

JUNE 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

Global Running Day 5K Run/1.5 Mile Walk

Wednesday, June 3rd
1630-1800 @ Outdoor Fit Pit

Join us for a 5K as you race along an all-terrain route around NAVSTA Great Lakes.

Yoga and Smoothies

Thursday, June 18th
1100-1300 @ Nunn Beach

Take a break from your routine and join us for a revitalizing yoga session by the beach!

NOFFS Sandbag Course

Tuesday, June 30th
0730-0930 @ Bldg. 4

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



SCAN TO REGISTER

AQUATICS

World's Largest Swim Lesson

Thursday, June 25th
1700-1830 @ B440 Indoor Pool
Participate in breaking a World Record for this annual swim lesson.

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

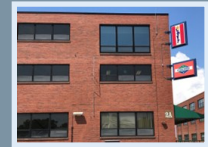
SPORTS

Queen of the Beach Volleyball

Friday, June 5th
1700-1800 @ Nunn Beach
Open to all female Base personnel.
Evening of fun and comradery.

Captain's Cup Golf League

Mandatory Coaches Meeting: Thursday May 28th, 1700 @ Veterans Memorial Golf Course
League play begins Thursday June 4th
Cost: \$24 per round.
Compete by Command/Barracks. Match play. Points towards 2026 Captain's Cup.



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, 1600-1900
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