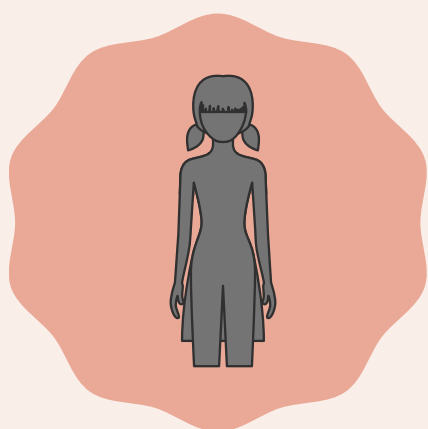


5 TIPS TO ENJOY A SWIM IN DENMARK



NAKEDNESS

There are usually only a few private changing cubicles in the changing rooms but in general swimmers are happy to get changed in the open, single sex areas.



HEED THE HYGIENE RULES

Always shower naked before your swim before putting on a clean swimsuit. Make sure your hair is wet before you enter the pool.



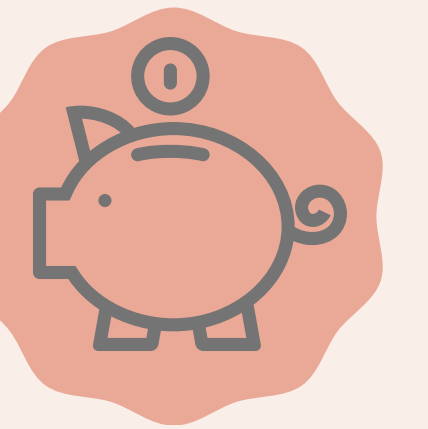
SWIM NAPPIES

There are rules about which types of swim nappies (diapers) are acceptable in various pools. Some places don't allow disposable ones.



GO SAUNA!

In most public pools there is a sauna that is available to all users, at no extra charge, and many have excellent spa and sauna facilities that you pay extra for.



SAVE MONEY ON YOUR SWIM

You can get clippers where you pay for a number of swims up front and save on each swim, a monthly pass or swimming during the green time (grøn tid) usually up to 3pm, where the swim could be half price.