

# MWR F.A.S.T.

Fitness-Aquatics-Sports-Times

AQUATICS / SPORTS

APRIL / MAY 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

### Captain's Cup Softball

#### Mandatory Coaches Meeting

**When:** Thursday May 1st 5:00PM

**Where:** Bldg 440

**Team Registration Deadline:** Tuesday April 29th



### Lunch Bunch Runs

**When:** Every Tuesday @ 1200

**Where:** Bldg 440 Flagpole

Come meet up with others to get in your daily jog. Go at your own pace. Get in your daily workout by building the community spirit.



### SAPR 5K Dash of Color Run

**When:** Wednesday April 23, 2025 @ 4:30PM

**Where:** Ross Theater

Open to all hands of all ages!

Gather your family and friends and join us for our annual SAPR Dash of Color run.

Participants will race through a 5K run route filled with color powder stations. So put on your white shirt and join us for a fun-filled event!



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FITNESS

APRIL/MAY 2025

## Command Fitness Leader (CFL) Course

**When:** 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](mailto:cfltraining@us.navy.mil) For application assistance and more info visit <https://www.navyfitness.org/fitness/clf-information/cfl-course-application-and-registration>



## Fitness Showdown

**When:** Tuesday, April 29, 2025

1100-1700 at Gym 4 Courts Plus

Pop-in event, come in anytime during those hours to test your limits.

Open to all eligible MWR Fitness patrons, of all skill levels

Welcome to the ultimate test of strength and endurance — the Fitness Showdown! This event features five challenging rounds that will push the limits of every athlete involved. Whether you're a seasoned fitness expert or just looking for a fun competition, this showdown will put your body to the test like never before.



## 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

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

