Sponsorship media kit · November 2026

THE SWING NATION

with Dan & Lacy



One of the longest-running podcasts in the swinger and ENM space. Two new episodes a week since August 2021, from a real couple with a community behind them.

3.87M
downloads, all time

~20.6K
downloads a week

829K+
total reach
757K+ social followers & subscribers, plus 72.8K in our communities

WHERE WE'RE FOLLOWED

as of Nov 19, 2026

TikTok	@MrsTheSwingNation	275,400
X	@NorthMnSouthF	157,603
Instagram	@theswingnation_podcast	116K
Instagram	@mrs_swing_nation	114K
Instagram	@Mrs_SwingNation	40K
TikTok	@Mrs_Swing_Nation	36,600

Also: Instagram @DTF_The_DJ **11K** · X @TSN_Updates **2,820** · Instagram @tsn_updates **2,003** · Newsletter **1,471** · YouTube @swingnationpodcast **153**

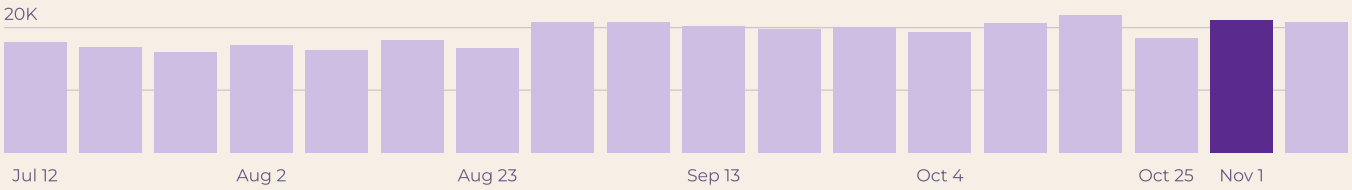
Our communities Swinger Society & Electric Pleasures **72.8K** members

TheSwingNation@gmail.com

TheSwingNation.net

Podcast performance

DOWNLOADS, WEEK BY WEEK.



Last 18 weeks. Dark bar: Nov 1–7, 21,145 downloads, up 15% on the week before.

TOP EPISODES OF 2026

1	EP Chattanooga: Hot Nights, Cold Mornings & Wild Adventures *Oct 22, 2026*	11,434
2	Bliss Cruise Part 2: From Bad Excursions to Backdoor Adventures *May 14, 2026*	10,556
3	Our First Full Swap *Jul 30, 2026*	10,449

MONTHLY PACKAGES

Starter
$1,000 / mo

- 2 host-read mid-rolls
- 1 X post
- Newsletter mention

Growth
$2,200 / mo

- 4 host-read mid-rolls
- 2 TikTok posts
- 2 X posts
- Newsletter feature

Premium *Most popular*
$3,800 / mo

- Host-read mid-roll in every episode
- Custom segment
- 3 TikTok posts
- 4 X posts
- Sole newsletter sponsor
- Category exclusivity
- Partner badge & link on TheSwingNation.net

Partner
from **$6,000** / mo

- Everything in Premium
- Swinger Society & Electric Pleasures event placement
- Introductions to lifestyle brands we're close with: Naughty N'Awlins, Splash, Kasidie, Bliss and more

3-month commitments: pay for 2.5. Single spots, custom integrations and event packages on request.

BRANDS WE'VE WORKED WITH

SDC, Kasidie, 3Fun, BiCupid, Promescent, Tangere, Shivers, Wisp, Shameless Care, I Know My Status, Bliss Cruise.

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Downloads per Buzzsprout; all-time and episode totals as of Nov 19, 2026, weekly through Nov 14. Follower counts as read Nov 19, 2026. 829K+ = 757K social followers & subscribers plus 72,790 members and followers of our Swinger Society and Electric Pleasures communities (Swinger Society: Discord 48,611 · Facebook group 4,140 · Reddit 6.1K | Electric Pleasures: Instagram 9,787 · Facebook page 4.1K).