

Naval Base San Diego

N92 MORALE, WELFARE, AND RECREATION

SEPTEMBER 2025

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COMMUNITY RECREATION



FALL DOORMAT

Tue, Sept 9 | 5:30 PM

Welcome the fall season with this fun springtime craft! Add a touch of charm to your doorstep



SUSHI & SAKE

Thu, Sept 11 | 6 PM

Learn a quick and easy recipe that you can do right in your own home with minimal tools. Hassle-free, hands-on, healthy, and a little bit of sake to go with it.



SALSA DANCING NIGHT

Sat, Sept 13 | 6 PM

Join us for a dynamic and vibrant evening of salsa dancing! We'll kick off the first hour with an engaging class covering a variety of salsa dances.



Hot Wheels Monster Trucks

Sat, Aug 23 | 10 AM

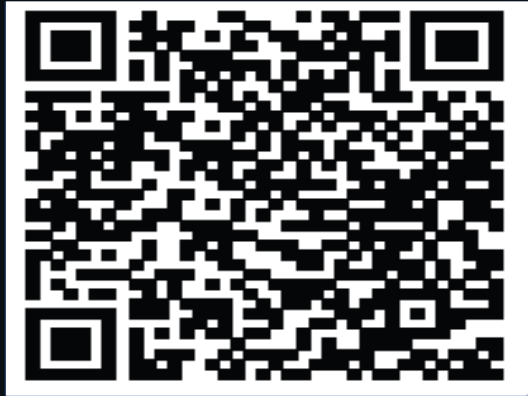
Rev up your engines and race down to Pechanga arena where Hot Wheels Monster Jam is back. Sign up and watch the Glow Fire show!

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RECYARD LIBERTY – ACTIVE DUTY E1-E6 & GEO BACHELORS



SEPT 1	2:00 PM	Labor Day BBQ Social
SEPT 6	9:00 AM	Snorkeling 101
SEPT 11	6:00 PM	Smoothies, Shakes & Slushies
SEPT 13	4:00 PM	Sunset Sea Cove Kayak Tour
SEPT 17	7:00 PM	Trip To Imaginarium Utopia
SEPT 20	9:00 AM	Super Girl Surf Pro At Oceanside
SEPT 21	10:00 AM	Cardboard Canoe Competition
SEPT 23	5:00 PM	Mindfulness & Meditation
SEPT 26	5:00 PM	Poway Rodeo
SEPT 27	9:00 AM	Trip To Miramar Air Show

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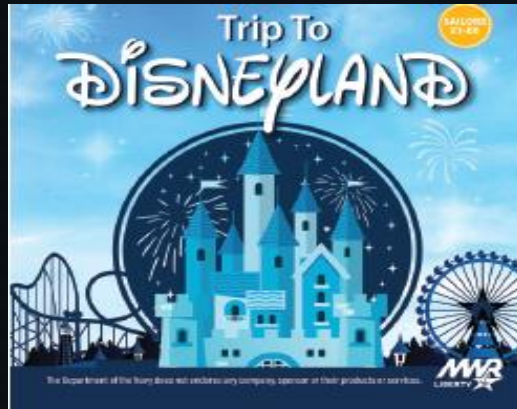
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RECYARD LIBERTY – ACTIVE DUTY E1-E6 & GEO BACHELORS



**BARRACKS BASH
BLOCK PARTY**



AUG 01	7:00 PM	Star Gazing At Mission Trail
AUG 04	3:00 PM	Trip to San Diego Zoo
AUG 05	3:00 PM	Massage Therapy
AUG 12	4:00 AM	Barracks Bash Block Party
AUG 16	7:00 AM	Trip to Disneyland
AUG 17	9:00 AM	Snorkeling 101
AUG 22	5:30 PM	Night Fishing By The Lake
AUG 23	10:00 AM	Swimming 101 At Admiral Prout Gym
AUG 24	9:30 AM	Trip To Seaworld
AUG 26	5:00 PM	Mindfulness And Meditation
AUG 29 - SEPT 01		LAP Trip To Grand Canyon

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TICKETS & TRAVEL



A graphic for the SDSU football schedule. On the right is a large image of a player in a red and black uniform running. On the left is a calendar grid with the number '25' in large red font. The grid lists 12 games with opponent logos and dates. A 'HOME' and 'AWAY' legend is at the bottom left, along with the slogan 'FOCUSED. ACCOUNTABLE. SMART. TOUGH.' and a copyright notice.

