



# FANTASIES

October 2015



It is that time of year again for teams to create life-sized holiday greeting cards for display at Ross Field throughout the season.

MWR

## Challenge: Larger than life holiday card creation

MWR

Calling all commands, schools, work groups and organizations of the Naval Station Great Lakes. It is that time of year again for teams to create life-size holiday greeting

cards for display at Ross Field. MWR will provide base personnel with this unique opportunity to use their artistic talents while competing for recognition. Sheets of 4-by-8 foot plywood, various paints and brushes will be provided.

A prize will be awarded for top scorers ...

Any additional supplies can be acquired at the expense of the entry team. Teams are

required to fill out an entry form and pick up materials from the MWR Maintenance Branch – on the ground level of Bldg. 154 in Camp Barry – beginning at 8 a.m. Nov. 2.

A prize will be awarded for top scorers in each of the

following four categories: Best Holiday Theme, Most Patriotic, Most Imaginative and People's Choice Design. Entries are due no later than 3 p.m. Nov. 23. For information, call 847-688-5417 or email [special-events@mwr.gl.com](mailto:special-events@mwr.gl.com).

## Celebrate family, enjoy a Fantasy Character Dinner

MWR

Be our guest, be our guest, put our service to the test! MWR has planned a Fantasy Character Dinner in honor of Month of the Mili-

tary Family on Nov. 14. The night will be filled with all of your children's favorite characters, a dinner and dancing. When doors open, guests will be invited to take a

stroll through the Hall of Fame, and snap photographs with all of their favorite princesses, princes and heroes.

Then, everyone will take their seats to enjoy a dinner

before dancing the night away.

This is sure to be a family favorite and an evening that will not be forgotten. Children are encouraged to wear costumes.

Ticket sales begin Oct. 14 at the ITT Office, Bldg. 400, and the Marina, Bldg. 13.

For information, call 847-688-5417 or email [special-events@mwr.gl.com](mailto:special-events@mwr.gl.com).

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Commanding Officer:  
Captain James D. Hawkins;  
Installation Program Director:  
John Prue  
Marketing Manager/Editor:  
Chris Mohr

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If you would like to receive the Fun Times via your computer, please send a blank email to FunTimes-subscribe@list.mwrgl.com to get an email notice and a download link as soon as each month's issue is available. This is a great way to keep up with all the new happenings at your MWR. Sign up today!



\*The Department of the Navy does not endorse any company, sponsor or their products or services.

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# RYNISH ENTERTAINMENT & BOWLING CENTER

Bldg. 180, 847-688-5612; 3:30 to 9:30 p.m. Mon. to Thurs.; 3:30 to midnight Fri.; 11:30 a.m. to midnight Sat.; 11:30 a.m. to 9:30 p.m. Sun.

Enjoy indoor fall fun at Rynish.

Check out the Rynish Entertainment & Bowling Center's attractions in the center's Fun & Fitness Zone, which includes Atomic Rush, an interactive game for all ages; a nine-hole, glow-in-the-dark minigolf course; a kid's area with giant inflatables; The Chill Zone (a minimovie theater); an arcade with a large redemption center and a billiards area.

There are two party rooms and a conference room for social events. Plus, there are 16 bowling lanes with a light show.

On Friday and Saturday nights, Planet Bowl creates a fun party atmosphere while guests bowl with music playing, videos airing on a giant screen over the lanes and a light show. The center also is home to Parcheezi's Express Restaurant and the new Pub 180.

**Pub 180**

Pub 180 is Great Lakes' newest 21 and older gathering place. It is open Friday and Saturday nights 6 p.m. to midnight. The Pub has a high definition Internet juke box that will give guests the opportunity to play all their favorites. In addition, four big screen TVs will offer nonstop sports action. Guests will want to check the schedule for



Photo provided

**Rynish offers family fun bowling, featuring an exciting light show.**

DJs, karaoke, theme nights and more. Whether to catch the big game, or just share a good time with friends, Pub 180 will be the place to go.

**Shuttle service**

Free, round-trip transportation service is available to Rynish from main side base locations only. From Sunday to Thursday, customers may call 847-688-5612 for individual pickup. On Fridays and Saturdays, the shuttle will pick up at various stops throughout main side every 30 minutes. To access shuttle stop locations, go to www.mwrgl.com.

**Calling all sports fans**

Come in and watch the game on any of Rynish's seven TVs, and do not miss the

game of the week on the giant screen while you bowl.

**Weekly bowling specials Monday to Wednesday**

- \$1 a game
- Friday & Saturday Special**
- Planet Bowl: Glow-in-the-dark bowling
- 6 p.m. to midnight
- \$10 a person (includes shoe rental) for two hours of bowling
- \$7 a person for an hour of bowling (includes shoe rental)
- \$3.60 a person a game (does not include shoe rental)

**Buddy Pack is \$14.95**

- Available Wednesday through Sunday (not available during Planet Bowl)
- Two people, two shoe rentals, two games per person

and a 12-inch one-topping pizza with two sodas

**Family Fun Pack**

- Available Wednesday through Sunday (not available during Planet Bowl)
- \$30 per lane (up to five people per lane)
- Two hours of bowling, rental shoes, a 16-inch one-topping pizza and a pitcher of soda

**Gold Card specials**

- Show the Gold Card to take advantage of these specials:
- **Wednesday:** Buy one, get one free inflatables
  - **Thursday:** Buy one, get one free minigolf
  - **Friday:** One hour free pool
  - **Saturday:** \$7 Planet Bowl
  - **Sunday:** One hour of free bowling

# GREAT LAKES LIBRARY

Bldg. 617, 847-688-4617; 10 a.m. to 8 p.m. Mon. to Thurs. and 10 a.m. to 2 p.m. Fri. & Sat.

**Preschool story time**

Preschoolers are welcome to join for stories and a craft from 10 to 11 a.m. Oct. 7 and 21.

**Dungeons & Dragons Adventurers League**

Travel with Drizzt Do'Urden to fend off attacks by the Demon Lords. Play from 5:30 to 7:30 p.m. Tuesdays in October. Participants may come every week, or jump into the story whenever they are available. The league is for new and casual

players ages 18 and older. Participants may bring their own character or play with one available at the library.

**Fall reading program**

Readers ages 3 to 17 can Soar with Books during the library's fall reading program. Stop in the library beginning Oct. 5 to pick up a reading log and bag. The program runs through Nov. 20.

**Board games**

Bored? Stop in for a game of

chess, Ninja Dice, Star Fluux, Scrabble, Bookopoly and more.

**Crafts**

The library has a Cricut machine, scrapbooking, stamping and beading supplies, knitting needles, a drawing table and lots of craft books. Stop in and get creative.

**Online library catalog**

Many online resources are available for free. These include music downloads, popular magazines, foreign language

learning, newspapers, e-books and classes on many topics. To see if a certain book or movie is available to check out, visit the library's online catalog at <http://shawurl.com/1k6u>. Stop in or call to learn more.

**AWE Early Literacy**

The children's area features the AWE Early Literacy Station. The programs help develop skills in reading, math, and other areas for grades prekindergarten through fourth grade.

# GREAT LAKES YOUTH CENTER

Bldg. 8190, Forrestal Village, 847-688-5573 • Boys & Girls Club of America and 4-H member

## Fall Fest

The Great Lakes Youth Center presents Fall Fest from 6:30 to 8 p.m. Oct. 30. It will be an evening of activities for families and children of all ages. Parents must be present with children ages 9 and younger. The free event will include crafts, games, dancing, age-appropriate activities, prizes and treats. For details, call 847-688-5573.

