



Make your own FACE-UP Pillow



Learn more at
face-upfirst.com.

We swim for good times!®
You can too.

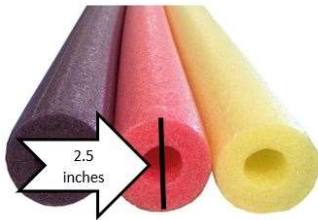


The first thing you need to make my swim pillow is this lingerie bag. It's 15 inches across and 18 inches deep. It has a zipper and a tab you can use to hang it on something.

Check the link below to find one online.



Place the noodles in the bag. Make sure they are parallel to the zipper.



You will also need 15 inches of swim noodle foam. Noodles come in different sizes. For this project, you need a noodle that is 2.5 inches in diameter.

Noodles are 58" long, so you will need only one.



Add a carabiner. You can use this to hang the bag to dry or to hook to a lane rope for stability when practicing.



Cut two lengths of noodle, each 7.5 inches long.