



**Charlotte Flights Track and Field Club
Fall and Winter Training
2022-2023 Sessions**

Mechanics, Conditioning and Strength Training

Monday and Wednesday

(Start date September 12, 2022)

Youth (7 & up)

6:00pm – 7:30pm

Johnson C. Smith University

Irwin Belk Complex

500 Summit Avenue

Charlotte, NC 28216

Monday Night Only (optional)

7:45pm – 8:30pm

Mecklenburg County Aquatic Center

800 E. Martin Luther King Jr. Boulevard

Cost: \$80 per 10-week session

Session I (September 12 – November 17, 2022)

Session II (November 28, 2022 – February 8, 2023)

Register and pay online @ www.charlotteflights.org

For additional information contact

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***All new athletes will need to bring a copy of their birth certificate**