

SEP 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

Navy Chief Navy Pride 5K

Wednesday, September 9th
1530 @ Bldg 400 NEX

A run to celebrate all Navy Chief Petty Officers of the past, present and future!

Punt Pass Dash

Thursday, September 10th
1630-1830 @ Constitution Field

Are you ready for some football? Celebrate the first week of the NFL season by testing your speed, arm strength, and accuracy at our command-wide Football Combine!

Remembrance Day 5K

Friday, September 11th
0830 @ Bldg 1

Come join us in a 5K to remember the ones we lost on 9/11.

Coffee Stroll

Tuesday, September 22nd
0830 @ Bldg 1

Sip, stroll, and discover different flavors at our Coffee Stroll! Join us on as we walk around the area enjoying different coffees and teas.

NOFFS Sandbag Course

Tuesday, September 22nd
0730-0930 @ Bldg 4

Build strength, endurance, and grit in just 2 hours — NOFFS Sandbag Training.

***NEW EQUIPMENT: brand new treadmills, crosstrainers and bikes have been delivered to our MWR Fitness facilities. Check them out today!

SPORTS

Captain's Cup Soccer

League play begins Tuesday, Sept 1st
7v7 soccer, Compete by Command/Barracks.
Points towards 2026 Captain's Cup.

AQUATICS

Nunn Beach is CLOSED for the season. See you next Summer!

On-The-Spot Hiring Events

Tuesdays
1200-1600 @ Bldg 440 Indoor Pool

We are looking for strong swimmers that can pass the Prerequisite Swimming Skills Evaluation for the American Red Cross Lifeguarding Course. If able to pass, we will interview and offer positions same day. We will pay to train after passing background check. Transportation from Gate 1 will be provided.



SCAN TO
REGISTER



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: 1700-1900