## Before and After School Age Care

Enroll now. The School Age Care program provides a fun environment while offering a wide variety of developmentally age appropriate activities before and after school for children in kindergarten through sixth grade from 6 a.m. to 6 p.m. Monday through Friday. SAC also offers special holiday childcare options. Fees are based on total family income. For details, call 847-688-5573.

Families of military personnel, Department of Defense civilians and contractors are eligible for this program.

## Reminder: Reserve space for hourly care

If you are interested in hourly care for your child, a space must be reserved at least 24 to 48 hours in advance.

## Parents Night Out

The second Friday of every month the Child and Youth Program offers Parents Night Out for registered families of military personnel, Department of Defense civilians and contractors for kindergartners through sixth grade.

Parents may register their children at the Great Lakes Youth Center. For children ages younger than kindergarten, registration may be taken at the CDC in Bldgs. 2700 or 3110. The October Parents Night Out is scheduled Oct. 9.

## Youth & Teen Program

Open gym, the Computer



## Youth fall sports and activities

All registered youth and teens that are participating in the Youth Sports & Activity Program must be signed in and out of the facility.

Ages 3 to 9 must be signed in and out and accompanied by a parent or an authorized designee.

Ages 10 to 18 are authorized and required to sign themselves in and out.

### ■ START SMART BASKETBALL:

From Oct. 15 to Nov. 25 for ages 3 and 4; free; 5 to 6 p.m. Monday, Tuesday (Glenview only), Wednesday and Thursday; free; register by Oct. 9.

### ■ DANCE AND TUMBLING:

– **Preballet and Dance & Tumbling:** 4:45 to 5:30 p.m. Nov. 16 to Dec. 14 for ages 4 to 6; \$25 for five sessions; register by Nov. 13.

– **Grade School Ballet, Tap and Interpretive Dance:** 5:30 to 6:30 p.m. Nov. 16 to Dec. 14, for ages 7 and older; \$25 for five sessions; register by Nov. 13.

### ■ ZUMBA

– **Zumba Fitness:** 6 to 7 p.m. Oct. 2 for ages 9 to 18; free; registration required

– **Family Zumba:** 1 to 2 p.m. Oct. 10, youth open recreation for ages 5 to 18; parents encouraged to participate.

■ **LITTLE ATHLETES CHILDREN'S GYM:** 10 to 11 a.m. Oct. 14 and 28; registration required; for ages through preschool; free; run, jump and play with Mrs. Laura.

■ **VOLUNTEERS:** CYP Youth Sports and Fitness needs volunteers for the ongoing sports leagues and programs. Stop by the Great Lakes Youth Center to pick up an application and sign up for training today. Sports programs that are offered: baseball, soccer, cheerleading, flag football and basketball.

See more at [www.mwrgl.com](http://www.mwrgl.com).

Lab, the Youth Room and the Teen Zone will be available.

There are hours and age requirements for all youth and teens entering the Great Lakes Youth Center:

- Youth (ages 9 to 12): Open gym, Computer Lab and Youth Room are open from 5 to 7 p.m. Monday through Friday. Extended hours are 5 to 10 p.m. first Friday of each month. Open noon to 5 p.m. every second and fourth Saturday of the month.

- Teens (ages 13 to 18): Teen Zone, play pool, foosball, video games or just socialize and hang out from 3 to 7 p.m. Monday through Friday. Extended hours are 3 to 10 p.m. first Friday of each month and noon to 5 p.m. every second and fourth Saturday of the month.

## Signing In & Out Youth and Teen Program

All registered youth and teens who are participating in

the Youth and Teen Program must be signed in and out of the facility.

- Age 9 must be signed in and out by a parent or an authorized designee.

- Ages 10 to 18 are authorized to sign themselves in and out.

## Torch Club

Torch Club is a leadership and service club for boys and girls, ages 11 and 12. Torch Club members elect officers and

work together to implement activities in education, health and fitness and social recreation, as well as to serve their club and community.

Torch Club meets from 5 to 6 p.m. every second Friday of the month.

## 4-H Club

Join the Revolution of Responsibility at the Great Lakes Youth Center. 4-H'ers chart their own course, explore important issues and define their place in the world. 4-H'ers stand up for themselves and their communities.

- Mondays and Wednesdays (Youth and Teens, ages 9 to 18)

## 4-H Club meetings

- Youth: From 5 to 6 p.m. first Wednesday of each month

- Teen: From 4 to 5 p.m. first Monday of each month

## Keystone Club

From 4 to 5 p.m. every second Friday of the month for teens, ages: 13 to 18

This unique leadership development experience provides opportunities for young people. Youth participate in activities that focus on three areas: Academic success, career preparation and community service. With the guidance of an adult advisor, Keystone Club aims to have a positive impact on members, the Club and community.

## S.M.A.R.T. Girls Club

This program offers young girls ages 9 to 18 guidance toward healthy attitudes and lifestyles, eating right, staying fit, getting good health care and more. SMART Girls helps them reach their full potential. Through dynamic sessions, group activities and mentoring opportunities with adult women, participants will enjoy the opportunity to developing positive relationships and building skills to make positive choices.

Every second Thursday of the month:

- From 5 to 6 p.m. for ages 13 to 18

# 4 ITT Information, Tickets and Travel

Bldg. 400 (NEX Student Store), 847-688-3537; 10 a.m. to 5 p.m. Mon. to Thurs., 10 a.m. to 6 p.m. Friday and 9 a.m. to 1 p.m. Saturday; [www.mwrgl.com/special\\_services/itt/itt.htm](http://www.mwrgl.com/special_services/itt/itt.htm)

## 2015 Chicago Bears

Hurry, before tickets are gone. Limited game dates are left. MWR is offering Chicago Bears home game tickets for the 2015 NFL season through ITT, Bldg. 400. The seating location for these tickets is in the 100-level grandstand section. MWR is offering special sales opportunities exclusively for the 2015 Chicago Bears game tickets.

Regular season game tickets are available to all MWR eligible patrons including active duty, dependents, retirees, Department of Defense civilians and 100 percent disabled veterans. Tickets will be limited to two tickets per person with a valid ID. Tickets will only be sold in pairs. Once tickets have been bought, military members must claim them at the ITT Office in Bldg. 400 within 10 business days before the game date. A valid ID by the original purchaser must be presented to claim their physical game tickets.

Beginning in October, those who have already bought two tickets will be eligible to buy two more tickets to another game date, based on availability of game tickets. See [www.mwrgl.com](http://www.mwrgl.com) for details and ticket policies.

## Six Flags Great America

Fright Fest is here. Specially priced tickets are available for \$35.50 for select admission dates. Contact the ITT Office for details. Regular discounted tickets are available at your local ITT, Bldg. 400. Ticket options include the following: One-day admission tickets, Meal Deal Combo passes, individual season passes, and



Photo provided

**Oct. 23 and 24 is the Halloween Spooktacular at the Milwaukee County Zoo. Children are invited to trick-or-treat through the zoo, participate in the costume parade and watch the animals enjoy treat-filled pumpkins.**

4-pack season passes. One-day admission tickets are valid for a single admission any day until Nov. 1. Meal Deal Combos are valid for any one meal combo offer within the park. Season passes are valid for admission on all regularly scheduled open days to Nov. 1. Purchases of four or more season passes will include one complimentary season parking pass. Coming soon, watch for more details on special offers for Six Flags Great America Fright Fest in October.

