

CLASS TIMETABLE

LTAD

LONG TERM ATHLETE DEVELOPMENT

Our LTAD classes are designed to support young athletes at every stage of their development. Focusing on fundamental movement skills, strength, agility and confidence to help them grow, perform and thrive – on and off the field.



DAY	☀️ PM CLASSES
MONDAY	<ul style="list-style-type: none">● MINI LTAD 16:15● SENIOR LTAD 17:30
TUESDAY	<ul style="list-style-type: none">● JUNIOR LTAD 16:30● SENIOR LTAD 17:30
WEDNESDAY	<ul style="list-style-type: none">● JUNIOR LTAD 16:15
THURSDAY	<ul style="list-style-type: none">● JUNIOR LTAD 17:15
FRIDAY	<ul style="list-style-type: none">● JUNIOR LTAD 17:15

ABOUT OUR LTAD PROGRAMMES



MINI LTAD

AGES 5-8

Focuses on fun, movement and fundamental skills. Children build coordination, balance, agility and confidence through age-appropriate activities in a supportive environment.



JUNIOR LTAD

AGES 9-12

Develops athletic foundations through skill development, speed, strength, mobility and teamwork. Encourages healthy habits, discipline and a love for training.



SENIOR LTAD

AGES 13+

Builds performance and resilience through advanced strength, conditioning and sport-specific training. Prepares athletes for higher level competition and long term success.



**FIRST CLASS
FREE OF CHARGE**

Try us risk-free.



**WE ARE ALWAYS
ADDING NEW CLASSES**

More times, more choice,
more ways to move.



www.theprimepractice.co.uk



info@theprimepractice.co.uk



01452 224664