

MWR F.A.S.T.

Fitness-Aquatics-Sports-Times

AQUATICS/SPORTS

MAY/JUNE 2025

Aquatics Info

Lap Swim

When: Tuesday - Thursday

Time: 1100-1300, 1600-1900

Lap Swim

When: Saturday

Time: 1300-1700

Open Swim

When: Saturday

Time: 1600-1700

Eligibility: Free / Open to all Base Personal and Dependents

Info: - Children under age 10 must be supervised by someone at least age of 16- Children between 10 and 16, if left unattended must be able to pass 25 meter swim test- Non-Swimmer are only permitted in Shallow End

*****Hours/days are subject to change! Please call 847-688-3419 or 847-688-5315 to double check hours and availability daily!*****



Swim Clinic

When: Tuesday – Thursday at 1200

Where: Bldg. 440 – Indoor Pool

Cost: Free!!!

Who: Active Duty looking to improve Swim Stroke Mechanics, help with Swim Qualifications.
Call 847-688-3419 for more information

5K Race Series

Upcoming Races:

May 15th - Armed Forces 5K & 1.5 mile Walk

June 4th - National Running Day 5K

July 16th - National Hot Dog Day 5K

August 13th - Navy Chief/Navy Pride 5K



Lunch Bunch Runs

When: Every Tuesday @ 1200

Where: Bldg 440 Flagpole

Come meet up with others to get in your daily jog. Go at your own pace. Get in your daily workout by building the community spirit.



Sunny Day Strollers

When: Every Tuesday @1200

Where: Bldg 440 Flagpole

All are welcome to join!!!

Get out and start getting in your steps. Walk the distance you choose. Bring the children. Help build the “community”.



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FITNESS

MAY/JUNE 2025

Workout for a Fallen Hero

May 01-31, 2025

MWR Fitness Facilities (Bldg 2A Fitness, Gym 4 Courts Plus & Bldg 440 Fieldhouse)

Throughout the month of May, MWR and Navy Gold Star are honoring our Military Fallen Heroes. In doing so, we ask our Great Lakes community to stop in any of our MWR Fitness Centers to dedicate a workout to a Fallen Hero. Participants will fill out a card with the name of their Fallen Hero and the Workout they are dedicating to them. These cards will be on display in our fitness centers throughout May.

Armed Forces 5K Run/1.5 Mile Walk

May 15, 2025

4:30PM at Gym 4 Courts Plus

Open to all eligible MWR fitness patrons, of all ages
Register online required at _

Captains Cup Team Race: Each team must have a minimum of (4)-runners and must consist of members from the same command, barracks or work space.

Command Fitness Leader (CFL) Course

June 09-13, 2025

CDP: 08J7

Open to Active Duty Personnel (Must meet pre-course requirements and be nominated through Chain of Command)

Application Deadline: May 23, 2025

Application packets must be sent to cfltraining@us.navy.mil For application assistance and more info visit _

Bench and Burgers

May 29, 2025

1500-1800at the Outdoor Fit Pit

Open to all eligible MWR fitness patrons

Register online required at _

You are invited to the first annual Bench & Burgers, which is a Bench Press Challenge that is part of our NOFFS Championship. At the event burgers will be served fresh off the grill. Join us for a day of Benching, eating, competition, and camaraderie. If you don't want to compete, you can still participate as a spotter/loader, keeping our lifters safe, or as a spectator, cheering on our competitors as they lift.

2025 NOFFS EDUCATIONAL COURSE SCHEDULE

Where: Gym 4 Warrior Zone

Time: 0730-0930

Strength Series: - July 30

Sandbag Series:- May 28, August 27

Endurance Series: - June 25, September 24

The Navy Operational Fitness and Fueling System (NOFFS) project provides the Navy with a "best in class" physical fitness and nutrition performance resource that provides guidance to Sailors and Navy health and fitness professionals. NOFFS instructs individuals on how to physically train effectively and safely, and how to make healthy nutrition choices in both shore-based and operational environments. For more information, contact the MWR Trainer Office at 847-688-3994