## Milwaukee County Zoo

Oct. 23 and 24 is the Halloween Spooktacular at the Milwaukee County

Zoo. Trick-or-treat through the zoo, participate in the costume parade and watch the animals enjoy treat-filled pumpkins. As one of the country's finest zoological attractions, the Milwaukee County Zoo will educate, entertain and inspire you! Visit more than 2,000 mammals, birds, fish, amphibians and reptiles in specialized habitats spanning 200 wooded acres. Explore educational wildlife shows, fun attractions and enticing special events. The Zoo is a place where everyone can laugh and learn – it's a place to be amazed and inspired – a place where nature and wonder meet. Purchase discounted tickets before your visit.

## Universal Studios in Orlando, Fla.

Buy a 1-Day Park to Park ticket and get two days free. This military three-day offer has been extended. Universal Studios in Orlando, Fla., is offering a three-day Park to Park ticket offer at the same price as a one-day Park to Park ticket. The Park to Park option allows you to visit Universal Studios and Island of Adventure theme parks within the same day. In order to take advantage of this special offer, tickets must be bought by Dec. 4 and used at the parks for admission by Dec. 17. The ticket offer expires in full Dec. 17. Tickets may be ordered at your local ITT Office and then a military

ID must be shown at the gate to activate this offer. Contact or visit ITT for tickets and details.

Also, ask ITT about Wet N' Wild water park discounts while visiting Universal Studios.

## SeaWorld Parks & Entertainment

Active duty military personnel can register online for free admission tickets at [www.wavesofhonor.com](http://www.wavesofhonor.com). Waves of Honor permits any U.S. active duty military to one complimentary admission per year and as many as three direct dependents. Stop by ITT to pick up discounted tickets for any additional family and friends that will be traveling with you! Or if you have already utilized your Waves of Honor admission for the year, ITT can assist you with purchasing additional discounted tickets, so you can visit the theme park more than once. ITT can help you to save up to \$25 per person on SeaWorld admission tickets anytime!

## MWR Airfare & Leisure Travel [greatlakesitt.mwrtvl.com](http://greatlakesitt.mwrtvl.com)

Contact ITT for specific pricing and booking details. Leisure travel services are available at ITT including Walt Disney World packages, cruise ships and other vacation getaways to domestic and international destinations through the MWR ITT program, Bldg. 400 (NEX student store). Discounts are available through the Joint Services Travel Program.

See ITT, page 6

# COMMUNITY RECREATION

ITT Office, Bldg. 400 and the Marina, Bldg. 13, 847-688-5417, [specialevents@mwrgl.com](mailto:specialevents@mwrgl.com)

Community Recreation encompasses recreational opportunities in the form of events, activities, trips and classes. Programming is open to active duty members, dependents, retirees and DOD civilians. Preregistration is required for all trips and

classes, due no later than noon two days before the event date, unless otherwise stated.

Registration may be taken at the ITT Office, Bldg. 400, and the Marina, Bldg. 13. Email [specialevents@mwrgl.com](mailto:specialevents@mwrgl.com) or call 847-688-5417 for

questions. All trips will return to base at the conclusion of the program. The trip fee includes round-trip transportation, parking and admission.

## Special highlight

Help break the world

record of most carved pumpkins in one place. It is back, and the city of Highwood is once again transforming into Pumpkin Fest headquarters and going big from Oct. 9 to 11. Kicking off the Halloween season, this fan favorite event

will bring communities together while working to beat the Guinness World Record of 30,581 for most pumpkins carved in one place (a record held by Keene, N.H.). From

See RECREATION, page 7

## LIBERTY - THE LOFT

Bldg. 2A, 847-688-2214; 10:30 a.m. to 12:30 p.m. Mon. to Fri., 4:30 to 9:30 p.m. Mon. to Thurs., 4:30 p.m. to midnight Fri., 9:30 a.m. to midnight Sat., 9:30 a.m. to 9:30 p.m. Sun.

### Upcoming programs

#### Oct. 2

##### Liberty meeting

This is your chance to let Liberty know what adventures you would like to take and what activities you would like to see happen at The Loft. Stop by with your idea and get rewarded with a slice of pizza. The meeting starts at 7 p.m.

#### Oct. 6, 13, 20 and 27

##### Tuesday Tourneys

The Loft is hosting a pool tournament Tuesday nights, starting at 7 p.m. Come out and show your skills from 8-Ball to Cut Throat. If you are the best, you will walk away with a prize.

#### Oct. 7, 14, 21 and 28

##### Morning Madness

If you are a night student with time on your hands in the morning, then come to

The Loft and check out the programs set up just for you. On Wednesdays, starting at 10:30 a.m., we will have something fun to do. From life-sized Angry Birds to shuffle board, this is your time to shine.

#### Oct. 13

##### Breakfast and a Movie

Look for us in the lounge of the USS Franklin from 10 a.m. to 12:30 p.m. We will be bringing a selection of movies to watch and some breakfast type goodies to eat.

#### Oct. 9

##### Liberty Lanes

Liberty has arranged for an evening of bowling at the Rynish Entertainment & Bowling Center. Transportation will be provided from the Loft to Rynish at 6:45 p.m., and returning at 9:45 p.m. Do not miss the chance to bowl a few

frames for free. Shoe rental is \$2 and will be payable at the bowling center. Call The Loft at 847-688-2214 for information.

#### Oct. 26

##### Pizza & Prep - Credit Card Brief

Join Liberty when they host the Fleet & Family Support Center's Credit Card Brief. Attendees will learn about managing their credit cards and will have their questions answered about establishing credit. The brief begins at 7 p.m. A free slice of pizza will be available to all attendees.

### Upcoming trips

#### Oct. 12

##### Chicago Day Out

Exploring Chicago for a day. The trip departs at 10 a.m. from the lobby of Bldg. 2A and returns about 4 p.m. The cost

See LIBERTY, page 8



Photo provided

Join Liberty as it spends the day exploring Chicago on Oct. 12.

## GREAT LAKES MARINA & RENTAL CENTER

Bldg. 13 (Lakefront), 847-688-5417 or 847-688-6978; 10 a.m. to 5 p.m. Mon. to Thurs. and 9 a.m. to 5 p.m. Fri. to Sun.

The Marina offers trips on its 33-foot Tiara charter boat, as well as sailing classes. In the boathouse at the Marina is the Ship's Store, which sells boating, fishing and hunting supplies, as well as licenses.

The Great Lakes Rental Center also is located in the boathouse. In addition, a propane filling station is available for refills. Boat slips, moorings and storage also are available. Plus, there is a launch ramp for lake access. Along the lakefront, there is an archery range, as well as plenty of picnic tables with shelters and a renovated beach house for family and social outings or official command functions.

### Pleasure cruises and fishing charters

Pleasure cruises and fishing charters are available on the 33-foot Tiara. Fishing charters are equipped with a qualified captain and crew, fishing tackle and ice for

packing fish. We also will assist with cleaning fish. The boat can take up to six people per outing. It's still an excellent time to go out and catch coho salmon and brown trout, according to fishing reports. The charter is available for four- or six-hour trips. Deposits and reservations are required, along with a state fishing license.

