# \* MWR PROGRAM & TRAVEL GUIDE

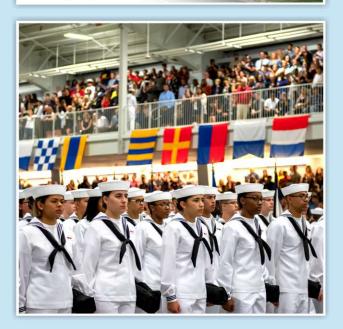


## **OUR MISSION**

Navy MWR's mission is to deliver high-quality, customer-focused programs and services that contribute to resiliency, retention, readiness, and quality of life.

## **OUR GOALS**

Navy MWR conducts activities and events, and delivers high-quality, innovative recreation programs in state-of-the-art facilities worldwide. Navy MWR provides excellent customer service, convenient program availability, modern facilities and amenities, a safe program environment, and low or competitive pricing. The money you spend using MWR programs and services is reinvested into the overall program.



# **MWR PROGRAM HIGHLIGHTS**

The goal of the Navy Fitness Program is to create "Fitness for Life" for the entire Navy population. Individual and group instruction is available from certified fitness professionals in cardiovascular conditioning, strength training, flexibility and

Aquatics programming includes lap swimming, lessons and specialty programs, such as water aerobics. Intramural sports programs provide another outlet to promote fitness and establish esprit de corps.

# Liberty

Liberty provides high-energy recreation programs, superior entertainment experiences and development of personal leisure skills, leading to extraordinary and unique opportunities for enjoyment, activity and adventure in an alcohol and tobacco-free environment. Most Liberty Centers include free use of computers, Internet and wireless Internet, state-of-the-art video game systems, movies and TV rooms, book collections and special events. Liberty trips and tours include sporting events, outdoor adventures, shopping trips, amusement parks, deep-sea fishing and community events, including festivals, concerts and seasonal programs.

## **Community Recreation**

Navy Community Recreation engages patrons by providing recreational programs and services in the areas of outdoor recreation, community events, discount tickets to attractions and vacation bookings, leisure skills development, recreation equipment rentals, parks and picnic areas and information and referral to a variety of recreational offerings in the local area.

The Navy MWR Digital Library offers more than 25 online services, available 24/7 from any location with Internet access, for Navy personnel and their families, civilians, and retirees. Many services have an optional mobile app to make accessing services even easier.











# Kooms starting at \$55 + tax

411 S. Green Bay Road | (847) 244-6100 Wauke TOLL FREE RESERVATIONS: 1-888-544-BEST www.abvi.com









6.1 miles - one road - to Navy Base Navy Family \$5999 up to 4 people 2 beds Graduation Rate 5999 up to 4 people 2 beds smoking room available smoking room available 1809 N Milwaukee Ave Libertyville IL 60048

NAVY GRADUATION RATES Hampton

# Baymont Inn & Suites - Gurnee

5430 Grand Ave. - Gurnee, IL 60031 (847) 782-0890 Call for Navy Graduation Rates

# Super 8 – Gurnee

5220 Grand Ave. - Gurnee, IL 60031 For Reservations: (847) 249-7777

# LaOuinta Inn & Suites – Gurnee

5688 Northridge Dr. - Gurnee, IL 60031 (847) 662-7600 Call for Navy Graduation Rates

# Courtyard by Marriott Waukegan/Gurnee

3800 Northpoint Blvd. - Waukegan, IL 60085 For Reservations: (800) 321-2211 Ask for Navy Graduation Rates

# Springhill Suites by Marriott Waukegan/Gurnee

4101 Fountain Square Pl. - Waukegan, IL 60085 (847) 688-9800 Call for Navy Graduation Rates





- Pets are welcome, 1st Pet stays free Free morning coffee Free high-speed Wi-Fi Large family suite
  - www.motel6.com





# **SLEEP INN** near Great Lakes Naval Base

3250 Bittersweet Ave - Lake Bluff, IL. 60044 For Reservations: 847-578-9900 1.5 Miles to Graduation

Best Rate Online: www.roomsfornavy.com

In 1994, Recruit Training Command (RTC) Great Lakes became the Navy's only recruit training facility. Better known as "boot camp", recruit training involves a change in the mental and physical capacity of the new recruit. From the first day at RTC through graduation day when new Sailors board the bus to depart, recruits find themselves in a whirl of activity. Every recruit entering the Navy today will remember RTC as their introduction to Navy life.

