



Charlotte Flights Track and Field Club Fall and Winter Training 2021-2022 Sessions

Strength, Conditioning and Core Training

Monday and Wednesday

(Start date September 13, 2021)

Youth and Adults (6 - 18)

6:00pm – 7:30pm

Johnson C. Smith University

Irwin Belk Complex

500 Summit Avenue

Charlotte, NC 28216

Monday Night Only

Water running (No charge at Aquatic Ctr)

8:00pm – 8:30pm

Mecklenburg County Aquatic Center

800 E. Martin Luther King Jr. Boulevard

Cost: \$75 per 10-week session

Session I (September 13, 2021 – November 17, 2021) \$75

Session II (November 29, 2021 – December 15, 2021) \$75

& continued

(January 3, 2022 – February 16, 2022)

Register and pay online @ www.charlotteflights.org *

For additional information contact

[Nigel Orr 347.969.8572 orrnigel.com](mailto:ornnigel.com)

[LeBraun Evans 704.301.5930 levans@cmpd.org](mailto:levans@cmpd.org)

[Anthony James anthony.james.speed@gmail.com](mailto:anthony.james.speed@gmail.com)

****Onsite Registration Available***