

F.A.S.T. Fitness, Aquatics, & Sports Today

UPCOMING EVENTS: 2022!

Fitness Events:

AUGUST: PREVENTATIVE HEALTH

Preventative Health allows individuals to be proactive in taking beneficial actions in order to better one's health and well-being. In support of Preventative Health Month, MWR Fitness will be providing a variety of resources that you may incorporate into your daily lives. Stop by Bldg. 2A Fitness Center where our team of fitness professionals will provide you with valuable information and preventative resources so you can take the next step to achieving your fitness goals.

Command Fitness Leader Course: 8-12 August 2022

Open to all Active Duty Personnel

For more information and to register, visit <https://www.navyfitness.org/fitness/cfl-information/cfl-course-application-and-registration>

All courses are limited to 20 participants

Registration Deadline noted on FY22 CFL Schedule

Captain Cup events/Intramural events:

Captain's Cup Flag Football League:

Registration Deadline: Monday August 8, 2022, submit team roster at the Fieldhouse, bldg. #440 gym.

All teams must be formed from the same barracks, command and or work place. Roster size is unlimited.

Managers Meeting: Wednesday August 10, 2022 at 1600, at the Fieldhouse, bldg. #440.

League Play: Monday and Wednesday evenings, league begins Monday August 15, 2022

Time: 1700/1800/1900

Location: Athletic Ball fields

Free and open to all base personnel (men & women) Questions? Please call 847-688-3419 / or 5315

Captain's Cup Racquetball Tournament

When: Saturday August 13, 2022

Cost: Free event

Format: Best 2 out of 3 games determines the winner, single elimination, single person event.

Location: Courts Plus facility, bldg. #4.

Reporting time: 0900

Tournament time: 0930

NAVAL STATION GREAT LAKES SPORTS AND FITNESS DEPARTMENT

Bldg. 4 – 847-688-7769

Bldg. 440 – 847-688-3419

Bldg. 2a – 847-688-5649



Registration required: Yes, MWR needs your first and last name, cell phone number, the command name that you will be representing in this Captain Cup event. Please register at bldg. #4. Practice date, Saturday July 30, starts at 0900. Googles are required, they can be purchased at bldg. #4.

Intramural Kickball Tournament

When: Tuesday August 16, 2022 (one day tournament)

From: Athletic Fields

Game Time: 1700/1800/1900

Cost: Free event

General information: Submit team roster at the Fieldhouse, bldg. #440

Team Rosters due: Thursday August 11, 2022

Team Roster size: maximum 20 players, minimum 12

Captain's Cup National Wellness 5K RUN/ 2 mile walk event.

When: Thursday August 25, 2022

From: Courts Plus facility, bldg. #4.

Race Time: 1630

Race Check in time: 1530

Cost: Free event

General information: no individual registration is required, team registration is due in bldg. #4, Wednesday August 24, a team consist of 5 members from the same command, and this is a Captain Cup event.

Captain's Cup Remembrance 5K RUN/ 2 mile walk event.

When: Thursday September 8, 2022

From: Courts Plus facility, bldg. #4.

Race Time: 1630

Race Check in time: 1530

Cost: Free event

General information: no individual registration is required, team registration is due in bldg. #4, Wednesday September 7, a team consist of 5 members from the same command, and this is a Captain Cup event

Captain's Cup Volleyball League:

Registration Deadline: Monday September 12, 2022, submit team roster at the Fieldhouse, bldg. #440 gym. All teams must be formed from the same barracks, command and or work place. Roster size is unlimited.

Managers Meeting: Wednesday September 14, 2022 at 1600, at the Fieldhouse, bldg. #440.

League Play: Monday and Wednesday evenings, league begins Monday September 19, 2022

Time: 1700/1800/1900

Location: Fieldhouse, bldg. #440.

Free and open to all base personnel (men & women) Questions? Please call 847-688-3419 / or 5315

NAVAL STATION GREAT LAKES SPORTS AND FITNESS DEPARTMENT

Bldg. 4 – 847-688-7769

Bldg. 440 – 847-688-3419

Bldg. 2a – 847-688-5649



Aquatics information:

National Lifeguard Shortage: Lifeguard shortages are happening all across the country due to the COVID-19 Pandemic and lack of training courses. If you are a certified Lifeguard, looking for part time work please contact the Morale Welfare and Recreation Department. For additional information Robert.c.marfechuk.civ@us.navy.mil Bldg. #440 swimming pool is closed, no lifeguards are currently on the staff, and MWR needs assistance.

****Nunn Beach, is open from Sunrise to sunset, the Lakefront is closed for Swimming (No Lifeguard on duty).**

Special information:

****MWR mountain bike rental program: Report to bldg. "#440, Rent a mountain bike for 24 hours for \$ 12.00, 48 hours will cost \$20.00 this a great exercise, bike paths are located just off the base.**

MWR Great Lakes Jobs, We need help:

**NOW HIRING!
APPLY ONLINE**

MWR
NAVAL STATION
GREAT LAKES

**MWR, where everyone is a
CFO (Chief Fun Officer!)**

**START YOUR
CAREER TODAY**

WWW.USAJOB.S.GOV
Keyword: MWR
Location: Great Lakes, IL

Facility Hours of operation:

Bldg. 2a... Mon-Fri 0500-1300

Bldg. #4... Mon-Fri 1100-1900, Sat/Sun 0900-1700

Bldg. #440...Mon-Fri 1000-1800

NAVAL STATION GREAT LAKES SPORTS AND FITNESS DEPARTMENT

Bldg. 4 – 847-688-7769

Bldg. 440 – 847-688-3419

Bldg. 2a – 847-688-5649