DATE	OPPONENT	LOCATION
AUG. 28	STANFORD	HOME
SEP. 6	AT MICHIGAN STATE	AWAY
SEP. 20	CAL	HOME
SEP. 27	AT NORTH CAROLINA	AWAY
OCT. 4	COLORADO	HOME
OCT. 11	AT NEVADA	AWAY
OCT. 25	AT THE TENNESSEE	AWAY
NOV. 1	AT ARIZONA	AWAY
NOV. 8	AT UTAH	AWAY
NOV. 15	BYE WEEK	
NOV. 22	BYE WEEK	
NOV. 29	AT SAN DIEGO	AWAY

HOME AWAY

FOCUSED. ACCOUNTABLE. SMART. TOUGH.

© 2013 "SAN DIEGO STATE FOOTBALL"™
TRADEMARKS AND SERVICE MARKS OF SAN DIEGO STATE UNIVERSITY
SAN DIEGO, CALIFORNIA

NOW AVAILABLE

Come by our ticket offices today for more information, pricing, and to purchase your SDSU Football tickets.

**Must redeem barcodes online at:
Goaztecs.com/military**

Call for more information: 619-556-2174
Ticket Prices Are Subject to Change

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OUTDOOR ADVENTURE CENTER



**Your Adventure,
Our Gear**

619-556-7493

3223 Norman Scott Rd.



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OUTDOOR ADVENTURE CENTER

Your Adventure, Our Gear



Tables and Chairs : 10% Off Table and Chair Rentals during Chief Select Season

Timeframe: August – October

Details: Offer discount on bulk orders of 10 or more tables and 50 or more chairs. This is our current minimum for a reservation.

Call for more Info: 619-556-7493
3223 Norman Scott Rd.

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ADMIRAL BAKER PARK

Command Picnics

AT ADMIRAL BAKER PARK

Beautiful Scenery • Great Rates • Perfect Location

Reserve your spot today!



(619) 487 - 0019

Stay & Play

AT ADMIRAL BAKER



(855) 968 - 7697

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ADMIRAL BAKER PARK – RV CAMPGROUND

New! OUTDOOR FITNESS EQUIPMENT AT THE RV CAMPGROUND



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SPORTS, FITNESS & AQUATICS



9/11 CLIMB TO REMEMBER

Thursday, September 11, 2025 Admiral Prout Field House Pool
Check-In: 0730 Start Time: 0800

Join our dedicated Fed Fire team in stair climbing to commemorate 9/11. Walk up and down one beacon tower two times for a total of 1,728 steps or challenge yourself and walk up and down four times for a total of 3,456 steps.

Open to all eligible MWR patrons.
For more information: (619) 556-8913


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SPORTS, FITNESS & AQUATICS



TEST YOUR

Limits


1 COMPLETE AS MANY BURPEES AS YOU CAN IN 2 MINUTES!

BURPEES

SEPTEMBER 15-19, ANYTIME
THE OLDE GYM FITNESS CENTER

Show us what you got. Do as many as you can in 2 minutes. Leaderboards for both male and female, winner will receive an Olde Gym t-shirt!
Talk with facility staff for more information!

Register Today | navylifesw.com



TEST YOUR LIMITS!

COMPLETE AS MANY BURPEES AS YOU CAN IN 2 MINUTES!

SEPTEMBER 15-19, ANYTIME

THE OLDE GYM FITNESS CENTER

Show us what you got. Do as many as you can in 2 minutes. Leaderboards for both male and female, winner will receive an Olde Gym t-shirt!
Talk with facility staff for more information!

