

AUG 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

Spin and Smores

Monday, August 10th

1100-1300 @ Bldg 2A Fitness Center

Energizing Spin workout followed by delicious Smores.

NOFFS Endurance Course

Tuesday, August 25th

0730-0930 @ Bldg 4

Push your limits, build unstoppable endurance—conquer the NOFFS course.

AQUATICS

***SUNDAY AUGUST 16TH: Last Day of Nunn Beach Operations**

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

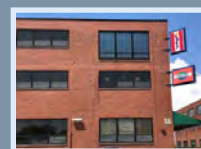
Captain's Cup Soccer

Mandatory Coaches Meeting: Tuesday August 25th, 1700 @
Bldg 440

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



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: 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