### Boat storage and winterizing services

The boating season is almost finished, and it's time to prepare for boat winter storage. The marina has space available for all types of craft. All storage fees are based on the length of the boat. Also available are boat engine winterizing and shrink wrap services. For those who are not planning on storing their boat at the marina, winterizing and shrink wrapping are

See MARINA, page 9



Pleasure cruises and fishing charters are available on our 33-foot Tiara. Charters are available for four or six hour trips.

MWR

# 6 WILLOW GLEN GOLF CLUB

Bldg. 8400 (Golf Course and Pro Shop), 847-688-4593



Photo provided

Register now for the Tombstone Golf Event on Oct. 31.

## Swing into October

Throughout October, the golf course is open daily from 7:30 a.m. to dusk. Call ahead for frost delays. Twilight golf starts at 1 p.m. in October. Play as many holes as you can before dusk for as little as \$16.

## Fall Fling Scramble

Block off your calendar for the annual Fall Fling Scramble on Oct. 2. A shotgun start is scheduled at noon. Sign up individually, or put a team together. Registration is ongoing until the field is filled. Call the golf shop for details or visit [www.mwrgl.com](http://www.mwrgl.com).

## Tombstone Golf Event

The annual Tombstone Golf Event is scheduled Oct. 31. Entry fees are \$35 per player and includes golf, a cart, munchies and prizes

## Join the email list

To keep informed of the Willow Glen Golf Club programs and events. Sign up at [www.mwrgl.com/maillinglist/subscribe.html](http://www.mwrgl.com/maillinglist/subscribe.html).

for everyone. This is the last event of the golf season and tee times fill up quickly. Registration with a payment included is due by Oct. 26. Tee times begin at 8 a.m. Make your own foursome. Call the golf shop for specifics or to sign up individually or with your team.

## Hot dog Mondays

On Mondays, golfers may play 18 holes of golf with a cart for only \$29. In addition to the golf, a Vienna hot dog, chips and a soft drink are in-

cluded. Tee time reservations are highly recommended on this popular day. The promotion is offered from 8 a.m. to 1:30 p.m. The \$29 special is not valid during league or outing play and holidays. Call the Golf Shop at 847-688-4593, ext. 1, or visit [www.mwrgl.com](http://www.mwrgl.com) to book a tee time.

## Buckley's daily specials

It's the hot spot to eat during the golfing months, offering a complete lunch menu between 11 a.m. to 1:30 p.m. Cocktails, appetizers and a limited food menu are available afternoons and evenings, or whenever the full lunch menu is not available.

Try Buckley's at Willow Glen Golf Club for your next retirement gathering, birthday party or any other special occasion, contact MWR Catering Office at 847-688-6946.

## • ITT

Continued from page 4

Inquire about these options and make a travel quote request today for an upcoming vacation by calling 847-688-3537.

### K1 Speed

At K1 Speed, they are dedicated to indoor go-kart racing. To meet the needs of America's third largest city and the epicenter of culture and sports in Middle America, K1 Speed realized they needed more than one center. For this reason, there are two new locations in Addison and Buffalo Grove. If you want to experience the thrill and excitement of indoor karting, visit K1 Speed. The center is open rain or shine, year round. Buy military discounted race passes at ITT before going to the track. Discounted race passes can be bought at ITT and used any day. Contact the specific K1 Speed location directly for track availability and hours.

### Armed Forces Vacation Club

Become a fan at [facebook.com/vacationclub](http://facebook.com/vacationclub). With Armed Forces Vacation Club you don't have to spend a lot to get a lot out of your vacation. When making online or phone reservations, make sure to select "Navy" as your branch and "Naval Station Great Lakes" as your base location. To make a reservation, call 800-724-9988 or visit <http://shawurl.com/1k6z> to see worldwide accommodations. Discover 200,000 accommodation sites in more than 100 counties.

### Chicago Skydeck

The Skydeck experience

is new from the ground up. Discover the best of Chicago on your way to the 103rd floor Skydeck in Willis Tower. Plus, step outside one of the tallest buildings in the world. At 1,353 feet in the air, the ledge's glass boxes extend out 4.3 feet from the Skydeck. Active duty military are eligible to receive free admission with a valid ID at the Chicago SkyDeck. Additional discounted tickets should be bought at ITT for family and friends before visiting Chicago.

### Legoland Discovery Center

Legoland Discovery Center-Chicago is a Lego family attraction for kids ages 3 to 10 with rides, 4-D cinema and a variety of top Lego attractions. We recommend you allow at least two to three hours to visit the attraction, but you are welcome to stay as long as you like. Pick up your discounted tickets at ITT before your visit. Tickets are valid for any day.

### Chicago's Urban Adventure Quest

Chicago's Urban Adventure Quest is an interactive adventure that navigates you through a destination city as you solve clues and complete challenges, while seeing the sights and learning local history. Using your smartphone, simply connect to the Web-based Quest software to embark on your own interactive scavenger hunt adventure. The setup is easy and it is one low price for each person or team. Stop by the ITT Office in Bldg. 400 to purchase your discounted pass and start your quest through Chicago.



Don't forget, if you're traveling, whether official or leisure; make your lodging arrangements at a Navy Gateway Inns & Suites. [www.dodlodging.net](http://www.dodlodging.net) or 877-NAVY-BED

## WORK ON BASE!

### Employment Opportunities!

*MWR, Child and Youth Programs, NGIS and Unaccompanied Housing.*

✓ Great Pay
✓ Flexible Schedules
✓ Great Work Environments

## 847-688-2110 ext. 103.

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## VETERINARY TREATMENT FACILITY

305 A Street, Bldg. 43-H, 847-688-5740 (Appointments: Ext. 4); 8 a.m.-4 p.m. Mon.-Wed. and Fri.

The Great Lakes Veterinary Treatment Facility welcomes you and your pet. It's open to all military, military retirees and family members with valid identification.

### VTF services

- Preventative wellness care

- Outpatient sick call examinations

- One-stop shop for health certificates (domestic and international).

The Veterinary Treatment Facility is closed on all federal holidays. To make an appointment or for

information, call 847-688-5740, ext. 4, fax at 847-688-7390 or email [vetclinic@mwr.gl.com](mailto:vetclinic@mwr.gl.com).

If you get the answering machine, leave a message and we will call you back. For information, visit [www.mwr.gl.com/special\\_services/vet\\_clinic/vet.htm](http://www.mwr.gl.com/special_services/vet_clinic/vet.htm).

**The Great Lakes Veterinary Treatment Facility welcomes you and your pet. Visit [facebook.com/greatlakesvtf](https://www.facebook.com/greatlakesvtf).**

Photo provided

## • RECREATION

Continued from page 4

Oct. 2 to 8, Community Recreation at Great Lakes will help in this quest. Participants may stop by Samuel Adams, Rynish Entertainment and Bowling Center, Great Lakes Library, The Loft, Great Lakes Marina, and the Child and Youth Centers to carve a pumpkin for the Pumpkin Fest. Carving is free and pumpkins and tools are provided. Afterward, participants are invited to attend the fest, and find their pumpkin to take home. For Pumpkin Fest information, go to [www.highwoodpumpkinfest.com](http://www.highwoodpumpkinfest.com).

### Drop-in activity

Stop by the Marina, Bldg. 13, during regular business hours and ask to take the Basic Camping Gear orientation. Once completed, participants will receive a free pass to any 2-D movie at Ross Theater during the month of October (one per person).

