

MWR F.A.S.T.

Fitness-Aquatics-Sports-Times

FITNESS

JUNE/JULY 2024

Barbells and BBQ:

When: July 18, 2024

Time: 1500-1800

Where: Outdoor Fit Pit (next to multipurpose fields)

Cost:/Eligibility: Free/Open to all hands

Info: You are invited to our annual Barbell and BBQ event! This is a powerlifting meet combined with a cookout. Join us for a day of lifting, eating, competition, and camaraderie. 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 847-688-3994 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).

Mission Nutrition Course:

When: July 9th, 2024

Time: 0730-1500

Eligibility: Open to all NAVSTA Great Lakes Personnel

Registration Deadline: Register at Bldg 2A Fitness Center by June 21st

Info: A 1-day comprehensive nutritional education course to enhance performance, resilience, and overall health through informed dietary choices and promote a culture of wellness with the Navy community.

Need minimum of 10 participants to conduct course

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>.

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 hours of operation



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SPORTS AND AQUATICS

JUNE/JULY 2024

2024 Captains Cup Flag Football League:

When: Begins week of July, 15th (games are Mon. -Thurs.)

Where: Base turf fields

Time(s) of Games: 1700/1800/1900

Managers Meeting: Tuesday July 9th @Bldg 440 (The Fieldhouse) @1600

Team Registration: Teams rosters are due Monday July 8th, 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 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.

2024 Captains Cup Firecracker 5k Race/ 2 Mile Walk:

When: July 2nd, 2024

Time: Starts at 1630

Location: Begins at Bldg. 4

Eligibility: Free/Open to all Base Personnel

Roster Deadline: (for teams only!!) Monday June 1st, 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 Golf League:

When: Starts July 18th, 2024

Day/Time: Every Thursday @1600

Location: Veterans Golf Course

Roster: Deadline: July 10th, 2024

League Meeting: Monday July 1st, 2024 at veterans Golf course @1600 near pro-shop area

Info: All players MUST submit 3 practice round golf scores with their team rosters to determine their handicap scores. You shall play 18 holes every week, this will be a short season of 6-9 weeks long. Your team must come from the same command, work place and/or barracks. Your team max size is 7 players, only 4 players play each week. there is a fee for this event all players MUST pay a fee every week to play. Please hand deliver the team rosters to Bldg. 4 courts plus facility and/or email to grlkmwrsportsandfitness@us.navy.mil or submit to Veterans Golf Course Pro-Shop. For additional info call x-7769.

Aquatics Info

New Summer Pool Hours

*** Hours/days are subject to change! Please call 847-688-3419 or 847-688-5315 to double check hours and availability daily!***

