, or change before entering the water.

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