



Charlotte Flights Track and Field Club Fall and Winter Training 2019-2020 Sessions

Strength, Conditioning and Core Training

*Monday and Wednesday
(Start date September 9, 2019)*

Youth and Adults (7 & up)

6:00pm - 7:30pm

Johnson C. Smith University

Irwin Belk Complex

500 Summit Avenue

Charlotte, NC 28216

Monday Night Only

Pool Night/\$2.00 per session

7:45pm - 8:30pm

Mecklenburg County Aquatic Center

800 E. Martin Luther King Jr. Boulevard

Cost: \$75 per 10-week session

Session I (September 9 - November 13, 2019)

Session II (December 2, 2019 - February 19, 2020)
(Location To Be Announced Prior to the Start Date)

Register and pay online @ www.charlotteflights.org *

For additional information contact

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**Onsite Registration Available*