### Trip highlights

#### Oct. 4

#### Field Museum

Join Community Recreation and learn about mummies, Vikings and mammals at the Field Museum. Oct. 4 is an Illinois state resident free day, so general admission is free. Attendees are asked to bring proof of residency (driver's license or utility bill) and enjoy a world-class museum at no charge. Exhibits and 3-D movies are extra.



Photo provided

**From Oct. 2 to 8, Community Recreation will help in the quest to beat the Guinness World Record of 30,581 for most pumpkins carved in one place.**

#### Oct.17

#### Boo at the Zoo!

Gather the family together, and get ready for a fantastic night out at the zoo. Milwaukee County Zoo's annual Halloween event, Boo at the Zoo is a family favorite. Visit their pumpkin patch, filled with hand-carved, glowing pumpkins; ride the "Raven's Rail" train, and enjoy the many scary, family-friendly, but ghoulishly, fun activities. The trip fee includes round-trip transportation, parking and admission to the Zoo. Car seats are not provided.

#### Oct. 18

#### Geocaching

Spend an afternoon geocaching at Veteran's Park in

Milwaukee, Wis. Geocaching is a modern form of treasure hunting, using technology such as a GPS to find the bounty. The trip leader will give a lesson on how to do geocaching. After attendees have worked up an appetite geocaching, the group will stop for lunch in Milwaukee before heading home. The fee covers round trip transportation, a MWR geocaching T-shirt and parking.

### Activity highlights

#### Oct. 7, 14, 21 and 28

#### Military Ice Skating Night

On Wednesdays, military families may drop by Rink Side to enjoy public skating for \$5 per person, which includes skate rental.

While there, attendees also may enjoy the snack bar, laser tag, video games and minigolf for an additional fee. This is a special price that can only be used by those with either an active duty, dependent, retiree or Department of Defense civilian ID card. Customers must present their ID card at Rink Side front counter.

### Class highlights

#### Oct. 9 and 23

#### Make a Campfire Treat

Come down to the lake-front 6 to 8 p.m. and enjoy a warm bonfire, and learn how to make a delicious campfire treat. All supplies and instruction will be provided. Attendees are welcome to

bring nonalcoholic beverages, and other food to cook over the fire.

#### Oct. 25

#### How to Knit a Scarf

With the winter months fast approaching, a warm scarf is a necessity. Join Community Recreation at their beginners scarf knitting class, where participants will learn how to knit their very own scarf. Participants can keep it for themselves, or it can be given to a family member for the holidays. Knitting needles and instruction will be provided. Knitters will need to bring their own yarn (two to three skeins) of any color. Lion Brand yarn is recommended in chunky or super chunky. Registration is required by Oct. 21.

### Event highlight

#### Oct. 3

#### Smoke on the Water BBQ Cooking Contest

Think you are the king or queen of the grill? Enter a team into the Smoke on the Water BBQ Cooking Contest, and put your skills to the test. Teams will compete to cook for the most delicious pork ribs. The first place finisher will receive a championship trophy and a beach party pack, valued at \$200. The second place finisher will win a commemorative trophy and a prize pack, valued at \$50. This event takes place at Nunn Beach from 11 a.m. to 1 p.m. The event is open to spectators to include free pulled pork (while supplies last), live music, games and a bonfire. Register a team today at the ITT Office, Bldg. 400.

# 8 EPICENTER

(Formerly Pier 525 with Club Nitro, Skyline Food Court, Video Game Room, 21 and Over Lounge) Bldg. 525, 847-688-4641

All-hands Epicenter will be the ultimate entertainment destination for the Great Lakes' community. Formerly Pier 525, the facility is expected to be closed for about nine months for major renovations and construction. With this temporary closure, the MWR team has rallied to come up with an array of exciting entertainment options. Here are some of the highlights.

## Pizza

Pizza delivery service and pickup will continue as normal, but will operate at the Port O' Call with no changes, including the same phone number and same great pizza, delivered hot and fresh! Call 847-688-7898 for free pizza delivery. Orders may also be picked up.

## Shuttle service

MWR will be offering an expanded free shuttle service to MWR entertainment facilities on base including Ross Theater, Rynish Entertainment and Bowling Center and more.

Watch for information on the route and schedule at [www.mwrgl.com](http://www.mwrgl.com).

## Port O' Call

Sam's Lakeview Express is a new and expanded area in the all-hands, lower level of the Port O' Call. This fast, casual restaurant and lounge features the latest "South of the Border" creations, along with daily specials ranging from barbecue to a pasta bar. Go to [www.mwrgl.com](http://www.mwrgl.com) for details.

Sam's Patio & Park will be a new place to go to enjoy panoramic lake views and the stars at night. The Patio is located in the lower area of the POC. This will be the place to go to enjoy music, taste the latest craft brew, or get your game on with friends at the Park, offering volleyball, bags and more.

The Samuel Adams Brew Club and Restaurant will continue to offer all your

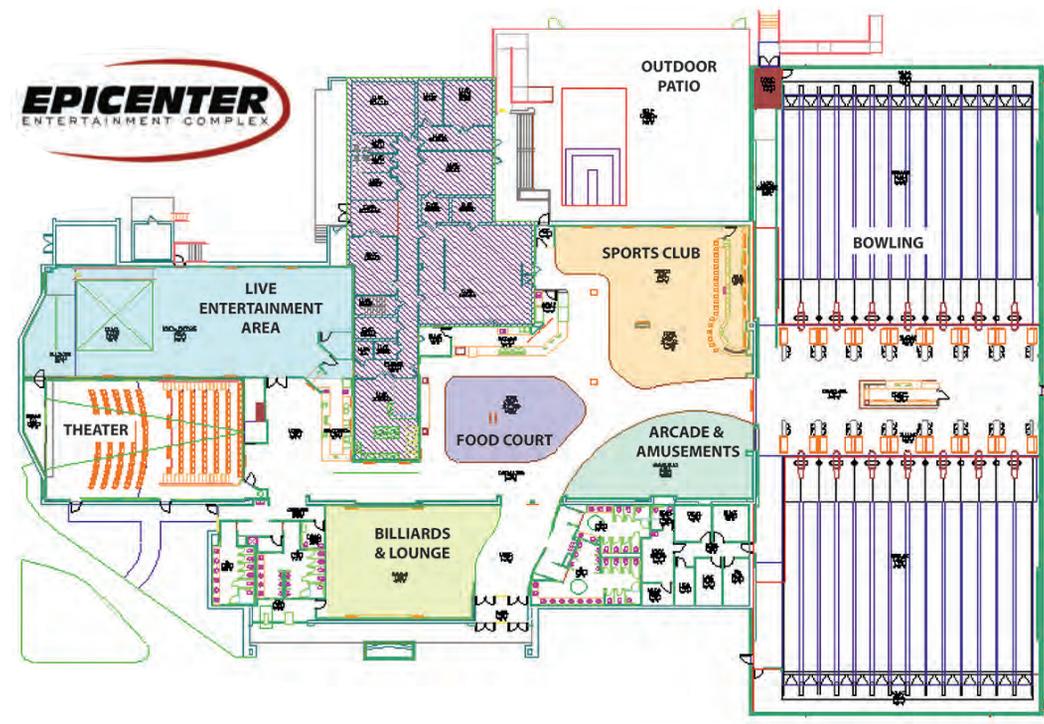


Illustration provided

favorite menu items and the best in craft beers, while you catch all the action on the big screens.

