

# **Glenda's Dance Center's Performing Guidelines**

When our studio is performing in public, we try to keep a uniform and polished look to our dancers. Clean and classy all the way! We thank everyone in advance for helping adhere to our guidelines set for all dancers. These are what GDC expects for every performance including recitals.

1. All female dancers are to have their hair in a bun. Buns are to be located in the back of the head (not the top). No bangs or wispies are hanging. (we will have bun demonstrations in class, the week before a show if anyone wants one)
2. Jewelry is limited to one gold or diamond (or diamond rhinestone) earring. One earring per ear. No rings, bracelets, necklaces, anklets, hoop earrings or colored earrings allowed.
3. No visible tattoos.
4. Make up is suggested. Especially if we are on a stage in an auditorium. Faces look "washed out" under harsh stage lights. For the very young dancers, a little blush and lipstick is fine. If you are performing outside, natural looking make up is fine.
5. NO fingernail polish. For the older dancers with gel/acrylic/powder nails...a french manicure look or solid light tan is acceptable. Plan you nails ahead of time. 😊
6. And I will mention that we prefer "no underwear" worn under tights. Tights are your underwear. 😊