

MWR F.A.S.T.

Fitness-Aquatics-Sports-Times

FITNESS

APR./MAY 2024

Captains Cup Fitness Showdown

When: April 3rd , 2024

Time: 1630-1830

Where: Gym 4

Event Meeting: March 25th @Bldg 440 @1600

Registration Deadline: March 25th

Cost:/Eligibility: Free/Open to all hands

Info: In teams of 3 (male/female) participants will complete 5 fitness events (2 team, 3 individual) for points. All teams must be from the same command, work unit, or Barracks. For additional information please contact BLDG 2A at 847-688-3994 or email

grlkmwrsportsandfitness@us.navy.mil

National Exercise Day

When: April 18th, 2024

Info: To celebrate National Exercise Day, MWR trainers will be putting together guides of some of their favorite workouts for you to try. Workouts will range from moderate-advanced and include yoga, cardio, and full body strength! Checkout the NSGL Instagram and Facebook for posts detailing each workout.

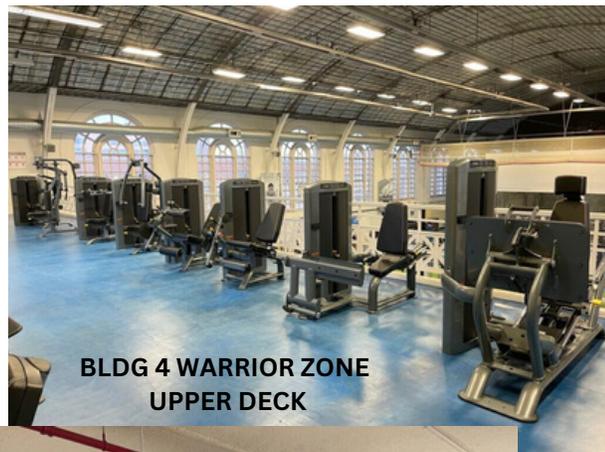
1000lb & 500lb Club

Where: Gym 4 * Reservation Required.

Info: Call 847-668- 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).



BLDG 4 WARRIOR ZONE
UPPER DECK



BLDG 2A
FITNESS CENTER

NEW EQUIPMENT *see above photos*

Where: All Gym Facilities

Info: NEW equipment brings the future of strength and cardio training to MWR Fitness Centers. MWR is pleased to announce that we have over 50 new pieces of equipment coming this year to all base fitness centers!



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SPORTS AND AQUATICS

APR./MAY 2024

2024 SAPR Color Dash 5k Run/2 Mile Walk

When: April 10th, 2024 /Start time - @1630

Check-In: @ Ross Theatre by 1600

Eligibility: Free/open to all hands

Roster Deadline: April 9, 2024 to Bldg. 4

Info: The first MWR race series event of 2024! If you would like to enter a 5k team, please send your 4 person list to mwrsportsandfitness@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. Individuals need not pre-register. For additional info contact Sports/Fitness Office X-7769.

2024 Captains Cup Softball League:

When: Begins week of May, 13th (games are Mon. -Thurs.)

Where: Base turf fields

Time: 1700/1800/1900

Managers Meeting: Tuesday May 7th, @Bldg 440 (The Fieldhouse) @1600

Team Registration: Teams rosters are due Monday May 6th, 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 5k Race/2 Mile Walk:

When: May 15th, 2024

Time: Starts at 1630

Facility: begins at Bldg. 4

Eligibility: Free/Open to all Base Personnel

Roster Deadline: (for teams) May 14th, 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.



Command Fitness Leadership (CFL) Course:

When: April 22nd-26th, 2024

Registration Deadline April 5th, 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-andregistration>.

Aquatics Info

National Lifeguard Shortage:

Lifeguard shortages are happening all across the country due to the COVID-19 Pandemic and lack of training courses. If you are a certified Lifeguard, looking for part-time work please contact the Morale Welfare and Recreation Department. For additional information email:

robert.c.marfechuk.civ@us.navy.mil or grlkmwrsportsandfitness@us.navy.mil