

## Iowa Swingers Clubs

Club Name	Location	Phone Number	Email Address	L'SOTA (Lifestyles of the Adult)	Dena & Dave
P.O. Box 1075	Cedar Rapids, IA 52406	319-396-2566	<a href="#">click to mail</a>	Club Blackhawk	Evansdale, IA 50707 <a href="#">click to mail</a>
RETREATS	Tom and Joanne				
PO Box 30032	Des Moines, IA 50310				

We are aware that some of this data may be out of date. Lifestyle clubs open and close on a regular basis and it is hard to keep this listing current without the help of people in the swinging scene. If you know that any of these clubs have closed, or have information about any swing clubs that we do not have listed, please drop us the details via the contact page and we will update the site.

Please check local laws for the acceptable age of consent and acceptable behaviours at swingers lifestyle clubs and parties before attending.