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# Swingers - Female Confidential

Ashley Lister

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## About the Book

### **Why do women swing?**

In a frank and fascinating exposé of female involvement in the swinging scene, Ashley Lister sets out to find answers to this tantalizing question. After meeting and corresponding with female swingers from all over the UK, he reveals the sometimes shocking attitudes and secret lives of those women at the forefront of today's recreational sex scene.

This is the first ever book devoted exclusively to the subject of Britain's female swingers and includes authentic confessions from a wide spectrum of women - from young party-loving students to outwardly conservative middle-aged professionals. As these women speak candidly about what they do, who they do it with and how they feel about their unconventional sex lives, they offer an unparalleled insight into modern female sexuality.

## About the Author

Ashley Lister is a freelance writer, reporter and the author of *Swingers: True Confessions from Today's Swinging Scene*. Aside from writing erotic fiction under a variety of pseudonyms, Ashley's non-fiction has appeared in a wide range of magazines that include *Forum*, *The International Journal of Erotica* and *Chapter & Verse*. Ashley's full-length fiction includes more than two dozen novels, with shorter fiction appearing in a range of international anthologies and magazines.

# SWINGERS: FEMALE CONFIDENTIAL

Ashley Lister



*I wouldn't have been able to write this book without contributions from the countless remarkable ladies who shared their time, thoughts and memories. However, I would never have been able to write anything if not for the love and support of one singularly remarkable lady: thank you, Tracy.*

# INTRODUCTION

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**Author Needs to Talk** with female swingers. Married or single, I want to find out how you swing and, most importantly, why you swing. Discretion assured. P.O. Box AL000

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Following the publication of *Swingers: True Confessions from Today's Swinging Scene*, I've been asked many questions. This means I either didn't write the book properly or the people talking to me are just too curious for their own good. Many people want to know how the parties are organised; who goes to them; and what I did while I was there. If the answers to those questions aren't in the previous book, you can guarantee they're either not important, or they're floating around somewhere on the internet.

But the commonest question, the one most frequently posed, is: *Why do women swing?*

Swinging, for the purposes of this book and its predecessor, is a blanket term used to cover those incidents within relationships where established couples consent to their partners having sexual encounters with others. These encounters range from mild flirtations, kissing and exhibitionism through to full penetrative sex, orgies, dogging and gangbangs. I've elected to use the term as a blanket reference rather than relying on an established definition because the milieu of swinging is personal to each participant and there are few singles or couples who would agree on what constitutes a swinger or swinging. In truth,

within the swinging community, few couples *swing*: they *'play'*, they *'share'*, or they *'party'*. Rather than being members of the swinging community many are *'part of the scene'*, others *'live the lifestyle'*, and the remainder are *'just doing their own thing'*.

Strangely, I have started several interviews for this book (and its predecessor) hearing the disconcerting statement, 'I don't think you really want to talk to us. We're not swingers. We're just a married couple who have sex with lots of other people.' This has happened so many times it does suggest the term *swinging* may have many negative connotations. It also implies that there is an undiscovered subset of promiscuous adults in the UK; a subset who will never consider swinging, swapping or sharing as long as they are able, as a couple, to continue having extra-marital sex inside and outside their existing relationship.

All of this is stated to show that my choice to simplify the language is not an arbitrary decision or done to reinforce any negative connotations associated with the terms *swingers* or *swinging*. I have chosen to use the popular terminology in an attempt to keep this text comparatively clear and free from unnecessary ambiguity.

Although the accuracy of statistics is hard to verify, the oft-quoted figure that there are a million swingers in the UK does not seem like an exaggeration. Totalling the membership figures of the UK's clubs and websites (dividing it appropriately to allow for a percentage of duplicates, and allowing for a variable to account for those swingers who don't use clubs, members-only bars or the internet) the figure is still close to a million. If you take into account the couples I mentioned before, who don't identify themselves as swingers but still have a sex life that most people would define as swinging, then the number is much, much higher.

And the numbers are constantly increasing.

As mentioned in this book's predecessor, the age range of swingers stretches across a broad spectrum but with a heavier concentration of figures in the groups of late thirties and early forties.

