

MWR F.A.S.T.

Fitness-Aquatics-Sports-Times

FITNESS

JAN 2025/FEB 2025

Captain's Cup Basketball

Time to get your Command or Barracks teams organized and ready. The first sport for the 2025 Captain's Cup season is fast approaching.

Coaches meeting **January 14, 2025** Bldg 440.
1700 HRS

Questions please contact the Athletic Office at Bldg 440, x3419



JANUARY POPUPS

NBA Skills Challenge

When: January 15, 2025

Location: Bldg 440

Eligibility: Free & Open to all Base Personnel
Limited space available!!!

Registration Deadline: January 13, 2025

Skills: Pass, Dribble & Shoot course.

One run through the course, best time wins!

Volleyball Skills Challenge

When: January 22, 2025

Location: Bldg 440

Eligibility: Free & Open to all Base Personnel.
Limited space available

Registration Deadline: January 20, 2025

Skills: Set & Serve for accuracy

Captain's Cup Bowling

Back by popular demand it is Bowling League season. Registration due & Coaches meeting Tuesday January 28th 1800hrs at the Epicenter. Questions please contact the Athletic Office at Bldg 440 , x3419 or Keith Coats @ the Epicenter x4641



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 upon reaching 1000lb(males)/500lb (females).



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AQUATICS/SPORTS

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Aquatics Info

Lap Swim

When: Monday - Thursday

Day/ Time: 1100-1300, 1600-1900

Location: Building 440 Indoor Pool

Open / Lap Swim

When: Saturday

Day/ Time: 1000-1600

Location: Building 440 Indoor Pool

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 Eligibility: Free / Open to all Base Personnel

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

Lifeguard Classes Coming Soon.....



2024 MWR SPORTS

MEMORIES

