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WHAT'S NEW FOR 2018: THE AMERICAN ASSOCIATION FOR NUDE RECREATION HAS OFFICIALLY DESIGNATED THE SECOND SATURDAY IN JULY AS INTERNATIONAL SKINNY DIP DAY.



KISSIMMEE, Fla. (Jan. 2, 2018) – Skinny-dipping, a wholesome tradition as old as mankind and frequently honored in art and movies, celebrates the natural joy of plunging into water without the hindrance of clothing. To celebrate this rite of summer, the American Association for Nude Recreation (www.aanr.com) has officially designated the second Saturday in July as International Skinny Dip Day. For 2018, International Skinny Dip Day will be observed on July 14th.

On International Skinny Dip Day, the textile world can join with naturists and free themselves of their clothes and inhibitions by taking a dip au naturel in their backyard pool, a secluded spot on a river or lake, at a sanctioned nude beach or at one of AANR's 200 clubs and resorts throughout the U.S., Canada and internationally.

International Skinny Dip Day (ISDD) serves as the culminating event during National Nude Recreation Week, an AANR tradition for 43 years. This annual celebration is an opportunity for individuals and families to visit clothing-optional clubs affiliated with AANR or The Naturist Society (TNS), and experience firsthand one of the fastest growing trends in both travel and recreation – the Nakation™. Many AANR-affiliated clubs have activities and events planned throughout the week – such as open houses, dance parties, sports tournaments, chili cook-offs, “bare buns fun runs,” health screenings, art shows, and more.

Or, for those looking to try Nakationing™ in the comfort of their own home, AANR recommends the following:

- ⌈ Cool off: skinny-dip in your backyard pool
- ⌈ Make housekeeping fun: shed those clothes, turn on some music, and get out the mop

- [[Get in touch with nature: garden nude in the privacy of your back yard
- [[Exercise in the buff: hit the treadmill or the yoga mat
- [[Telecommuting in the nude: working from home, in the nude, is increasing in popularity!

To interview an AANR spokesperson, please contact Jeffrey Baldasarre as noted above.

For 87 years, AANR has been a leading voice in North America on protecting the freedoms and rights of those who participate in wholesome, family-style nude recreation. Members of AANR recognize the wholesomeness of the human body and believe that life is enhanced by the naturalness of social nudity. From exercise to relaxation, a person's physical, spiritual, and mental health is enriched through nude recreation. AANR supports nearly 200 chartered clubs, resorts, and campgrounds throughout the U.S., Canada, and internationally. For more information about AANR and for facts related to nude recreation, visit www.aanr.com or call 1-800-TRY-NUDE (879-6833). To receive information on upcoming news and events, sign up for our newsletter [here](#).