In the 1980s and 1990s it was comparatively common for sociologists and psychologists to profile swingers as an example of a deviant culture. These studies (neatly summarised in Richard J Jenks's 1998 article, 'Swinging: A Review of the Literature'<sup>fn1</sup>) proved little except what was already quite apparent: i.e. swingers are virtually indistinguishable from other members of society except for their participation in recreational sex. Being described as mainly middle class, their political attitudes and opinions remained consistent with their income. The only area where swingers were deemed notably deviant in their responses was in their liberal attitude towards sex and sexuality. All of which paints a broad portrait of swingers as anonymous members of our general communities. The only honest conclusion one can draw from these results is an understanding as to why further sociological studies have not been commissioned.

To be fair, the surveys mentioned in Jenks's article did throw up one notable difference between the swinging and non-swinging population. Bartell (1971), Gilmartin (1975) and Jenks (1985) all report that the majority of swingers surveyed '... did not attend church regularly' and '... had no present religious identification'. The figures in these surveys range from sixty-three per cent through to seventy per cent of respondents, which contrasts starkly with poles of the non-swinging community where Gallup and Castelli (1989) show ninety-two per cent of respondents claim a religious preference.

It's difficult to know what to make of this disparity.

An overview of religious texts would suggest a tendency to demonise all sex that is not explicitly intended for the

purpose of procreation. I Corinthians (7: 18) advises: 'Flee from sexual immorality.' And this comes immediately after a rant against idolaters, adulterers, male prostitutes and homosexual offenders. Galatians (6: 19-21) similarly warns against sexual immorality, impurity and debauchery, specifically mentioning orgies, before going on to warn '. . . that those who live like this will not inherit the kingdom of God.' Admittedly, Genesis is replete with illicit couplings and matrimonially sanctioned adultery but it's widely accepted most Bible-based religions interpret these parts of the Good Book to suit their own particular agenda.

To illustrate this point it should be noted that the majority of Christian religions vehemently deny accusations of being institutionally sexist. And yet the Millennium edition of The New Testament (the most recently revised version of the Christian Bible) still includes unexpurgated instructions from *Peter* (3: 1) 'Wives [. . .] be submissive to your husbands . . .' This attitude can be deemed patriarchal in the kindest light although it would be easy to see how others may construe it as downright misogynistic. Consequently, with religions tailoring the intent of the Bible's message to suit their own arguments, it's easy to accept why those who want to enjoy recreational sex would not want to suffer sermons condemning them for their prurient interests.

However, sociology and religion aside, the original question I've been posed still remains unanswered: *Why do women swing?*

It says a lot about our society that no one asks why men swing. Clearly the majority of people are in accord that the answer to that one is a no-brainer. Men swing because there is an opportunity for extra sex, and that in itself is sufficient motivation. I don't personally subscribe to this solution. I believe men swing for a variety of reasons. Admittedly, one of those reasons will often be the opportunity for more sex, but men's motivations aren't limited to the generalisation of

that one simple answer. Some men swing because it gives them and their partners an opportunity for greater pleasure. Some men swing because it provides an acceptable outlet for their bisexuality while they continue to maintain an otherwise satisfying heterosexual relationship. Some men swing because the social element appeals to them. Some men swing simply because they're married to a partner who swings and both are happy with the dynamics of an open relationship.

But, regardless of men's reasons, their motives are seldom questioned. No one has yet asked me why men swing. It's far more likely people want to know: *Why do women swing?*

This enquiry, possibly a twenty-first century variant on Freud's most sexist lament, 'What do women want?' was approached in several ways. But it always boils down to the same thing.

- What's a woman's motive for swinging?
- Are women really happy swinging?
- What do women get out of swinging?
- Are women being forced into swinging against their will?
- Do women only swing because their husbands can't satisfy them?

In the following pages I will attempt to address these questions and other related issues. I've communicated with a wide range of open-minded females who either swing; have swung; intend to swing; or have a relevant opinion on the whole subject of swinging and recreational sex. I've chatted with singles, couples, married, widowed, divorced, heterosexual, bisexual and lesbian women. I've talked with lawyers, porn stars, tax collectors, retired housewives and first-year undergraduates. In short, I've talked with a lot of women and the results of those many, many conversations are contained in the following pages.

