

# MWR F.A.S.T.

Fitness-Aquatics-Sports-Times

FITNESS/AQUATICS

OCT./NOV. 2024

## Night of the Living Deadlift:

**When:** Wednesday October 30th, 2024

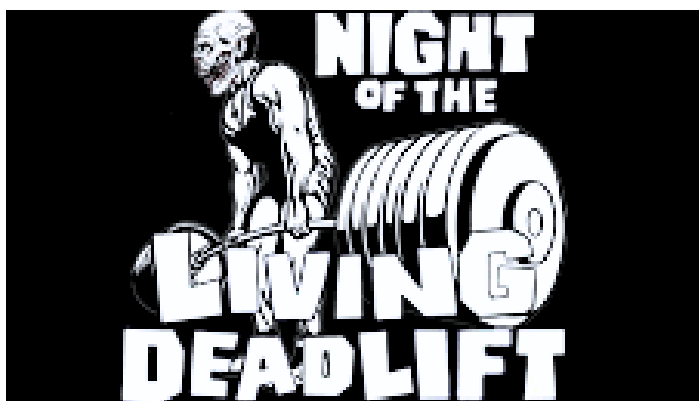
**Time:** 1500-1800

**Location:** Building 4 Court Plus Gym

**Eligibility:** Free/Open to all Base Personnel

**Register Deadline:** Tuesday Oct. 29, 2024 @ Bldg 2A Gym

**Info:** MWR Sports and Fitness will be hosting a Night of the Living Deadlift Party for all hands. Patrons of all skill levels are invited to test their DL strength and enjoy Halloween themed donuts and goodies. \*\*\*First 50 participants will get a donut. Walk-ins are allowed if event spots are available. NO walk-ins after 1730. Winners will be determined by weight classes as categorized for men/women in the NSGL 1000/500lb club.



## Command Fitness Leader (CFL) Course:

**When:** October 7-11, 2024

**CDP:** 08J7

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

**Application Deadline:** September 20, 2024

**Info:** Application packets must be sent to [cfltraining@us.navy.mil](mailto:cfltraining@us.navy.mil)

For application assistance and more info visit --  
<http://www.navyfitness.org/fitness/clf-information/cfl-course-application-and-registration>

## 1000lb & 500lb Club:

**Where:** Gym 4 \* Reservation Required.

**Info:** Call 847-668-3994 or email:

[grlkmwrsportsandfitness@us.navy.mil](mailto: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 upon reaching 1000lb(males)/500lb (females).

## Bike Rentals:

**What:** Bikes are available for both daily and weekend rentals. First come first serve. Daily rental fee is \$12.00 and weekend rental fee is \$20.00 per bike. Card/Apple pay accepted.

**Where:** Pick-up and drop-off at Bldg 440

**When:** During hours of operation



Building 440 Fieldhouse Indoor Pool

## Aquatics Info

New Pool Hours Starting in Sept./Oct.

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



# MWR F.A.S.T.

Fitness-Aquatics-Sports-Times

SPORTS

OCT./NOV. 2024

## Tug of War Tournament

**When:** Wednesday November 6th, 2024

**Time:** Starts at 1700

**Location:** Building 440 Fieldhouse/Gym

**Eligibility:** Free/Open to all Base Personnel

**Roster Deadline:** November 4th (turn in at Building 440 Fieldhouse/Gym)

**Info:** Battle of the Commands/Barracks! Come to this 7v7 competition and test your strength and stamina!!

## Ping Pong Tournament:

**When:** Wednesday November 13th, 2024

**Day/Time:** Starts at 1700

**Location:** Bldg 4 Gym Courts Plus

**Eligibility:** Free/Open to all Base Personnel

**Roster Deadline:** November 10th before noon (turn in at Bldg. 440 Fieldhouse/Gym)

**Info:** This is a free, one-day, pop-up event. Test your talents among the best of the best!

## Dodgeball Tournament:

**When:** Wednesday November 20th, 2024

**Day/Time:** Starts at 1700

**Location:** Bldg 440 Fieldhouse

**Eligibility:** Free/Open to all Base Personnel

**Roster Deadline:** November 18th before noon (turn in at Bldg. 440 Fieldhouse/Gym)

**Info:** This is a free, one-day, pop-up event. Compete as command or barracks. Duck, Dodge, Dip, Dive, and Dodge. Tournament format is 8v8.



## WRESTLING POP-UP PRACTICES ARE

### BACK:

**When:** Starting Wednesdays in Oct. through Dec. of 2024

**Dates:** Oct. 2, 9, 16, 23 & 30

**Time:** 1700-1900

**Location:** Bld #440 Fieldhouse

**Eligibility:** Free and open to all hands

**Info:** Back by popular demand. This is a friendly, weekly pop-up event for those looking to practice skills and improve. This is not WWE! Sportsmanship is expected from all participants! Mats will be set up in Bldg 440 Fieldhouse. Please, no shoes on the wrestling mats and wear appropriate gym attire!