## Rynish Entertainment & Bowling Center

Rock, bowl, dine, party and play billiards all at Rynish.

**Pub 180:** This is Great Lakes' newest 21 and older gathering place. It is open Friday and Saturday nights and offers a high definition Internet juke box that will give guests the opportunity to play all their favorites. In addition, four big screen TVs will offer nonstop sports action. Guests will want to check the schedule for DJs, karaoke, theme nights and more. Whether to catch the big game or just share a good time with friends, Pub 180 is the place to go.

**Parcheezi's:** Great Lakes traditional pizza is oozing with goodness at Parcheezi's. Stop in and enjoy!

**Bowling lanes:** Keep the good times rolling with friends, rain or shine, on one of the sixteen lanes at Rynish. Crank it up on the weekends with music and lights during Planet Bowl, or join in on the contests, tourneys or clinics.

Rynish is non-stop fun for both families and sailors alike.

**Billiards Lounge:** Get a "cue," and enjoy a fun or competitive game with players of all levels on one of the four Brunswick tournament sized tables. Pay by the hour and leave the quarters at home. Ask about the upcoming competitions.

**Family Fun Center:** Need to make a birthday special, or just need to tire out the kids on a rainy day? The Fun Center, open afternoons and evenings, features everything you need to "amp" up the fun meter with bouncers, minigolf, movies, an arcade and bowling, so drop in or reserve a party room today.

## Ross Theater

Stroll on over to the "south side" of base to Ross to catch a first run blockbuster or one of your old favorites. Ross Theater shows first run movies in digital, visual quality with surround sound, as well as 3-D movies. A concession area in the lobby offers delicious treats at value prices.

Go to [www.mwrgl.com](http://www.mwrgl.com) to check the weekly schedule. For a fun place to go after a movie, stop by Rynish.

## The Loft

The Loft is calling all single sailors to enjoy everything this Liberty Center has to offer including free activities and trips, both on and off base.

The Loft is a contemporary facility with billiards, ping pong, foosball, air hockey and shuffleboard. Plus, there are music rooms, stocked with guitars, drums, keyboards and more.

The facility also has a free computer lab with free WiFi.

The Pick and Play Rooms provide a library of more than 700 movies and nearly 100 video games for students to watch and play for free. The Loft also offers a huge video arcade, a snack bar and a mini movie theater with a 120-inch projection screen.

The Great Room, equipped with 42-inch flat screen plasma TVs, couches, tables, chairs, board games and free books and coffee, offers a great place to relax or study.

Go to [www.mwrgl.com](http://www.mwrgl.com) for a listing of all facility hours.

# ROSS THEATER

Bldg. 110, 847-688-6763

Keep your eyes open for free, scary movies Thursday nights beginning in October.

Come to Ross Theater to check out the Spooktacular cinema, and see what scary concessions deals are available. These deals are so good, they may frighten you.

## Upcoming movies

- "American Ultra"
- "Hitman: Agent 47"

See THEATER, page 10

## • LIBERTY

Continued from page 5

is \$5 for transportation. Call or visit The Loft for information. Sign up by 12:30 p.m. Oct. 1 (maximum 14 participants).

## Oct. 10

### Highwood Pumpkin Festival

Want to be a part of a world record attempt? Head down to Highwood to enjoy the festival, carve some pumpkins and hopefully help them achieve the world record for most carved pumpkins in one place. This trip departs at 11 a.m. from the lobby of Bldg. 2A and returns about 4 p.m. The cost is \$5 for transportation. Call or visit The Loft for information. Sign up by 12:30 p.m. Oct. 9 (maximum 14 participants). If there is a lot of interest in this trip, a shuttle service will be provided.

## Oct. 17

### Volunteer at Safe Harbor Humane Society

This free trip departs at 8 a.m. and returns about 2 p.m. Call or visit The Loft for information. All participants will receive a certificate documenting volunteer hours. Sign up by 12:30 p.m. Oct. 16.

## Oct. 24

### Six Flags Fright Fest Shuttle

Liberty is providing a shuttle for \$5 to and from Six Flags Great America on Oct. 24. Transportation will leave from The Loft at 11 a.m. and will depart Six Flags at 10 p.m.

## • MARINA

Continued from page 5

available as well before transporting elsewhere.

### Ship's Store

The Great Lakes Marina is an approved license vendor for the state. All types of fishing and hunting licenses can be bought at the Ship's Store as well as live bait, fishing tackle and outdoor supplies. Shore fishing from the piers for salmon and trout is good in the fall. The store has a selection of casting spoons that work great this time of year.

### Beach House

The beautifully renovated Beach House is located on the lakefront (Nunn Beach). The restrooms and shower facilities are attached to the facility. The Beach House is an excellent location for family reunions, command picnics and weddings.

### Propane refueling

The Propane Refueling Station is an excellent convenience for those customers working on the base to be able to fill their standard 20 pound tanks (common backyard grills). In addition, large RV and camper tanks may also be filled at the refueling station.

### RV Park

The marina's 20-site RV Park is open year-round on Lake Michigan. The RV sites are equipped with electric only. Fresh water and sanitary dump station utilities are available.

To make reservations, call 847-688-6675, 800-navy-beds or go to [www.dodlodging.com](http://www.dodlodging.com).

### Tent camping

The lakefront has a primitive tent camping area at the south end near the archery range. Campers may rent a site for \$12 a night. Camp fires are allowed.



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# BE A GOOD NEIGHBOR

Volunteer.



**American Heart Association**®

# PORT O' CALL BANQUET & CONFERENCE CENTER

Bldg. 140, 847-688-6946

## Plan an event at Port O' Call

The Port O' Call Banquet and Conference Center offers you and your guests a beautiful panoramic view of Lake Michigan. Our distinct banquet and conference center is the perfect place to host command events, receptions and conferences.

Whatever the occasion; a

retirement, a change of command, a wedding or a training seminar, our professional catering coordinators will help design the perfect event for you. Our commitment to service will make your event unforgettable. We pride ourselves on offering quality catering at affordable prices. The Port O' Call is available to military and

civilian personnel.

Regular office hours are 8 a.m. to 4:30 p.m. Monday through Friday. Call to arrange an appointment to tour the facility and start creating your memorable event.

See our menus and event information under the Clubs and Dining Tab at [www.mwrgl.com](http://www.mwrgl.com).

# SAMUEL ADAMS BREW CLUB

Bldg. 140, 847-688-6946

Sam Adams Brew Club scheduled Karaoke Night from 6 to 10 p.m. Oct. 14 and 28. The Samuel Adams Restaurant scheduled a Karaoke Night from 6 to 9 p.m. Oct. 7 and 21.

There also will be a DJ on the lower level patio from 8 p.m. to midnight Fridays and Saturdays in October.

The Halloween Costume Party also will be happening Oct. 28 at the Brew Club.

## Healthy halves at lunch

Customers may pick two of the following three items for only \$5: half of a sandwich, soup or salad.

Sandwich options include ham and American cheese, turkey and American cheese, or a 6-inch veggie quesadilla. The sandwiches are served on white or wheat bread.

Daily dinner menu features:

- Wisconsin cheeseburger
- Sam's signature sirloins
- Sam's strip steaks
- Grilled Szechuan salmon
- Chopped salad
- Chicken quesadilla
- Brew house fish 'n' chips
- Chopped salad
- Mozzarella & tomato salad
- Nachos with attitude
- Fried calamari
- Beer battered fried pickles
- Brownie sundae
- Fried cheesecake
- Apple pie ala mode

## Did you know?

■ Stay informed of the Brew Club's food and beverage specials and promotions by signing up at [www.mwrgl.com/maillinglist/subscribe.html](http://www.mwrgl.com/maillinglist/subscribe.html).