And, while I don't think there is a single definitive response, I hope this book ultimately gives a clearer answer to the question: *Why do women swing?*

Ashley Lister, 2008

[fn1](#) Jenks, R.J. (1998), 'Swinging: A Review of the Literature', *Archives of Sexual Behavior* (pages 507+), Volume 27, Issue 5, Plenum Publishing Corporation, New York.

# FIRST TIMERS

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***First Timers Seek Similar*** – she bi-curious and eager to find out more. ALA. P.O. Box AL001

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For this chapter, I've chosen examples from an eclectic range of swingers covering a broad spectrum of ages, opinions and attitudes. Anecdotal evidence would suggest that a large majority of swingers become involved with recreational sex through a similar route. Many have been in established relationships for a decade or more before they consider swinging. The impetus for these couples is often an unexpected freedom (i.e. children leaving home, a change of occupation, alteration of circumstances, etc.) that allows them the opportunity to explore the reality of long-cherished fantasies. Usually the subject of swinging or swapping or sharing is discussed; first as a sexual fantasy and then as a potential reality; the potential pros and cons are weighed and argued; and then, if they're still interested in exploring the lifestyle, the couple go through the tenuous processes of initiation and experimentation.

In researching this book I have spoken to many couples who fitted loosely into the aforementioned category. I have also spoken with couples who were in an open relationship that has been complemented by the experience of swinging. I've spoken to some that have found swinging a convenient outlet for their bisexuality. And I've chatted with others who've returned to swinging years after a pleasurable group experience that occurred before they were settled in a

relationship. I have also interviewed several couples who chose to explore recreational sex to compensate for a routine, mundane or unsatisfactory love life.

However, regardless of anyone's motives for swinging, everyone who has ever participated in swinging has had a memorable first experience.

*Amy is a slender brunette who, when she swings, favours full-length crotchless body-stockings that complement the curves of her svelte figure. She looks considerably younger than her forty-three years and has been married for twenty-four years to Richard. The couple have two teenage children and live near Manchester where she works as a medical receptionist. Throughout their twenty-four-year marriage Amy estimates that she has slept with approximately five hundred men. Her husband knows about each of these encounters and lovingly supports and encourages his wife's voracious sexual appetite.*

**Amy:** 'Before I got married I was always very promiscuous. I was never faithful to any of my boyfriends. I enjoy sex and I always have done. I reach orgasm fairly easily and I do like the sensation of having an orgasm. When I met Richard I fell in love and I didn't want to be unfaithful to him. He knew I'd been around a bit but he accepted me for who I was - not who I'd been with or what I'd done - and I was prepared to make a fresh start. I remained faithful throughout the whole twelve months that we were engaged. But I ended up fucking another man only six weeks after we got married.'

Amy reaches for Richard's hand as she speaks and squeezes as she continues. Her brow is creased with obvious consternation. 'We got married in the November. Six weeks later we were at a New Year's Eve party. As the party started to warm up the host asked me to help him get some drinks from the garage. Within two minutes of being alone he had my skirt up and he was fucking me against the

garage wall. It was just raw sex. Nothing particularly special. No foreplay. Nothing exciting.

‘But Richard caught us.

‘I was very worried at first. I panicked. I loved Richard. I do still love Richard. And I hadn’t wanted to do something so foolish that was going to hurt him. But I have a wandering eye. Well, if it was just my eye that wandered there wouldn’t have been a problem. The twelve months of our engagement had been easy at first because we were so much in love. But it became a lot harder for me as the months wore on. If I’m being honest with myself I’m surprised I lasted as long as I did before I fucked another man.

‘I expected Richard would be upset and angry. I thought my foolishness would mean an end to our marriage. And I didn’t think it would be possible to have a worse end to the old year or a bleaker beginning to the new one. It came as quite a surprise when Richard explained how much me being with another man had excited him. He’d followed us into the garage because he’d suspected I was going to do something with the party’s host. He’d also watched for a while before interrupting.’

