

MAY 2026

NAVSTA GREAT LAKES

# F.A.S.T

FITNESS AQUATICS SPORTS TIMES

## FITNESS

### 24/7 After-Hours Facility Access

All eligible patrons are REQUIRED to complete a Pre-Orientation Course prior to gaining access. Prior to attending the Pre-Orientation Course, please scan QR code to complete your household information

### Pre-Orientation Courses Schedule:

Gym 4 - Courts Plus: Tues. & Thurs.: 9:30am  
Fieldhouse, B440: Tues. & Thurs.: 6:00pm

### Run to Remember 5K

Thursday, May 14th

1030- 1230 @ Bldg 4 Courts Plus

Honor, remember, and run—join the Run to Remember 5K this May 14th!

### Lift Run Eat

Wednesday, May 20th

1500-1800 hours, @ Fit Pit

The way to Live Well = Lift Run Eat!

### NOFFS Endurance Course

Tuesday, May 26th

0730-0930 hours, @B4

Push your limits, build unstoppable endurance—conquer the NOFFS course!



SCAN TO REGISTER

## AQUATICS

### Dive In Movie

Friday, May 15<sup>th</sup>

1700-1945 @ Bldg. 440 - Indoor Pool  
Fun, family friendly movie in the pool. Inertubes will be provided. Movie TBD.

### Memorial Day Weekend - Beach Opening

#### Day

Begins Friday, May 22<sup>nd</sup>

Nunn Beach

Every Fridays, Saturdays, & Sundays  
@ 1200-1800

\*Weather permitting. Follow the MWR Facebook page @navylifegl for up-to-date information.

### Swim Lessons | 2 Week CAMP

\*Fees and eligibility restrictions apply  
May 26<sup>th</sup> – June 6<sup>th</sup>

Bldg. 440 - Indoor Pool

Classes Offered: Parent & Child, Preschool 1&2, Youth 1&2, Teen/Adult

## SPORTS

### Captain's Cup Softball

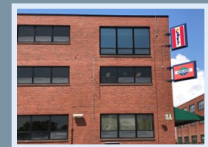
Mandatory Coaches Meeting

May 5th 1700 Gym 440

League Begins-May 12th

Open to all Base Personnel

Compete as a Command or Barracks



### BLDG 2A FITNESS CENTER

847-688-5649

M-TH: 0500-1300, 1400-1900

F: 0500-1300



### BLDG 4 COURTS PLUS

847-688-7769

M-TH: 0900-1900

F: 0900-1700

SUN: 0900-1700



### BLDG 440 FIELDHOUSE

847-688-3419

TU-TH: 1100-2000

F: 1100-1900

SAT: 0900-1700

### BLDG 440 INDOOR POOL

TU-TH: 1100-1300, 1600-1900

F: 1100-1300, 1500-1800

SAT: 1000-1700



FREE and Open to all eligible MWR Fitness Program patrons (\*unless otherwise noted)  
Event registration required. Scan QR code for more information.

WWW.NAVYLIFEGL.COM