■ The club is open to all hands for dinner from 3:30 to 5 p.m., seven days a week. The restaurant opens at 5 p.m.

## • THEATER

Continued from page 8

- "Sinister 2"
- "No Escape"
- "We are Your Friends"
- "The Transporter Refueled"
- "The Perfect Guy"
- "The Visit"
- "Black Mass"
- "Maze Runner: The Scorch Trials"
- "The Intern"
- "Hotel Transylvania 2"

## Updated movie schedule Thursday

- 7 p.m.: Free movie

## Friday

- 7 p.m.: Free digital movie

## Saturday

- 2:30 p.m.: Free movie
- 5 p.m. • 7:30 p.m.

## Sunday

- 3:30 p.m. • 6:30 p.m.

## 3-D movie admission

- Military/adult: \$4
- DOD civilians: \$5
- Ages 6 to 12: \$3
- Ages 3 to 5: \$2
- Ages 2 and younger: Free

## 2-D movie admission

- Military/adult: \$2
- DOD civilians: \$3
- Ages 6 to 12: \$1
- Ages 5 and younger: Free

## How does 3-D work?

Ross Theater shows movies in digital 3-D. You might be wondering, how does it work? Two copies of the movie is projected onto the screen, one after the other in quick succession.

One series of frames is from the perspective of the left eye, while the other is from the perspective of the right eye. The left and right projections have different light polarizations.

The left lens of the 3-D glasses allows the light from the left projection to be seen by the left eye but prevents light from the right projection to be seen by the left eye.

The right lens does the opposite. This has the effect of making the right and left eyes see slightly different versions of the movie, each from a different perspective. The human brain naturally combines the two, 2-D images into a single 3-D scene.

# OCTOBER DINNER SPECIALS

SAMUEL ADAMS  
★ BREW CLUB ★  
& RESTAURANT

Open 7 Days a Week! Located in the Port O' Call, Bldg 140.  
All specials are available for dine-in only at the advertised price.

(847)688-6946 Restaurant x20 & Brew Club x3

## ★ Sunday

### Half Priced Fried Appetizers!

(Mozarella Sticks, Mushrooms, Jalapeno Poppers)

Brownie Sundae.....	\$4.50
Curious Traveler Bottles.....	\$3.75
Sam Adams Pints.....	\$3.75
Bloody Mary's.....	\$4.00

## ★ Monday

### Combo Meal:

Bacon American Cheeseburger, Fries & Sam Adams Pint (Boston Lager, Cherry Wheat or Rebel IPA)	\$11.00
House Margaritas Rocks.....	\$4.50
Import Bottles (Corona, Dos XX, Heineken, Guinness)	\$3.50

## ★ Tuesday

Buffalo Chicken Wrap & Fries.....	\$7.50
Loaded Fries.....	\$4.50
Long Island Iced Tea.....	\$5.50
Sam Adams Pints.....	\$3.75

## ★ Wednesday

Pizza Burger & Fries.....	\$7.25
Sam Adams Double Agent Bottles.....	\$3.50
Sam Adams Angry Orchard Pints.....	\$3.75

### 75 cent Chicken Wings

Wednesday's between 5pm-9pm

plain, buffalo, bbq or buffaque - minimum 6/maximum 24

## ★ Thursday

Two Hot Dogs (relish, onion, tomato & sport peppers) & Fries.....	\$6.25
Loaded Fries.....	\$4.50
Sam Adams Boston Lager Pints.....	\$3.75
Twisted Tea's.....	\$3.50

## ★ Friday

Fish n' Chips & Side Salad.....	\$10.95
Grilled Chicken & Raspberry Vinaigrette Salad.....	\$7.50
Sam Adams Pints.....	\$3.75

## ★ Saturday

Nachos with Attitude.....	\$8.50
Chicken Quesadilla.....	\$7.50
Corona & Dos XX Bottles.....	\$3.50

## ★ October Gold Card Special

FREE Soda or Iced Tea  
with a Food Purchase  
of \$7.95 or More!

## Upper Level Hours:

Sun - Sat: 3:30pm - 5pm (All Hands)  
Sun - Thurs: 3:30pm - 10pm (All Hands 21+)  
Fri & Sat: 3:30pm - 11pm (All Hands 21+)

## Lower Level Hours:

(Open to All Hands & All Ages)  
Lunch: Mon - Fri, 10:30am - 1pm  
Dinner: Daily, 5 - 9pm

Please Recycle Your Newspaper



## SPORTS & FITNESS DIVISION

Fieldhouse-Bldg. 440, 847-688-3419; 6 a.m. to 9 p.m. Mon. to Thurs., 6 a.m. to 7 p.m. Fri., 10 a.m. to 6 p.m. Sat. and Sun.

### Captain's Cup Willow Glen 10K Race

All teams and individuals are invited to take part in this race at 8 a.m. Oct. 17 at Willow Glen Golf Club. All races for the 2015 Captain's Cup Race Series are free. All race entries must sign up before the race. Race registration will be taken at fitness facilities at Bldgs. 440, 4 or 2A. Race day check in is required before 7:45 p.m. at the golf course. Age categories are as follows: 19 and younger, 20 to 29, 30 to 39, 40 to 49 and 50 plus for both genders.

Command teams also will be accepted for the Captain's Cup Series. A team will consist of five runners from the same command to earn Captain's Cup points. The team with the most points will win the overall season title. In addition, any command with the most runners per race will receive a special award from MWR.

### Sporting events

#### 3 vs. 3 Basketball League

A manager's meeting will be held Oct. 15 at Bldg. 440. The format will be double elimination, based on the number of teams registered. The league will be broken up into women's, men's and coed divisions. Game times are scheduled at 5:30, 6:30 or 7:30 p.m. Mondays. This is not a command roster league. League play will begin Nov. 3.

#### 6 vs. 6 Volleyball League

A manager's meeting will be held Oct. 22 at Bldg. 440. The format will be double elimination, based on the number of teams registered. The league

will be broken up into women's, men's and coed divisions. Game times are scheduled at 5:30, 6:30 or 7:30 p.m. Thursdays. This is not a command roster league. League play will begin Nov. 5.

#### Nunn Beach

Nunn Beach on Lake Michigan is closed for the season.

#### Free Family Play

Open Basketball Courts – Family Play from 2 to 4 p.m. Sundays at the Fieldhouse.

#### Warrior Zone

The Naval Station Great Lakes Warrior Zone is located on the west end of Courts Plus, Bldg. 4. Base personnel are encouraged to check out the Warrior Zone. It has multiple pieces of dynamic equipment that can be used to break through your fitness plateau. Attend a class, hire a Personal Trainer or come try it out for yourself. Certified instructors are on staff to assist you.

#### Navy Wounded Warrior

The Navy Wounded Warrior – Safe Harbor Program is the Navy's lead organization for coordinating the nonmedical care of wounded, ill and injured sailors, Coast Guardsmen and their families.

Through proactive leadership, we provide a lifetime of individually tailored assistance designed to optimize the success of our shipmates' recovery, rehabilitation and reintegration activities.

Contact the program at safeharbor.navylive.dodlive.mil, navywoundedwarrior@navy.mil or 855-628-9997.