After passing her husband a reassuring glance, Amy finally releases her hold on Richard’s hand. As she smiles, the creases ease from her brow. ‘The sex we had that night was out of this world. The following day was New Year’s Day and it really was the best way to start the New Year.

‘Of course, we had a long discussion.

‘I had no idea Richard was OK about me going with other men. I never suspected that he wanted me to go with other men. But when we were honest and communicating about our needs and our desires, that was when the floodgates opened. The conversation we had that night set the course of our relationship. Richard said it was fine for me to have

sex with whoever I wanted, as long as I was safe and as long as I let him know every detail.

‘The main thing, from our point of view, is that sex and making love are two totally different things. I make love with Richard. I have sex with other men. Of course there are times when I have sex with Richard too, and that can be really good. But I never make love to anyone else. Only Richard.

‘Once a week, sometimes more if the urge is on me, sometimes less if it’s school holidays or we’ve got holidays or other plans, I’ll go out to a local club or pub. I very rarely try and pick men up, I’ve never had any problems waiting for men to approach me and make the first move. It always happens.

‘Well, ninety-nine per cent of the time it happens.

‘After a couple of drinks, and maybe a dance or two, I’ll let him take me back to his place. And then we’ll fuck. I usually try and take pictures while we’re doing it. That way I can share the experience more fully with Richard when I get home. Usually I’m pretty focused on what I’m doing with the bloke who’s picked me up. But if I get a good snapshot of, say, me sucking his cock or him penetrating me, then I’ll get more aroused as I think about the excitement Richard’s going to get from seeing the picture.’

Going to her computer monitor, Amy calls up a series of pictures that show her with a variety of partners. She explains that the pictures represent a very small portion of her collection. They have captured scenes of brightly exciting sexual imagery. Different penises are visible on most of the pictures. They appear in a range of shapes, sizes and colours: from black and white through to red and purple. Some are in Amy’s hand, others between her buttocks, against her breasts or half-hidden because the picture was taken while they were penetrating her vagina. Some of the pictures show the half-hidden faces of different

men; several of them locked against the split in one of Amy's many crotchless body-stockings. The majority of pictures show Amy's lips around unsheathed erections.

'Richard prefers pictures of my mouth around another man's cock,' Amy explains. 'I use protection - condoms - whenever I'm having sex. I always use condoms whenever I'm having sex. But I don't use them for oral. They taste vile. And I don't think they're necessary for oral sex.'

It's tempting to interrupt, and advise that contemporary research on the use of condoms shows that, even with oral sex, they reduce the risk of contracting many STDs. But Amy is talking quickly and the opportunity to make the point passes.

'I think that's what Richard likes seeing. I think he likes the sight of my lips and tongue touching the bare skin of another man's cock. Which is fine with me. I enjoy oral - giving and receiving. I could happily have a man licking me while I suck his cock all night. It's a shame more men aren't better at giving oral but, when I find one who is good, I make sure I get as much out of him as he can give.

'And I always try to take pictures so Richard can see what I've been doing when we make love afterwards. For him, and for me, that's the best part of the experience. He gets so excited knowing I've been fucking someone else. He gets so excited when I'm telling him how they were touching me and what we were doing together. I get just as aroused because, for me, it's like I'm reliving the experience with the man I love.

'For me it's like having the proverbial cake and eating it.

'I think we're able to do this because we're very much in love. We don't argue as a couple and it's not because I'm domineering or he's henpecked. He's a very strong man and he's above emotions like jealousy. We don't argue because, when you love someone, you don't argue. Richard is comfortable that I go out once, sometimes twice, each

week.' Amy glances at Richard for confirmation and he nods agreement. 'Like I said before: it excites him and he's happy to be aroused by my experiences.

'I don't know if five hundred is an accurate number but I do think the figure is somewhere round there. I've been seeing other men on a regular basis throughout most of our marriage. I stopped seeing other men while I was pregnant. Both times. Those times were special. Those times were just for me and Richard. And I never have sex when it's my time of the month. I never feel in the mood.

'There have also been some men that I've seen more than once.

