

MWR F.A.S.T.

Fitness-Aquatics-Sports-Times

AQUATICS / SPORTS

MARCH / APRIL 2025

Aquatics Info

Lap Swim

When: Monday - Thursday

Day/ Time: 1100-1300, 1600-1900

Open / Lap Swim

When: Saturday

Day/ Time: 1000-1600

Eligibility: Free / Open to all Base Personal and Dependents

Info: - Children under age 10 must be supervised by someone at least age of 16- Children between 10 and 16, if left unattended must be able to pass 25 meter swim test- Non-Swimmer are only permitted in Shallow End

*****Hours/days are subject to change! Please call 847-688-3419 or 847-688-5315 to double check hours and availability daily!*****

Learn-to-Swim Lessons

When: Wednesdays, Thursdays, Saturdays | April 2nd to May 10th | 6 Week Session

Where: Bldg. 440 - Indoor Pool

Cost: Military (Active Duty, Reserves, Retired) | \$85
DoD Civilians | \$95

Registration Opens: Military (Active Duty, Reserves, Retired) | March 18th

DoD Civilians | March 25th

Classes Offered: Parent & Child, Pre-K 1&2, Youth LTS, Teen / Adult LTS

Spring Break Lifeguard Course

When: March 25 th – 28 th

Where: Bldg. 440

Cost: Military (Active Duty, Reserves, Retired) | \$250 , DoD Civilians | \$275

Who: 15 years old on first day of class, strong swimmer, able to pass Prerequisite

CAPTAIN'S CUP

2025

Bowling: Feb-March

Volleyball: March-April

Softball: May-June

Golf: July-September

Football: July-August

Soccer: August-September

CAPTAIN'S CUP VOLLEYBALL

Commands and Barracks come compete in the 2025 Captain's Cup.

Teams are co-ed, free to all base personnel
Mandatory Coaches meeting March 4th.

Questions contact Athletic Office at Bldg 440 x3419



QUEENS OF THE COURT

FEMALE ONLY EVENT!

When: February 26 @ 5:00PM

Where: Bldg 440

Register at Bldg 440 by Feb 24th

3 on 3 volleyball contest. Rally score, winner stays on the court. Fast paced, fun event.

Free and open to all base personnel.



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FITNESS

MARCH/APRIL 2025

Donuts and Deadlifts

When: Tuesday, March 4th, 2025 @ 1500-1800

Where: Gym 4 Courts Plus

Open to all eligible MWR Fitness patrons

Join the MWR Fitness Team as we celebrate Fat Tuesday with a Doughnuts & Deadlift Party.

Participants who complete a Deadlift will receive a delicious donut. No experience necessary. A teaching platform will be available for patrons looking to learn proper deadlifting techniques.

Mission Nutrition Course

When: Wednesday March 5th, 2025

Registration Deadline February 21, 2025

Open to all eligible MWR Fitness patrons. (Min. 10 participants needed to conduct course)

A standardized, science-based day long course focused on improving your nutritional knowledge and awareness. In this class, you will learn about a variety of everyday nutrition topics and ways to improve your eating habits as well as your overall health. Topics include grocery shopping, weight control and balance, fueling for performance, the effect of emotional eating among many other relevant subjects for discussion

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 presented to participants reaching 1000lb(males)/500lb (females).

2025 NOFFS EDUCATIONAL COURSE SCHEDULE

Where: Gym 4 Warrior Zone

Time: 0730-0930

Strength Series: -April 30, July 30

Sandbag Series:-May 28, August 27

Endurance Series:

-March 26, June 25, September 24

The Navy Operational Fitness and Fueling System (NOFFS) project provides the Navy with a "best in class" physical fitness and nutrition performance resource that provides guidance to Sailors and Navy health and fitness professionals. NOFFS instructs individuals on how to physically train effectively and safely, and how to make healthy nutrition choices in both shore-based and operational environments. For more information, contact the MWR Trainer Office at 847-688-3994

Command Fitness Leader (CFL) Course

April 7-11, 2025

CDP: 08J7

Open to Active Duty Personnel (Must meet pre-course requirements and be nominated through Chain of Command)

Application Deadline: March 21, 2025

Application packets must be sent to cfltraining@us.navy.mil For application assistance and more info visit

<https://www.navyfitness.org/fitness/clf-information/cfl-course-application-and-registration>