When the young men and women arrive at RTC, they are formed into divisions and assigned three Recruit Division Commanders (RDCs). During their seven-week stay at RTC, the RDCs work together to mold the new recruits into Sailors. RDCs are Chief Petty Officers or Senior Petty Officers specially selected for their leadership and teaching abilities. They must represent and teach Navy tradition, customs and discipline.

During the first training week, divisions enter into the competitive aspects of training. Excellence in academic achievement, military drill, cleanliness and athletics all count toward earning recognition flags. Competition encourages teamwork and develops pride in achievement. The climax of the competitive series is the Pass-in-Review practice where the best divisions can earn Battle "E", CNO or Hall of Fame honors.

At the end of the seventh training week, recruits undergo a final evaluation called Battle Stations 21. This 12hour event culminates in the award of a Navy ball cap to replace the recruit ball cap that each recruit wears during training. The symbolic change of hats indicate their status as Sailors in the World's Finest Navy.

# **NAVAL STATION GREAT LAKES**

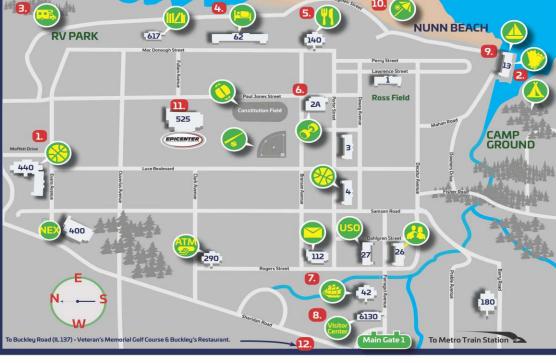
BUILDING NUMBERS IN BLUE

HOME IS WHERE YOUR FAMILY IS..

OFFERING MILITARY FAMILY RATES

**EVEN THE FURRY ONES!** 





















Enter through Main Gate 1 with your Sailor to utilize these services:

- 1. Fieldhouse & Indoor Pool, Bldg. 440 | (847) 688-3419 Indoor track, basketball courts and pool. Call for hours of operation.
- 2. Community Recreation Tickets & Travel, Bldg. 13 (Inside the Marina) Discount tickets, attraction brochures, and train schedules.
- 3. Navy Getaways RV Park | 1-877-NAVY-BED (6289-233)
- 4. Navy Gateway Inns & Suites, Bldg. 62 | (847) 688-6675 Accommodations for active and retired military personnel

RV spaces with 30 AMP service and lakefront views. DoD eligibility required.

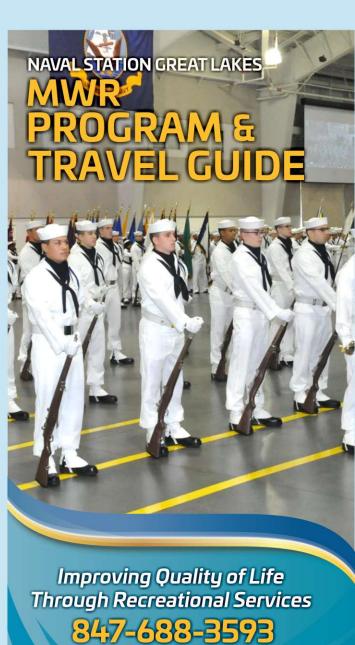
- 5. Sam Adams Restaurant & Brewhouse, Bldg. 140 (847) 688-6946
- Great Lakes Fitness Center, Bldg. 2A | (847) 688-5649 Health and fitness center 7. National Museum of the American Sailor, Bldg. 42
- (847) 688-3154 Free to the public. Collection consists of over 40,000 historic artifacts.
- 8. Visitor Center, Bldg. 6130
- Great Lakes Marina & Outdoor Rental Center, Bldg. 13 (847) 688-5417
  - Marina, fishing gear, and non-motorized boat rental (seasonal).
- 10. Nunn Beach Lake Michigan and beach; swimming when lifeguard present only.
- 11. Epicenter, Bldg. 525 | (847) 688-4641 All-hands entertainment mega-complex, featuring a 28-lane bowling center, movie theater, sports club, amusements and billiards. Plus Spinz Restaurant
- 12. Veterans Memorial Golf Course & Buckley's Restaurant, Bldg. 8400 (847) 688-4593

serving pizza, wings, panini sandwiches and more!



MEMORIAL





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