'I've recently dumped one man who I'd been fucking occasionally for the past five years. I got bored with him. He managed to hold my interest for five years, which is a lot longer than most of these men can manage. Usually I've had enough of them after one night. So he lasted well. But, as always happens with sex partners, I got bored with him.

'I suppose it's because I get bored so easily that I go through men so quickly. I have lust issues. Unless a man can show me something new, exciting or fun, he doesn't hold my interest. I'm pretty open-minded about most things sexually. I won't do scat or pain - well, not serious pain. I'm all right with having a man bite my nipples, maybe give me a few rough caresses or try some anal fingering, but I don't like to be hurt. I'm into pleasure, not pain. Because my five-year man liked to experiment, I was quite comfortable seeing him regularly. And it was exciting while it lasted. But that one's definitely over now.' She nods her head emphatically and says again, 'That one's definitely over now. I know that Richard wishes he could watch me more. He's only seen me with other men a handful of times. There are so few men who are willing to allow another man to watch them while they're fucking. Especially while they're

fucking that man's wife. But I do try to include Richard as much as I can whenever I can.

'Quite recently we met up with a man from the internet who thought he'd be able to manage it. He'd made all sorts of outrageous promises online about the things he could do for me and to me. And he said it was no problem if Richard was there, watching, because he'd show him how to do the job properly. He was full of bravado and bluster. But, when we met up, nerves had got the better of him. He didn't "measure up" the way he'd boasted and he couldn't get an erection, no matter how hard I tried for him. Instead of this bloke fucking me while Richard watched, it ended up the other way round. Richard fucked me while this poor bloke just sat there - watching and looking mortified.

'Not that I'm a great fan of having more than one man at a time. I've had a couple of threesomes, and been the centre of attention while two men fucked me - one after the other.' She grins slyly: an expression that suggests the experiences weren't entirely unpleasant. 'But I prefer the one-on-one situation. I find it easier to concentrate on one man at a time.'

On the subject of how long she plans to continue swinging, Amy says, 'I'm going to carry on seeing other men until I'm fifty. It's getting more awkward now that the kids are older. They're both teenagers and, whenever I go out, they keep asking, "Where are you going, Mum?" I'm sure they believe the excuses I give them but I don't like having to lie to my kids.

'But they're not the reason why I intend to stop when I reach fifty. I think, when a woman reaches fifty, it's an age where she should be acting with some dignity and maturity - and those aren't words you associate with a woman who sees a different bloke every other week. Richard thinks the decision is sensible. And we'll always have the pictures that I've taken over the years. Whenever I want to relive my

glory days I'll always be able to look through those photos and remember how much fun it is to have your cake and eat it.'

*Beryl and Brian have been married for thirty-three years and swinging for one. Beryl is a fifty-one-year-old taxcollector from Essex. She has shoulder-length blonde hair and an athletic figure that she maintains with regular trips to the gym. In their single year of swinging they seem to have managed more than many similarly-inclined couples achieve in a decade or more. Together they are a personable couple who take a lot of pleasure from their involvement in the swinging lifestyle.*

**Beryl:** 'We've tried every method of swinging. But we prefer parties and clubs, including spa clubs. We both indulge in full swap, same room and group sex.' Beryl makes these admissions with an enthusiasm that is obvious and irrepressible. Her enjoyment of the swinging lifestyle is blatant and infectious. 'Just over a year ago Brian was secretly looking at live internet web cams. He was always up late at night and rarely went to bed at the same time as me, despite my requests. I had a feeling that he'd either lost interest in our relationship or was seeing someone else. I tackled the subject by openly asking. He said that he was turned on by what he saw on the internet, but assured me there was nobody else involved.'

Beryl admits that this conversation was a turning point and opened up the floodgates for the first honest exchange of fantasies in their entire marriage. 'I told him I'd often fantasised about having sex with other people. Throughout our marriage I've been monogamous and faithful to Brian. I'd never acted on my fantasies, or even mentioned my desire for a varied and adventurous sex life. This was the first time we'd ever had such a frank and open discussion. Having sex with other people was something I'd always

wanted but never experienced before. I was a virgin when I married Brian and I was growing desperately curious to explore other avenues.

