

MWR F.A.S.T.

Fitness-Aquatics-Sports-Times

AQUATICS / SPORTS

JUNE / JULY 2025

Aquatics Info

B440 Pool

Tuesday – Thursday

- Lap Swim 11am-1pm and 4pm-7pm
- Swim Clinic 12pm-1pm
- Open Swim 4pm-7pm

Nunn Beach

Friday – Sunday

- Open Swim 12pm-6pm

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!*****



5K Race Series

Upcoming Races:

June 4th- National Running Day 5K

July 16th- National Hot Dog Day 5K

August 13th- Navy Chief/Navy Pride 5K

National Running Day 5K Run

June 4th, 2025

10:30AM at Gym 4 Courts Plus

Course length: 5K (3.1 miles), *All-Terrain

*5K race route contains various changes in surfaces and terrains, which include but are not limited to, asphalt, natural paths and trails, grass, rock, gravel, dirt/mud, sand and changes in elevation.

Open to all eligible MWR fitness patrons, of all ages

Register online required at

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

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.

National Hot Dog Day 5K Run/1.5 Mile Walk

July 16th, 2025

04:30AM at Constitution Field

Course length: 5K (3.1 miles), *All-Terrain

Open to all eligible MWR fitness patrons, of all ages

Register online required



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FITNESS

JUNE/JULY 2025

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

<https://www.navyfitness.org/fitness/clf-information/cfl-course-application-and-registration>

Mission Nutrition Course

Wednesday July 9th, 2025

Registration Deadline February 21, 2025

Open to all eligible MWR Fitness patrons. (Min. 10 participants needed to conduct course)

A standardized, science-based day long course focused on improving your nutritional knowledge and awareness. In this class, you will learn about a variety of everyday nutrition topics and ways to improve your eating habits as well as your overall health. Topics include grocery shopping, weight control and balance, fueling for performance, the effect of emotional eating among many other relevant subjects for discussion.

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

CAPTAIN'S CUP

Captain's Cup Golf

Meeting June 18th @ 1700

League starts June 24th

Captain's Cup Flag Football

Meeting June 30th

League starts July 15th