Register Today at navylifesw.com


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SPORTS, FITNESS & AQUATICS



**TEST
YOUR
STRENGTH**

STRONGMAN CHALLENGE

Tuesday, September 2, 2025
All Day | Olde Gym

Test your strength with this full-body strength challenge. Lift your heaviest deadlift, farmers carry (Male: 100lbs Female: 50lbs), weighted sled push (Male: 300 lbs Female: 200 lbs). Leaderboards for each movement and finisher t-shirts.

For more info: 619-556-7450

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STRONGMAN CHALLENGE Tuesday, September 2, 2025 All Day | Olde Gym

Test your strength with this full-body strength challenge. Lift your heaviest deadlift, farmers carry (Male: 100lbs Female: 50lbs), weighted sled push (Male: 300 lbs Female: 200 lbs). Leaderboards for each movement and finisher t-shirts.

For more info: 619-556-7450

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SPORTS, FITNESS & AQUATICS



Massage
THERAPY

Active Duty
\$5
off

TIME	PRICE	LOCATION
30 MIN	\$45.00	THE OLDE GYM FITNESS CENTER NORMAN SCOTT RD., BLDG. 223 SAN DIEGO, CA 92136
60 MIN	\$60.00	
90 MIN	\$80.00	

Book Now! VICTOR
Certified Massage Therapist
(619) 920-9700
VICMTNB@GMAIL.COM

BY APPOINTMENT ONLY
CALL (619) 920-9700 TO BOOK

MODALITIES
SWEDISH | DEEP TISSUE | SPORTS MASSAGE



POW/MIA 2 Mile Run/Walk
Friday, August 15, 2025 Admiral Prout Track
FREE
7:30 Check-In 8:00 AM Start

Come participate in a 2-Mile run/walk course at the Admiral Prout Track!

For more information, call 619-556-8913.

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SPORTS, FITNESS & AQUATICS



AQUATICS
CLASS SCHEDULE

Admiral Prout Pool

TUESDAYS	0930-1030	WATER AEROBICS	LOW IMPACT HIIT WORKOUT FOR ALL SKILL LEVELS!
	1200-1245	SECOND CLASS SWIM PREP	PREP FOR YOUR 2ND CLASS SWIM QUALIFICATION. ALL LEVELS ARE WELCOMED
	1700-1745	ACTIVE DUTY SWIM LESSON	ADULT LEARN TO SWIM LESSONS. ALL BEGINNING LEVELS WELCOME!
THURSDAYS	0930-1030	AQUAFIT	DEEP WATER HIIT WORKOUT FOR ALL SKILL LEVELS!
	1200-1245	ACTIVE DUTY SWIM LESSONS	ADULT LEARN TO SWIM LESSONS. ALL BEGINNING LEVELS WELCOME!
	1400-1445	WATER POLO CLINIC	LEARN BASIC KEY WATERPOLO FUNDAMENTALS SUCH AS PASSING, SHOOTING, DEFENSIVE STRATEGIES, AND TEAM COORDINATION.
	1700-1745	SECOND CLASS SWIM PREP	PREP FOR YOUR 2ND CLASS SWIM QUALIFICATION. ALL LEVELS ARE WELCOMED
SATURDAYS	1000-1100	TECHNIQUE ENHANCEMENT SWIM CLASS	FOCUS ON REFINING TECHNIQUE THROUGH WIM SETS AND SKILL DEVELOPMENT.

