BASIC TRAINING

Week 4
Here you'll perform additional exercises in preparation for your first Physical Training Test, which measures performance in sit-and-reach, curl-ups, push-ups, running, swimming and flexibility. You'll also have firearms training, and you'll take your second academic test.

Week 5
This is when you'll receive antiterrorism and firefighting instruction, as well as computer training and mentoring. Plus, there's a glimpse of the light at the end of the tunnel – yearbook photos are taken!

Week 6
You'll participate in more drills, more physical exercise and instruction on damage control and firefighting. You'll also take your final academic test.

Week 7
This week is more classroom learning and skills training, culminating in the pinnacle event of Basic Training: Battle Stations. Battle Stations incorporates all the skills you've learned in the previous six weeks. This 12-hour simulation gives hands-on testing of your proficiency in swimming, survival, teamwork, firefighting, damage control, rescue and more – all in a high-stress environment.

Week 8
Having passed Battle Stations, you'll spend the next week getting ready for graduation, which is called Pass-In-Review. Along with additional classroom studies and physical training, you will learn about career advancement and other details required for success as a full-fledged Sailor.

Pass-In-Review is your Basic Training graduation ceremony. Your family is invited to attend this very proud moment.

You may spend the following weekend on "Liberty" before embarking on the next stage of your career as a bona fide Navy Sailor.

ADVANCED, SPECIALIZED TRAINING

Not all Enlisted careers require skill training, but for those that do, advanced training begins at one of 12 "A" Schools located throughout the country. Through extensive classes and on-the-job training, there you will learn the fundamentals of your chosen field. You could even earn an associate or bachelor's degree.

Rest assured that while you're at "A" School, you won't always be in class or studying. You will have some free time after classes and on weekends to check out the area and take part in activities. You may get the chance to see where the first English settlers landed in Dahlgren, Va., or enjoy some fresh seafood in Bethesda, Md. Or you could swim with the dolphins in Panama City, Fla.; play golf in Pensacola, Fla.; or explore the world-famous San Diego Zoo.

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