



**Charlotte Flights Track and Field Club  
Fall and Winter Training  
2023-2024 Sessions**

**Mechanics, Conditioning and Strength Training**

*Monday and Wednesday*

*(Start date September 11, 2023)*

*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 11, 2023 – November 22, 2023)**

**Session II (November 27, 2023 – February 16, 2024)**

*Holiday Break (December 23, 2023 – January 7, 2024)*

**Register and pay online @ [www.charlotteflights.org](http://www.charlotteflights.org)**

*For additional information contact*

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