FOR MORE INFORMATION, CALL (619) 520-3048

MWR
AQUATICS

TUESDAYS

0930-1030 Water Aerobics

1200-1245 Second Class Swim Prep

1700-1745 Active Duty Swim Lesson

THURSDAYS

0930-1030 Aquafit

1200-1245 Active Duty Swim Lesson

1400-1445 Water Polo Clinic

1700-1745 Second Class Swim Prep

SATURDAYS

1000-1100 Technique Enhancement Swim Class

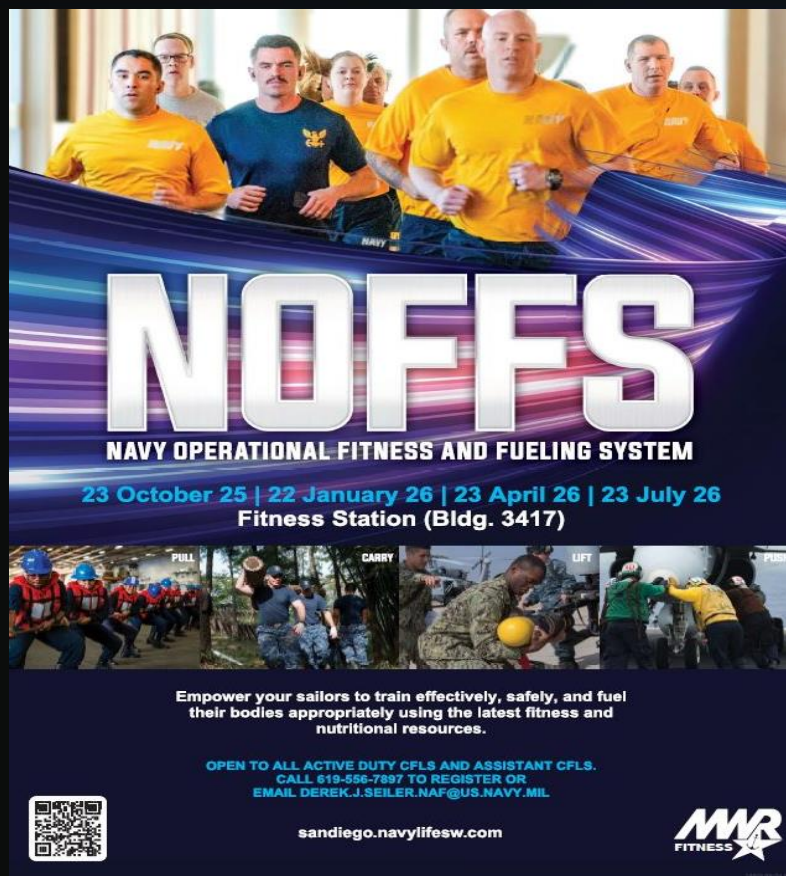
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SPORTS, FITNESS & AQUATICS



NOFFS
NAVY OPERATIONAL FITNESS AND FUELING SYSTEM


23 October 25 | 22 January 26 | 23 April 26 | 23 July 26
Fitness Station (Bldg. 3417)

Empower your sailors to train effectively, safely, and fuel their bodies appropriately using the latest fitness and nutritional resources.

OPEN TO ALL ACTIVE DUTY CFLS AND ASSISTANT CFLS.
CALL 619-556-7897 TO REGISTER OR
EMAIL DEREK.J.SEILER.NAF@US.NAVY.MIL

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MWR
FITNESS



NOFFS

Navy Operational Fitness And Fueling System

Fitness Station (Bldg. 3417)

October 25, 2025

January 22, 2026


April 23, 2026

July 23, 2026

Empower your sailors to train effectively, safely and fuel their bodies appropriately using the latest fitness and nutritional resources.

For more information, call 619-556-7897.

