

F.A.S.T.

FITNESS AQUATICS SPORTS TIMES

**FITNESS EVENTS:****Donuts & Deadlifts**

Tuesday 17 FEB 2026

1200-1400, 1600-1800 @ Bldg. 4

Lift hard, push your limits, and show what you're made of!

NOFFS Endurance Course

Tuesday 24 FEB 2026

0730-0930 @ Bldg. 4

Can you endure, persevere, rise up and conquer?

AQUATIC EVENTS:**Swim Lessons**

*Fees and eligibility restrictions apply

13 JAN – 21 FEB 2026

Bldg. 440 Indoor Pool

Glow Swim

24 & 26 FEB 2026

1600-1800 @ Bldg 440 Indoor Pool

Deck lights will be turned off to create a glow effect from pool lights.

INTRAMURAL SPORTS EVENTS:**Captain's Cup Basketball League**

The 2026 NAVSTA Great Lakes Captain's Cup Season tips off with basketball!

League Begins: Tuesday, January 20

Mandatory Coaches Meeting & Roster Deadline:

January 14 at 5:00 PM (Fieldhouse, Bldg. 440)

Team must consist of members from the same command, barracks or workspace.

SCAN TO
REGISTER

FREE and Open to all eligible MWR Fitness Program patrons
(*unless otherwise noted)
Event registration required.
Scan QR code for more information.

NEW OPERATIONAL HOURS: BEGINNING 01 FEBRUARY

**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

M-TH: 1100-2000

F: 1100-1900

SAT: 0900-1700

BLDG 440 INDOOR POOL

M-TH: 1100-1300, 1600-1900

F: 1100-1300, 1500-1800

SAT: 1000-1700

