NOV 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

Rovember
November 1st - 30th
30 Days. One Challenge. Let's Row! Whether you are rowing for time, distance or simply challenging yourself to stay consistent. Record your progress on the monthly Rowvember calendar at the front desk of our MWR Fitness facilities. You can log your time, meters or both. Set your goal. Show up. Get your row on. Row. Log. Repeat!

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

Indoor Triathlon Series
November 3rd - December 8th
Tuesday's, 1700 @ B440 Pool
Keep your body in shape over the Winter months. 2-mile Stationary Bike, 700-meter row, 150-meter swim.

BLDG 2A FITNESS CENTER

847-688-5649
M – TH: 0500-1300, 1400-1900
F: 0500-1300

NEW HOURS:
BLDG 4 COURTS PLUS

847-688-7769
M – TH: 0800-1800
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

MWR MORALE, WELFARE AND RECREATION FITNESS

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