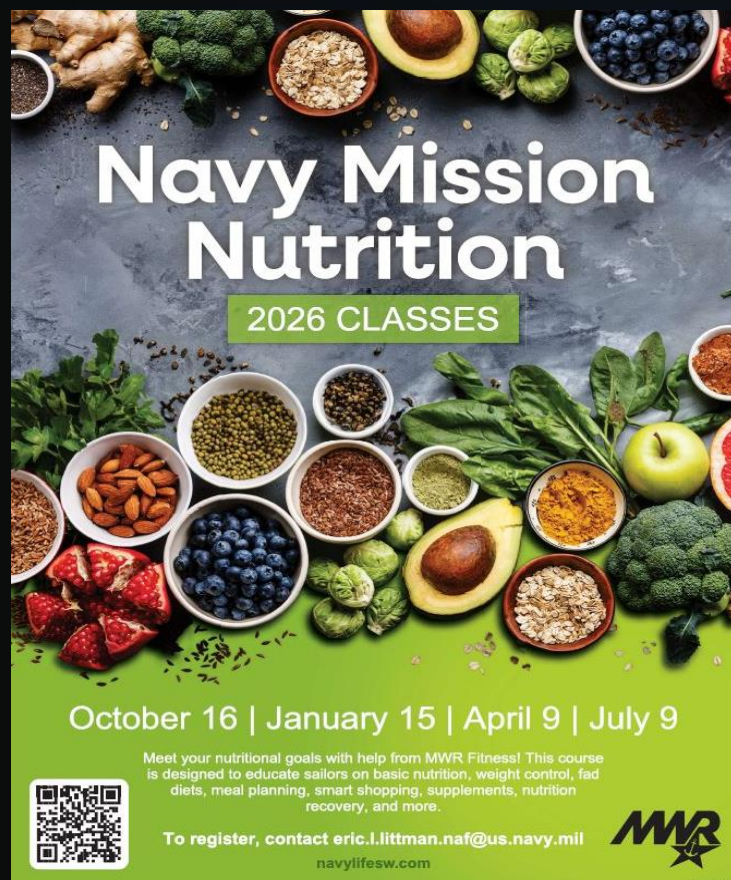
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SPORTS, FITNESS & AQUATICS



Navy Mission Nutrition

2026 Classes

October 16, 2025

January 15, 2026

April 9, 2026

July 9, 2026

Meet your nutritional goals with help from MWR Fitness! This course is designed to educate sailors on basic nutrition, weight control, fad diets, meal planning, smart shopping, supplements, nutrition recovery, and more.

To register, contact eric.l.littman.naf@us.navy.mil

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SPORTS, FITNESS & AQUATICS

NAVAL BASE SAN DIEGO

GROUPX SCHEDULE

4th Quarter • July – Sept 2025

MONDAYS

0600 Boot Camp (OG)
1100 Core Power (HS)
1100 Regen/Yoga (MU)
1200 WOD (FS)
1500 Yoga (FS)
1630 Spin (FS)

TUESDAYS

0930 NOFFS Aquatics (FHP)
1000 HIIT (HS)
1200 WOD (FS)
1700 Sweat & Burn (FS)
1800 Dance Cardio (FS)

WEDNESDAYS

0700 Spin (FS)
1100 Core Power (HS)
1100 HIIT (MU)
1600 Yoga (FS)
1800 Pound (FS)

THURSDAYS

1000 HIIT (HS)
1100 Yoga (FS)
1200 WOD (FS)
1700 Sweat & Burn (FS)

FRIDAYS

0915 Yoga (FS)
1100 Boot Camp (OG)
1200 WOD (FS)

SATURDAYS

1100 Sweat & Burn (FS)

Command PT Appointments

derek.j.seiler.naf@us.navy.mil, 619-556-7897 (Admiral Prout)
zane.h.zimmermann.naf@us.navy.mil, 619-556-9509 (Olde Gym)
eric.l.littman.naf@us.navy.mil, 619-767-6417 (Harborside)



4th Quarter • July – Sept 2025

Boot Camp: Work hard with kettle bells, bands, TRX, weights & more

Command PT: Schedule an appointment for your command for any class type you desire

Core Power: Focus on core stability, endurance & pushing/pulling techniques

Dance Cardio: Dance incorporated into fitness with fun music & energized instructors

HIIT: Full-body movements, alternating high and low intensity exercises

NOFFS Aquatics: Build your muscles in the pool and get a great workout (Shallow end)

Pound: Grab the drum sticks & turn on the music. Workout while having lots of fun

Spin: High Intensity cardio, low impact workout with motivating instructors and music

Sweat & Burn: Cardio Based workout using explosive exercises

Workout of the Day (WOD): Variety of exercises focusing on total-body strength training

Yoga/Regeneration: Promote relaxation & recovery with gentle stretches & breathing

FS = Fitness Station Bldg 3417

HS = Harborside Gym Bldg 3477

OG = Olde Gym Bldg 223

FHP = Field House Pool Bldg 3279

MU = Mussels Downtown Bldg 750



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SPORTS, FITNESS & AQUATICS

OLDE GYM Bldg. 223 and Harborside Gym Bldg. 3477
NOW OPEN 24/7

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Adm. Baker Clubhouse | Anchors Catering & Conference Center



Your perfect venue awaits!

