

24 HOUR FITNESS FACILITY

GYM 4

COURTS PLUS

Now Open



Medical emergency after hours, call:

847-688-3333

Physical Address to share with the Dispatcher includes:
Bldg. #4, 630 Dewey Ave, Great Lakes, IL 60088

In case of an after-hours facility emergency (flooding, leaks, etc.)
please call the NSGL CDO office at:

847-340-0495

Please sign in every time so we can track accurate usage of this gym.

Use of the “buddy system” is encouraged for safety, and required for use of free weights, benches and weight plate loaded machines. Due to the high risk of injury, these pieces of fitness equipment are restricted when working out solo.

No alcohol is allowed in the facility, nor should any patrons be in the facility if under the influence of drugs or alcohol beverages.

Please remember the only patrons who have been authorized to use the facility after hours are those only who have completed the after-hours registration process. If you have not completed the safety orientation and code of conduct agreement for after hours use, do not use the facility.

CONTACT THE GYM STAFF DURING NORMAL BUSINESS HOURS TO GET REGISTERED.

WELCOME TO GYM 4 COURTS PLUS

This Facility is unstaffed outside of standard MWR Operational Hours.

During unstaffed hours of operation, access to the following areas are prohibited:

**Main Facility Entrance Lobby
Climbing Wall Area
All Employee-only Work Spaces and Storage Areas**

Unstaffed facility rules:

- Sharing of CAC, ID card, or FOB is prohibited.
- Piggybacking and holding or propping the door open is prohibited and will result in the loss of privileges.
- All safety and security procedures relating to ensuring that the door securely closes are required. All other facility doors will remain closed unless needed for an emergency.
- Upon entry, checking in using the facility iPad or sign-in sheet is required.
- Authorized MWR Fitness patrons 10 to 17 years of age are permitted facility access only under direct supervision of their parent/legal guardian and after completing the youth orientation conducted by the facility's MWR Fitness staff.
- Facility areas and equipment restricted or identified as off limits or out of order will not be used.
- The use of equipment safety devices should be used at all times. The use of a spotter is strongly recommended when using free weights or when appropriate.
- When using the facility, the buddy system is highly recommended and encouraged.
- All equipment must remain inside the unstaffed fitness facility and is not permitted to be taken outside the facility.
- All equipment, machinery, or devices will be used for the intended purpose.
- All equipment used will be cleaned after use with the provided cleaning materials.
- Horseplay or other conduct that may jeopardize safety is prohibited.
- Violations of Navy and installation policies will not be tolerated. During unstaffed facility and equipment use, all additional posted facility rules, regulations, and standard operating procedures will be adhered to.

In the event of an emergency or loss of power to the facility, please call 847-688-3333.

Facility Address: Bldg. 4, 630 Dewey Ave., Great Lakes, IL 60088

Command Duty Officer: 847-340-0495

**The AED and First Aid kit for this facility are located on the East Wall of the
Basketball Courts and Warrior Zone.**

**For any questions, comments, or concerns regarding the MWR Fitness program,
please contact 847-688-7769 or 847-688-2171.**

