

NLNL FAQ'S



**NO LIGHTS
NO LYCRA**

What is NLNL?

- No Lights No Lycra is a casual free-form dance class in the dark for the pure joy of dancing.
- Check out the video [here](#) to learn a bit more!

Do I need to book in advance?

- Due to current recommendations from health authorities, many of our locations have moved to online ticketing for the time being. You can check if your local NLNL is using online ticketing by checking out the social media pages which can be accessed through our 'locations' tab [here](#).

What do I have to bring?

- We encourage people to bring a water bottle and comfortable clothes to dance in. Yes, even lycra!

What can I expect?

- NLNL is a casual free-form dance class run in low-light conditions to give dancers the feeling of dancing like no-one is watching. Some locations will have you enter the room when it is already dark, others will allow you to enter the space before a countdown to the lights turning off. Once you've found your space, warm up with the first few tracks before busting out your best moves!
- Over the first 10 minutes or so, your eyes will adjust to the lighting conditions as you groove to the tunes, but don't let that stop you from dancing all out! NLNL aims to create a space where people can move their body

comfortably and safely so if you have any issues please don't hesitate to approach the ambassador or facilitator either during or after the class.

- Once the last song is done, take the chance to warm-down properly and get in a stretch before you head out to enjoy the rest of your night!

Playlists

- NLNL's playlists aim to keep people on their toes, literally!
- We try to keep it a bit of an eclectic mix, with a focus on absolute classics! At the same time, we try to elevate and highlight artists who are from diverse backgrounds, particularly POC, first nations and LGBTQIA+ artists.
- Some locations take requests so make sure you check out if you can sneak in one of your faves to bust a move to!

Where is my closest NLNL?

- Click [this link](#) to head to our location page where you can find your nearest NLNL. We currently have over 50 active locations over multiple countries and we're always looking for possible new locations!

Do you do one-off events?

- Yes we do! If you [hit this link](#) you will be redirected to our one-off-event form which will provide us with the details necessary to provide you with a proper quote and discuss how we can best help organise the event.