'Within two weeks of talking about it we visited our first spa club. We went to a place called Rio's. The club permits nudity and I found myself naked in a steam room with Brian and two strangers. That was exciting in itself. I'd been aroused on the journey down there. I was very aroused when I found myself naked with these two men so close. And then, when Brian excused himself and I realised I was naked and alone with these two men, the excitement really did kick in.' Beryl blushes as she recalls this incident. But, because the blush is coupled with a bright, self-satisfied expression, it's apparent that the experience wasn't unpleasant.

'One of them said, "I haven't seen you here before."

'I told him, "I haven't been here before."

'The other said, "So, is this your first time?"

'They both seemed very interested when I said, "Yes."

'They were leaning closer, touching me, and letting me touch them. Because I knew that was why we had gone there, I didn't have any reservations about starting. I was only a little bit nervous on those first few occasions.

'One of them had his mouth against my breast while he sucked at my nipple. The other pushed his cock in my hand and started to touch me down there. At Rio's, in the steam room, I ended up masturbating both men as one of them fingered me to a climax. The experience left me hungry for more. It was the first time I'd touched any man's cock, other than Brian's. It was the first time any man, other than Brian, had touched me down there.

'It really was a revelation.

'Once we'd started swinging there seemed to be no stopping us. Within a fortnight we'd arranged to meet a

swinging couple and we'd enjoyed our first full swap. That really was exciting for me. Until that point the only man I'd ever had proper sex with was Brian. Even though I'd masturbated those two men in the steam room, I'd not properly had sex with anyone else. And, from that point, I just wanted to experience more and more.' It's hard to imagine the woman Beryl is talking about. She has spent a year becoming a confident and impassioned swinger and the transformation looks like it is almost complete. She dresses with the confidence a woman who knows she is sexy. She holds herself with the poise of a woman who likes to flirt - and then go further. As Beryl talks about the person she was before she became a swinger, the woman she was when she had only ever known Brian, it's easier to imagine that she's talking about a completely different person.

'We mostly use the net for meeting other couples,' Beryl explains.

'We've met up with a few single men too and that's been a great social experience as well as a sexual one. We'll see some of these men when we're not planning to have sex together and then, at the end of the evening, one thing will invariably lead to another and we'll end up in bed together.' The laughter that follows this statement echoes with the ring of mischievous satisfaction.

'The whole year has been a rush from one new experience to another and each one just seems better than the one before. Shortly after we started we went to a club in the Costa del Sol. We'd been swinging for about four months then. There were several large playrooms. The beds were big enough for six to eight people. And there were lots of people there. It didn't take long for me to get into the mood to join in.

'I was giving oral sex to two Spanish men at the same time.

'Behind me another couple were having full sex. They were both young and quite vigorous. They kept changing positions with the male leading and pulling his partner around quite a lot. She'd been in the club's spa and she was tossing her wet hair around. Spray from it kept splashing everywhere. The two Spanish men had been touching me while I sucked them and I was beginning to get very aroused. There were at least another six people in the room watching and it was all very exciting.

'The passionate couple who had been writhing together and changing positions every two minutes stopped very suddenly. In an instant the girl had moved off from her partner and pulled me away from the two Spanish men I was sucking. She laid me across one of the huge playroom beds in full view of everyone watching.

'This was my first experience of sex with another woman. The two Spaniards I'd been sucking followed and they continued to masturbate while this woman went down on me.

'I came to orgasm in seconds.

'While I was writhing and groaning through my climax the two Spaniards both ejaculated over my naked body. I was left on the playroom bed trembling, stunned and extremely satisfied. The surprise and explosiveness of the situation left me in a shell-shocked state. Having both these men ejaculate on me was a thrill. But I loved the surprise element of the female involvement. That was something I'd always wanted to experience and it was a wonderful introduction to the pleasures of what sex can be like with a woman.'

That first experience in Spain was enough to earn a special place in Beryl's affections. Along with her husband, Beryl has been able to observe the swinging cultures in the UK and those in Europe, and she believes there are obvious differences in the approach of the participants. 'The