

OCT 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 complete your household information at the following link:

<https://myffr.navyaims.com/navyma/navyma.html>

Pre-Orientation Courses Schedule:

Gym 4 - Courts Plus, B4: Tues. & Thurs.: 9:30am
Fieldhouse, B440: Tues. & Thurs.: 6:00pm

NOFFS Strength Course

Tuesday October 27th

0730 @ Bldg 4

A 2-hour course teaching CFL how to implement NOFFS Strength into their Command PT.

Night of the Living Deadlift

Thursday, October 29th

1600-1900 @ Bldg 4

Patrons of all skill levels can come out to test their deadlift strength and enjoy Halloween themed doughnuts.

AQUATICS

Lap Swim

*Tuesdays & Thursdays

1700-1900

*Based on availability of lifeguards. For status updates, call 847-688-3419.

On-The-Spot Hiring Events

Tuesdays

1200-1600 @ Bldg 440 Indoor Pool

We are looking for strong swimmers that can pass the Prerequisite Swimming Skills Evaluation for the American Red Cross Lifeguarding Course. If able to pass, we will interview and offer positions same day. We will pay to train after passing background check. Transportation from Gate 1 will be provided. **Must have ID to enter base

SPORTS

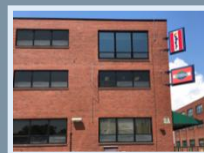
Captain's Cup Awards Brunch

Thursday, October 29th, 2026

1030-1200 @ Buckley's Veteran's Memorial Golf Course

Culmination of the 2026 Captain's Cup season. Celebrating the athletic achievements on base over the past year.

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

FRI & SUN: 0900-1700

*24/7 access available for eligible patrons

BLDG 440 FIELDHOUSE



847-688-3419

M – TH: 1100-2000

F & SAT: 0900-1700

*24/7 access available for eligible patrons

BLDG 440 INDOOR POOL

TU & TH: 1700-1900

OPERATIONAL HOURS SUBJECT TO CHANGE



SCAN TO
REGISTER



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