



AANR AND SOCIAL NUDISM THROUGH THE DECADES

KISSIMMEE, Fla. (March 16, 2018) -- For 87 years, the American Association for Nude Recreation (AANR.com) has been the leading authority in North America on protecting the freedoms and rights of those who participate in non-sexual, 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. Since AANR's inception, social mores and topical issues have seen many drastic swings of the pendulum as relates to nude recreation, following are a sampling through the decades.

1920s-1930s

- On Labor Day of 1929 Kurt Barthel, acknowledged as the founder of American nudism, led a small group of individuals to a picnic in the buff in the Hudson Mountains near Peekskill, NY and organized nude recreation in America was born with his dues-paying club, called the "American League for Physical Culture" (ALPC). The first official nudist club opened soon after on June 21, 1930, near Spring Valley in Rockland County, New York. By 1931, ALPC welcomed over 200 new members and moved to an area near Dover, NJ. In October of 1931, Ilsley Boone, the ALPC's Executive Secretary replaced Barthel as leader of the ALPC, in the newly renamed American Sunbathing Association (ASA).
- In 1933 Boone's interest in nudism leads to publishing the first American nudist magazine, *The Nudist*, with [Henry S. Huntington](#) as its editor which later becomes *Sunshine & Health*, and is in publication until 1963.
- 1936: Male bare-chestedness is made legal in the United States.
- Urban skinny dipping is widely practiced during the depression years, as few have extra dollars to buy swimsuits. Organizations such as the YMCA and Boys Clubs mandated nude swimming to reduce filter blockage from clothing fibers, which remained in place through the 1970s and '80s.

1940s-1950s

- Nudist "colony" growth is booming pre-baby boomer generation.
- The book: *Why Nudism: What Contribution Can the American Nudist Movement Make to Happier Human Lives?* is published by the American Sunbathing Association in 1949.

- Late 1950s: Michigan Supreme Court rules that people have a right to practice nudism within private resorts.
- 1958: United States Supreme Court rules naturist magazines acceptable under Comstock laws, which define and regulate social morals.
- Nude beach activism on both the Pacific Coast and Atlantic Coast (most notably Cape Cod) flourish from the late 1950s through to the 1970s.

1960-1970s

- 1964's "A Shot in the Dark" features Inspector Clouseau visiting a nudist colony.
- In 1967, the "Summer of Love" and the youth culture movement embraces the beauty of the human body at such venues as Haight Ashbury and then Woodstock in 1969.
- ASA separates its member clubs and resorts from those cultivating "swingers" and maintains focus on non-sexual family-friendly nude recreation.
- 1974 is the year of increased streaking around college campuses in the USA.
- July 8, 1976 ushers in the first designated National Nude Beach Day during this national bicentennial year.

1980s-1990s

- The ASA grows to nearly 50,000 members throughout the U.S., Canada, Mexico and the Caribbean in the 1980s.
- 1980–81: The Naturist Society is formed in the USA.
- Evolving from National Nude Beach Day, National Nude Weekend is declared by The Naturist Society. Soon after, ASA partners with TNS and several years later it is expanded to Nude Recreation Week for the first full week after the 4th of July.
- 1992: Photographer Spencer Tunick starts documenting the live nude figure in public.
- In September of 1992 the first annual Nude & Breast Freedom Parade is held in Berkeley, California.
- The term "nudist colony," never an acceptable term in American nudism, is targeted for replacement in the vernacular by the nudist population. ASA affiliates commence referring to their properties as "chartered clubs."
- One more name change occurs in 1994 when the ASA becomes the American Association for Nude Recreation (AANR) – to better reflect the activities of its membership .

2000-Today

- AANR provides funding, legal support and guidance to members and clubs in need of assistance in maintaining their rights to practice nude family recreation in appropriate settings.
- On June 12, 2004 the first World Naked Bike Ride is held.
- Nakation® is service marked in 2008 and becomes part of the nudist lexicon to describe a nudist vacation.
- AANR coordinates a skinny dipping event on July 11, 2009 at 3:00PM Eastern Nudist Time, throughout North America. The event is recorded by *The Guinness Book of World Records* as "largest number of people simultaneously skinny-dipping."

- Throughout the early 2000s, the uptight and not so silent far right minority infringe on nudists rights by attempting to close nude beaches in state and federal parks.
- Social media introduces and increases the incidence of body shaming. In 2018 AANR counters with a campaign to promote body positivity and acceptance of nude recreation. Before the end of Q1, AANR has nearly 83,000 Twitter Impressions weekly and captures an average of 30 brand new AANR memberships weekly.
- Nudist resorts from Spain, Greece and Thailand join AANR as affiliate -- “participating businesses” -- in 2018.

These and many more factoids can be found in *The Nudist Idea* by Cec Cinder, a copy of which resides in the AANR library, and can be purchased through Amazon.com

For more information about AANR and for facts related to nude recreation and body positivity, 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](#). To interview an AANR Spokesperson contact Jeffrey Baldasarre as noted below.

Contacts: Jeffrey Baldasarre
AANR
800/879-6833
JBaldasarre@aanr.com

Mary Jane Kolassa
Paradise Public Relations
407/463-0040
MJKolassa@ParadiseAdv.com