

APRIL 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 scan QR code to complete your household information

Pre-Orientation Courses Schedule:

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

Command Fitness Leader (CFL) Course

April 13-17

Application Deadline: July 18, 2025
CDP: 08J7

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

Application packets must be sent to:
usn.ncr.cnicwashingtondc.mbx.cfl-training@us.navy.mil

For application assistance and more info visit:
<https://www.navyfitness.org/fitness/cfl-information/cfl-course-application-and-registration>

NOFFS Strength Course

Tuesday, April 28th

0730-0930 @ Bldg 4 Court Plus

Build strength, boost performance - Join the NOFFS Strength Course today!

FY26 Race Incentive Program

April-September

Race into summer with the Incentive Race Program—April to September, let's run for rewards!

SAPR Dash of Color 5K

Wednesday, April 15th

1600 @ Ross Theater

Join the SAPR Dash of Color 5K - Run for awareness this April!

AQUATICS

Swim Lessons – 6 Week Session

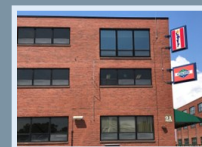
*Fees and eligibility restrictions apply
March 31st to May 9th
Tue/Thu/Fri/Sat

SPORTS

Lunchtime Kickball

April 21-23

1130-1330 @ Constitution Field
Open play.



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

F: 0900-1700

SUN: 0900-1700



BLDG 440 FIELDHOUSE

847-688-3419

M-TH: 1100-2000

F: 1100-1900

SAT: 0900-1700

BLDG 440 INDOOR POOL

M-TH: 1100-1300, 1600-1900

F: 1100-1300, 1500-1800

SAT: 1000-1700



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