

## What clothing should be worn for lessons?

Clubs are not as strict as they used to be in this respect. Any light coloured tennis clothing such as 'T' shirts, polo shirts, dresses, skirts, shorts, track suits etc is fine. Black soled shoes that mark courts are not permitted for obvious reasons so most types of training shoes can be ruled out. You are better off wearing standard tennis shoes because they offer support in the right places & provide a good grip in the wet.