

JULY 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: Tues. & Thurs.: 9:30am
Fieldhouse, B440: Tues. & Thurs.: 6:00pm

Barbells and BBQ

Wednesday July 1st
1100-1830 @ the Fit Pit
Join us for a day of lifting, eating, competition, and camaraderie.

Mission Nutrition Course

Wednesday, July 8th
0800-1600 @ Bldg 2A Fitness Center
A standardized, science-based course focused on improving your nutritional knowledge and awareness.

Ice Cream Bubble Run 5K Run/1.5 Mile Walk

Thursday, July 16th
1230-1400 @ Nunn Beach
A refreshing fun run for all!



SCAN TO REGISTER

Command Fitness Leader (CFL) Course

July 27th-31st
Application Deadline: July 10th, 2026
CDP: 08J7
Open to Active-Duty Personnel (Must meet pre-course requirements and be nominated through Chain of Command)

NOFFS Strength Course

Tuesday, July 28th
0730-0930 @ Bldg 4 Court Plus
The Strength Series helps you develop the strength you need to perform at your best.

AQUATICS

Swim Lessons | 6 Week SESSION

July 7th – August 15th
Tuesdays, Thursdays, Saturdays
Classes Offered: Parent & Child, Preschool 1&2, Youth 1&2, Teen/Adult 1&2

SPORTS

Old Timer's Home Run Derby

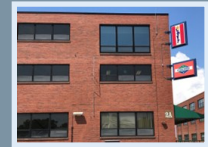
Wednesday, July 1st
1100-1300 @ Softball Field
Open to all Base personnel, 30 yrs old & over. Slo-pitch softball home run derby.

Captain's Cup Flag Football League

Mandatory Coaches Meeting: Tuesday July 7th, 1700 @ Bldg 440
League play begins Tuesday, July 14th

Open Kickball

July 7th, 8th & 9th
1100-1300 @ Softball Field
Come out and enjoy the sunshine and play Kickball with your friends.



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
TU-TH: 1100-2000
F: 1100-1900
SAT: 0900-1700

BLDG 440 INDOOR POOL
TU-TH: 1100-1300, 1500-1900
NUNN BEACH
FRI, SAT & SUN: 1200-1800



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