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# Definition of Swinging

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To me, the definition of swinging is pure fun and excitement, but let's dispense with the nitty gritty. Swingers don't wear signs or get tattooed to show their off-hours activities. In fact, you may not recognize someone who swings at all. Some couples have reported going to swingers clubs, only to run into their next door neighbors!

What we look like

Swingers come in all shapes and sizes and genders. We can be heterosexual, homosexual, or bisexual. There really aren't any restrictions. The only limitations are those of your creativity.

If you want some better statistics, then let's talk about the majority of swingers. Most of us are anywhere from our late twenties to our early fifties. Many of us are already married and looking to take our sexual experience to the next level.

Most swingers are well-groomed, well-dressed, and just your everyday man or woman.

Why we're swinging

You might wonder why a decent, attractive couple or single is looking to try swinging. There doesn't seem to be a clear reason if they already have a partner to share sexual relations with. Do you really want to know?

Most of the swinging couples aren't having troubles or are looking to change their relationship; they're actually looking to increase their intimacy. Living out fantasies of being with another person in a safe and open environment can bring greater communication and appreciation of your partner.

Experienced swingers report that even after twenty years (!) of swinging, they are better able to talk with their partner and sort out unrelated problems than they would have been without the swinging experience.

How we're swinging

But what you really want to know is what exactly happens when you're swinging. Come on, you've thought about it.

For the beginner swinger, you'll find that you can go to a club or out with another couple and just watch the 'festivities' without having to participate.

If that's not enough, then you can progress to interacting with another couple or single in a safe environment (think a club or a mutually chosen location). This doesn't mean that you have to have sex, but it can involve touching and exploring another person while your partner is in the same room. And moving onto some harder swinging, this is where there are still rules, but the playbook changes, becoming much bigger.

You can go ahead and have intercourse with another person, either with or without the presence of your partner. And I could go into more details, but I'll leave your imagination to fill in the blanks.

Swinging is experiencing sex and intimacy with another couple or person because your current relationship is strong. You want to try something new and are curious about interacting with another person, gender, or sexual arena. And at the end of the night, you still go home with your partner-more open and more committed to each other.

Swinging opens up all kinds of things for a couple.

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