**NEW!**

# WARRIOR ZONE

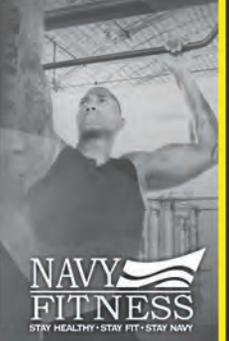
## COURTS PLUS, BLDG. 4






This custom-made workout space features the hottest trend in fitness training with the latest equipment, designed for functional fitness and high intensity workouts.





NAVY FITNESS  
STAY HEALTHY • STAY FIT • STAY NAVY

For more information, please call the Fitness Center, Bldg. 2A at 847-688-5649.



**Special Kids Day**  
is a non-for-profit organization providing celebratory events for children with disabilities and their families in environments designed to accommodate their special needs.

Our events are always free for the children and their families. To help our mission, donations may be made on our website [www.specialkidsday.org](http://www.specialkidsday.org)  
For questions email us at: [info@specialkidsday.org](mailto:info@specialkidsday.org)

# GREAT LAKES FITNESS CENTER

Bldg. 2A, 847-688-5649; 5 a.m.-8 p.m. Mon.-Thurs., 5 a.m.-6 p.m. Fri., 7-1 p.m. Sat.

The Great Lakes Fitness Center is a complete, state-of-the-art health and fitness center, designed to provide customers with personal, goal oriented, and professional service.

Special features of the Center include a full weight room with 75 weight machines, 10,500 pounds of free weights, and a wide variety of cardiovascular equipment for your convenience.

Enjoy a great workout on high-quality equipment from the makers of Hoist, Star-Trac, FreeMotion, Lifefitness, E-Spinners and more.

If you're new to the facility or want information, sign up for a free equipment orientation. Ages 10 to 14 are required to have an orientation before exercising and have parental supervision at all times. See the front desk or call 847-688-5649

for details and scheduling.

## Group fitness classes

Bored with your work out or not seeing results? Try one of our heart-pumping classes. Jillian Michael's BodyShred class is now on the schedule, come and check it out. The certified instructors are sure to keep you motivated and interested in building a better body. Participants may get

a new schedule at any MWR facility or [www.mwrgl.com](http://www.mwrgl.com).

For commands, who are looking for a class catered to their group's fitness needs, the center offers trainer-led command PT sessions. Weekly, biweekly and monthly sessions are available. Contact [Monica.lamar@mwrgl.com](mailto:Monica.lamar@mwrgl.com) or [Yaimy.Marshall@mwrgl.com](mailto:Yaimy.Marshall@mwrgl.com) for information.

## Personal training

Personal training could be the answer to creating a strong, injury free body that optimally performs. Sign up for a free consultation with our certified professionals. Buy a package that works best for you and receive a free fitness assessment.

## Eight Week Fit Script

Participants meet twice with a personal trainer. The first session is to complete a fitness assessment and discuss the eight-week script. The second session is a one-hour instruction on the eight-week program. Military: \$35; Department of Defense/other: \$45

## 1-hour personal training sessions

Whatever your goals may be, we have something for you. One 60-minute personalized session with a certified trainer for military is \$30 and DOD/other is \$35.

## Ten 1-hour sessions

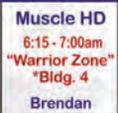
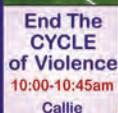
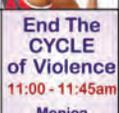
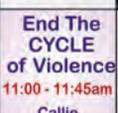
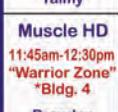
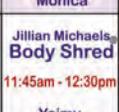
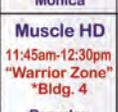
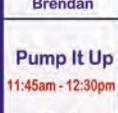
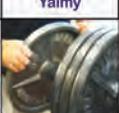
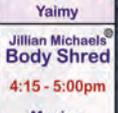
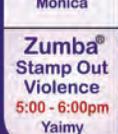
This package is based on 10 one-hour sessions of two or three days a week. It must be completed within eight weeks of sign-up. A free Fitness Assessment is included. Whatever your goals may be, we have something right for you. Military: \$250; Department of Defense /other \$300

All training takes place at the Great Lakes Fitness Center. These personal training options are available to all eligible MWR customers.

All fees must be paid in advance, no refunds. Training expiration is six months from purchase date. For questions, contact Callie Lofton or Brendan Taylor at 847-688-5649 or email [Callista.lofton@mwrgl.com](mailto:Callista.lofton@mwrgl.com) or [Brendan.taylor@mwrgl.com](mailto:Brendan.taylor@mwrgl.com).

BLDG. 2A GREAT LAKES FITNESS CENTER

# Fall Schedule 2015

MON.	TUES.	WED.	THURS.	FRI.	SAT.
 Muscle HD 6:15 - 7:00am "Warrior Zone" *Bldg. 4 Brendan			 Muscle HD 6:15 - 7:00am "Warrior Zone" *Bldg. 4 Brendan		
 End The CYCLE of Violence 10:00-10:45am Callie	 End The CYCLE of Violence 11:00 - 11:45am Monica			 End The CYCLE of Violence 11:00 - 11:45am Callie	
 TURBO TABATA 11:00 - 11:30am Yaimy	 End The CYCLE of Violence 11:00 - 11:45am Monica	 TURBO TABATA 11:00 - 11:30am Monica	 End The CYCLE of Violence 11:00 - 11:45am Callie	 TURBO TABATA 11:00 - 11:30am Callie	
 Muscle HD 11:45am-12:30pm "Warrior Zone" *Bldg. 4 Brendan	 Jillian Michaels Body Shred 11:45am - 12:30pm Yaimy	 Muscle HD 11:45am-12:30pm "Warrior Zone" *Bldg. 4 Brendan	 Jillian Michaels Body Shred 11:45am - 12:30pm Monica		
 Pump It Up 11:45am - 12:30pm Callie	 Pump It Up 11:45am - 12:30pm Yaimy			 End The CYCLE of Violence 11:45am - 12:30pm Yaimy	
 Express Abs 4:30 - 5:00pm Monica	 Zumba® Stamp Out Violence 4:30 - 5:30pm Yaimy	 Express Abs 4:30 - 5:00pm Yaimy	 Zumba® Stamp Out Violence 5:00 - 6:00pm Yaimy	 Jillian Michaels Body Shred 4:15 - 5:00pm Monica	
 Zumba® Stamp Out Violence 5:00 - 6:00pm Yaimy	 Zumba® Stamp Out Violence 5:00 - 6:00pm Yaimy				

## FITNESS CLASS SCHEDULE SIGN UP TODAY!

- All Group Exercise Classes are FREE to Active Duty Personnel!
- Aerobic Class Fees Apply to Non-Active Duty participating in Spin, Zumba and Yoga.

\*Classes are subject to change. Please check MWR Great Lakes Facebook Page for cancellations.

\*Sign up today for the Fitness Center distribution list to receive the latest class and facility information.

\*Classes must have at least 2 participants to be conducted.



For more information, contact the front desk at 847-688-5649.



# The Wall

- Bldg. 4 • Courts Plus
- 847-688-7769

## Hours of Operation

**Monday  
Wednesday  
& Friday**

**10:00 am  
TO  
5:00 pm**



THE WALL OFFERS FREE CLIMBS TO ALL ELIGIBLE MWR CUSTOMERS!

