

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_Itc](https://www.instagram.com/cumberland_Itc)



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



Summer 2025

TERM DATES:

Tuesday 22nd April- Saturday 12th July

Half Term: Monday 26th May —Sunday 1st June

No sessions on bank holidays: Monday 21st April and Monday 5th 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 1&2 16:45 - 17:30
Tuesday	16:00 - 16:45 16:45 - 17:30	Red 1 16:00—16:45 Red 2 16:45—17:30	Orange 1&2 16:45 - 17:30
Wednesday	16:15 - 17:00	Red 1&2 16:15 - 17:00	Orange 2 17:00 - 17:45
Thursday	16:00 - 16:45	Red 1&2 16:45 - 17:30	Orange 2&3 16:45 - 17:30
Friday	16:00 - 16:45	Red 1&2 16:00 - 16:45 Red 1&2 16:45 - 17:30	Orange 1&2 16:45 - 17:30
Saturday	08:45 - 09:30	Red 2&3 08:45 - 09:30 Red 2 09:30 - 10:15	Orange 2 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 £180 *Monday (£150)	£276 (£246) *Monday £234 *Monday (£204)

All players enrolled in the Summer Term will receive a T-shirt



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 years	Yellow Ball 11 + years
Monday	Green 2 17:30 - 18:30	Yellow 2&3 17:30 - 18:30
Tuesday	Green 2 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 10:15 - 11:15	Yellow 1,2&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	£309 (£279)	£309 (£279) *Monday £261 *Monday (£231)



PERFORMANCE SQUADS

For players aged 5 + Performance Squads are also available. These sessions are aimed at the more able players who can commit more time to their tennis development. Performance Squad is accessed by **invitation only**.



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.

