

CLTC COACHING TEAM

All the coaches working on the CLTC Junior Tennis Programme are LTA qualified and licensed to Level 3 or above. This ensures a quality of delivery and that all sessions are run in accordance with LTA guidelines. Our coaches are often helped by Coaching Assistants, all of whom are either LTA Level 1 or Level 2 qualified.

CLTC Membership

All players enrolled on the Junior Tennis Programme must be CLTC Club Members. Membership can be either as a regular member alongside a parent, or as a programme member. Regular members have access to the Club's facilities outside of their lesson time, whereas programme members are only entitled to play in the programme. Details of memberships are available from the Club Office.

COURSE ENROLMENT

To enrol on a course, simply complete an Application Form (available online and from the Club Office) and submit with payment. Easy!

Contact Details

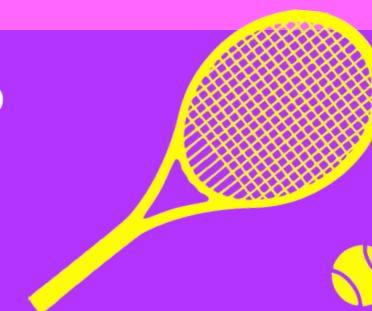
Vanessa Freire Sports Administrator 02074356022 vanessa.freire@cltc-hcc.com

 www.cltc-hcc.com

 [cumberland_ltc](https://www.instagram.com/cumberland_ltc)



The Cumberland Lawn Tennis Club
25 Alvanley Gardens, Hampstead,
London, NW6 1JD
020 7435 6022



SUMMER 2026

TERM DATES:

Monday 20th April—Saturday 18th July

No session on bank holiday Monday 4th May

Half Term: Monday 25th May—Sunday 31st May

TOTS

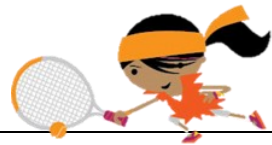
For players aged 4 - 5. Emphasis on balance, co-ordination, agility and learning the basics of the game in a fun environment.

RED

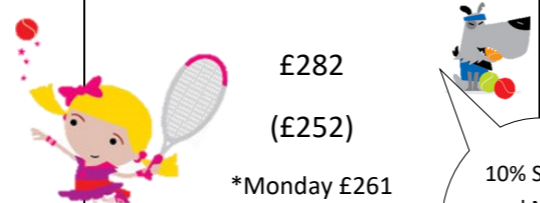
For players aged 5 - 8. Played on small courts with soft balls. Players have the opportunity to have long rallies and play different shots.

ORANGE

For players aged 8 - 10. The court remains smaller than full size, with players encouraged to develop a rounded game whilst learning a range of techniques and tactics.



| | Tots 4 - 5 years | Mini Red 5 - 8 years | Mini Orange 8 - 10 years |
|---|--------------------------------|--|--|
| Monday | N/A | *Red 1&2 16:45 - 17:30 | *Orange 2 16:45 - 17:30 |
| Tuesday | 16:00 - 16:45 16:45 - 17:30 | Red 1.5 16:00—16:45 Red 2 16:45—17:30 | Orange 2 & 3 16:45 - 17:30 |
| Wednesday | 16:15 - 17:00 | Red 2 & 3 16:15 - 17:00 | Orange 1.5 17:00 - 17:45 |
| Thursday | 16:00 - 16:45 | Red 1.5 & 2 16:45 - 17:30 | Orange 2 & 3 16:45 - 17:30 |
| Friday | 16:00 - 16:45 | Red 1.5 & 2 16:00 - 16:45 Red 2 & 3 16:45 - 17:30 | Orange 2 & 3 16:45 - 17:30 |
| Saturday | 08:45 - 09:30 | Red 1.5 08:45 - 09:30 Red 2 09:30 - 10:15 | Orange 2 & 3 08:45—09:30 Orange 1&2 09:30 - 10:15 |
| PRICE includes compulsory £30 programme membership fee. Price in brackets for Club Members | £210 (£180) | £210 (£180) *Monday £195 *Monday (£165) | £282 (£252) *Monday £261 *Monday (£231) |



10% Sibling and Multi-Class Discount

GREEN

For players aged 10 - 11. Played on a full size tennis court with balls that are a little softer than normal. It is the final stage of development before players move on to yellow ball.

Yellow

For players aged 11+. Played on a full court with normal tennis balls, players will improve their technique and become more tactically aware. The skills learnt at this level will be transferable to all future games of tennis, with the emphasis being on overall improvement and enjoyment.



| | Mini Green 10 – 11 | Yellow Ball 11 + years |
|---|--|--|
| Monday | *Green 2 17:30 - 18:30 | *Yellow 2&3 17:30 - 18:30 |
| Tuesday | Green 3 17:30 - 18:30 | Yellow 2 17:30 - 18:30 |
| Wednesday | N/A | Yellow 2&3 17:00 - 18:00 |
| Thursday | Green 1 17:30 - 18:30 | Yellow 2&3 17:30 - 18:30 |
| Friday | N/A | Yellow 2 17:30 - 18:30 |
| Saturday | Green 1,2&3 10:15 - 11:15 | Yellow 2 & 3 11:15 - 12:15 Yellow 2 & 3 12:15 - 13:15 |
| PRICE includes compulsory £30 programme membership fee. Price in brackets for Club Members | £318 (£288) *Monday £294 *Monday (£264) | £318 (£288) *Monday £294 *Monday (£264) |



CLTC has a white clothing policy so t-shirts, shorts, socks and trainers need to be predominantly white. Tracksuits, jumpers and coats can be any colour.



LEVELS

Level 1 (Beginner)
Those new to tennis with very limited experience on court + co-ordination with their sending and receiving skills.

Level 2 (Improver)
Players who have received coaching before and are starting to rally.

Level 3 (Intermediate)
More consistent rallying, especially with peers and better technique across all shots.

Performance (Advanced) (Invitation Only)
Advanced players who train multiple times a week and compete.