

MWR F.A.S.T.

Fitness-Aquatics-Sports-Times

FITNESS

MAY/JUNE 2024

NSGL Fitness Combine

When: Thursday May 23rd, 2024

Time: 1500-1800

Where: Multipurpose Field

Registration Deadline: Wednesday May 22, 2024
(to Bldg 2A Fitness Center)

Cost:/Eligibility: Free/Open to all hands

Info: The NSGL Fitness Combine is an obstacle course race that challenges your speed, strength, and stamina. The obstacle course will be composed of 10 stations, each having its own workout challenge. Once the event is completed, the competitor with the best overall time will be declared the winner. For additional information please contact BLDG 2A at 847-688-3994 or email grlkmwrsportsandfitness@us.navy.mil

1000lb & 500lb Club

Where: Gym 4 * Reservation Required.

Info: Call 847-668- 3994 or email:

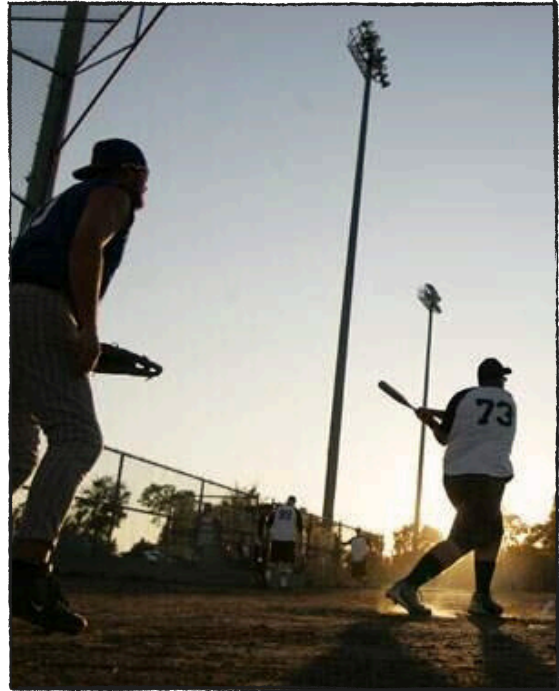
grlkmwrsportsandfitness@us.navy.mil

NSGL's 1000lb/500lb club is an exclusive weightlifting club for male and female lifters. To become a "member" of the club, one must perform one repetition of a Squat, Bench Press, and Deadlift. The total weight lifted is added up. Challenge coins are presented to each participant upon reaching 1000lb(males)/500lb (females).

NEW EQUIPMENT

Where: All Gym Facilities

Info: NEW equipment brings the future of strength and cardio training to MWR Fitness Centers. MWR is pleased to announce that we have over 50 new pieces of equipment coming this year to all base fitness centers!



Command Fitness Leadership (CFL) Course:

When: June 24-28, 2024

Registration Deadline Friday 07 June, 2024

Eligibility: Open to all active duty personnel

Info: *Applicant packets must be submitted to gina.p.woodley.naf@us.navy.mil or

CFLtraining@navy.mil *Applicants must meet pre-course requirements and be nominated through their Chain of Command. All courses limited to 20 participants. For more information and to register visit

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



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SPORTS AND AQUATICS

MAY/JUNE 2024

2024 Captains Cup Softball League:

When: Begins week of May, 13th (games are Mon. -Thurs.)

Where: Base turf fields

Time: 1700/1800/1900

Managers Meeting: Tuesday May 7th, @Bldg 440 (The Fieldhouse) @1600

Team Registration: Teams rosters are due Monday May 6th, 2024 to Bldg. 4, Courts Plus Facility

Eligibility: Free/Open to all Base Personnel

Info: All teams must be from the same command, work unit, or Barracks. Please hand deliver rosters to Bldg. 4, Courts Plus Facility and/or email to grlkmwrsportsandfitness@us.navy.mil For additional information or questions call x-7769.

2024 Captains Cup 5k Race/2 Mile Walk:

When: May 15th, 2024

Time: Starts at 1630

Location: Begins at Bldg. 4

Eligibility: Free/Open to all Base Personnel

Roster Deadline: (for teams) May 14th, 2024 to Bldg. 4

Info: If you would like to enter a 5k team, please hand deliver and/or send your 4 person list to grlkmwrsportsandfitness@us.navy.mil. This 5k team must have all members from the same command, work place, or barracks to qualify for the event. MWR will need first and last names on the team roster. This race counts towards the 2024 Captain Cup race series. Individuals need not pre-register. For additional info contact Sports/Fitness Office X-7769.

2024 Captains Cup Donut Dash 5k Race/2 Mile Walk:

When: Friday June 7th, 2024

Time: Starts at 1030

Location: Begins at Bldg. 4

Eligibility: Free/Open to all Base Personnel

Roster Deadline: (for teams): June 6th, 2024 to Bldg. 4

Info: If you would like to enter a 5k team, please hand deliver and/or send your 4 person list to grlkmwrsportsandfitness@us.navy.mil. This 5k team must have all members from the same command, work place, or barracks to qualify for the event. MWR will need first and last names on the team roster. This race counts towards the 2024 Captain Cup race series. Individuals need not pre-register. For additional info contact Sports/Fitness Office X-7769.

Aquatics Info

440 Indoor Pool Hours:

- TUES/WED/THURS= 1030-1300 & 1600-1900 (Lap Swim ONLY)

- SAT= 1000-1600 (Lap and Open Swim)

Hours are subject to change! please call 847-688-3419 or 847-688-5315 to double check hours and availability daily



Bike Rentals:

What: Bikes are available for both daily and weekend rentals. First come first serve. Daily rental fee is \$12.00 and weekend rental fee is \$20.00 per bike. Card/Apple pay accepted.

Where: Pick-up and drop-off at Bldg 440

When: During operation hours

