

# Glasgow Continental -Scotland's Weekly Skinny Swim and Sauna

## Information Sheet and FAQs (March 2017)

**Glasgow Continental** offers mixed naturist (nude) use of a 21m pool, Turkish suite, steam room, saunas, plus relaxation area with newspapers and tea & coffee, in a friendly, welcoming environment. Clothed use of gym & weights room (subject to induction). Separate women's changing lounge available if desired. **Please arrive by 6pm.**

### When & Where

Sundays, 6pm to 9pm except maintenance period; check for Xmas holidays. You can phone before travelling. The [Arlington Baths](#), G3 6DT, 0141 332 6021. Firstbus 4/4A to Woodlands Road where parking bays are free on Sunday. The Subway closes at 6pm.

### How much does it cost?

Price is £10 for adults, U26 & FT Students £7, family tickets available. Towel hire included.

### Who can attend?

Glasgow Continental SwimCard holders & SOC members. Visitors and BN / INF-FNI card holders from **outside Central Belt** can attend up to twice a year without buying SwimCard.

**Visitors, guests and newcomers to the swim are welcome to try the swim before joining.** If you do not hold one of the cards above, you **MUST bring photo ID** and proof of address. For instance, passport and utility bill; the EU photo-driving licence covers both.

### Do I need to be naked?

It is expected that adults will be nude when swimming. Kids can wear a swimming costume at all times – although most don't. You can wear a towel in the other facilities if you wish.

### Will there be other women there?

Yes! Many women attend the swim, either on their own or with friends or family. If you just come along you will be made welcome. Alternatively, contact us to arrange for a female 'swim buddy' to meet you and show you round. [swimto@scotnaturist.freeservers.com](mailto:swimto@scotnaturist.freeservers.com)

### What is the etiquette?

If you are respectful towards others and always sit or lie on a towel you should be fine. People are friendly, but if they want to be on their own, do not follow them or make persistent attempts to engage with them. It is not permitted to provide or offer massages or similar. Refrain from being overly affectionate or intimate while at Glasgow Continental as this may make others feel uncomfortable. Leave the building by 9.15pm so the staff can close up.

### I like Glasgow Continental, how can I start coming regularly?

Bring ID and one passport style photograph to apply for the SwimCard which runs January to March the following year and costs £10 & just £3 for FT students and U26s (£5/£2 from September each year and throughout 2017). Download the Word application form from [www.scotnaturist.freeservers.com/swim.html](http://www.scotnaturist.freeservers.com/swim.html)

The Word file enables you to insert a photo and details if you wish before printing.

**Glasgow Continental** is organised by the [Scottish Outdoor Club](#) which has a seasonal naturist club at [Inchmurrin](#), Loch Lomond. SwimCard holders have priority booking to visit. To enquire about visiting contact the secretary: [secretary@scotnaturist.freeservers.com](mailto:secretary@scotnaturist.freeservers.com)