



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MODEST SWIMWEAR GUIDELINES

The Y is a place where all people of all walks of life can learn and love to swim, wearing a spectrum of colors, fabrics, and accessories.

Some Y members may even feel more comfortable wearing longer or more modest garments when swimming. As long as these garments are made of material that keeps the swimmer safe, diverse types of swim wear are completely acceptable at the Y.

These are our guidelines for acceptable clothing worn with swimwear at the Y:

- Clothing that is water repellant and lightweight, e.g. swim wear material
- Specialized swim suits designed with modesty in mind, such as a “Burqini,” which traditionally includes three separate pieces: pants, a long t-shirt and a head cover
- Latex or lycra running tights and shirts
- Football type jerseys (with holes)
- Nylon jerseys
- Rash guards, commonly used under scuba wear but can also be used as swimwear
- Swim caps
- Head coverings/headscarves no longer than shoulder length

In order to maintain aquatic safety, we discourage:

- Cotton or other heavyweight materials
- Head coverings/headscarves longer than shoulder length

There are increasingly more options for modest clothing made of swim-safe material. We suggest that you try a web search of “Modest Swim Wear” or similar terms.