**AFFORDABLE ELEGANCE | NO BASE ACCESS REQUIRED
FULL-SERVICE CATERING FACILITIES**

Our event spaces feature charming indoor and outdoor options ideal for ceremonies, receptions, and formal gatherings. With premium amenities such as one-of-a-kind fine-dining experiences and comprehensive conference support, any impression you make at one of Naval Base San Diego's catering facilities is sure to last.

ADMIRAL BAKER CLUBHOUSE
2400 ADMIRAL BAKER RD. SAN DIEGO, CA 92120 • 619.467.0026



This stunning clubhouse features panoramic views and early California-style architecture, perfectly complemented by its Mission Gorge River location. Nestled between two 18-hole golf courses, it offers a picturesque setting for any occasion.

The Presidio Ballroom features soft arches, sparkling chandeliers, and dark wood beams that will surround your event in rich style. The dining room opens to the Presidio Patio that overlooks the sprawling lush greens of our golf courses. Groups up to 200 can be accommodated at Admiral Baker Clubhouse.

EVENT SPACES

PRESIDIO BALLROOM Capacity 300 - 200	NORTH PRESIDIO PATIO Capacity 100 - 150
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Scan here to inquire about our event venues, availability and booking

EXCLUSIVE OFFERINGS

- Free Parking
- Convenient, historic locations
- Supports local Morale, Welfare, and Recreation programs
- Free High-Speed internet and in-house audiovisual capability

ANCHORS CATERING & CONFERENCE CENTER
2375 RECREATION WAY, SAN DIEGO, CA 92136 • 619.556.7788



Located at Naval Base San Diego, just outside of the Main Street Gate, Anchors Catering & Conference Center provides easy access for both military and non-military guests. Whether hosting an elegant wedding or a traditional ceremony, our versatile venue provides the perfect setting.

With a capacity of up to 400 guests, our facility boasts two spacious banquet rooms and convenient break-out areas. The ballroom features a stage, a beautiful hardwood dance floor, and even a bridal changing room, ensuring every detail of your event is seamlessly accommodated.

EVENT SPACES

ATLANTIC ROOM Capacity 50-130	MEDITERRANEAN ROOM Capacity 25-50
PACIFIC ROOM Capacity 75-100	ARCTIC ROOM Capacity 25-50
GRAND PACIFIC BALLROOM Capacity 100 - 400	



Your Perfect Venue Awaits!

At Anchors Catering & Conference Center

Full service catering and events facility
Easy access for non-military guests
Two large banquet rooms and convenient break out areas
Hardwood dance floor, stage, and bridal changing room available





From elegant weddings to lively command celebrations, we've got you covered. Our versatile event space is perfect for Halls and Farewells, luncheons, dinners, holiday celebrations, birthdays, anniversaries, and wedding receptions. Don't miss out - book your unforgettable event today!

Event Spaces



Grand Pacific Ballroom Capacity 100-400	Mediterranean Room Capacity 25-50
Atlantic Room Capacity 50-130	Arctic Room Capacity 25-50
Pacific Room Capacity 75-100	

For information and booking inquiries, contact us at 619-556-7788.



2375 Recreation Way, San Diego, CA 92136
Located at Naval Base San Diego, just outside of the Main Street Gate



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ANCHORS CATERING & CONFERENCE CENTER

BEEF UP!

**PRIME RIB LUNCH BUFFET
WEDNESDAYS AND FRIDAYS
11 AM – 1 PM**

ONLY AT NSBD
ANCHORS CATERING & CONFERENCE CENTER, BLDG 3210



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ADMIRAL ROBINSON RECREATION CENTER



- Labor Day Monday, Sept 1st Hours: 9am – 4pm
- Corner Pin Café serves breakfast, lunch and dinner 7 days a week. Check out our Daily Deals menu as well!
- Every Thursday FREE active duty and Retiree Bowling from 1100-1700
- Host Command Functions at the bowling alley! \$9 per person includes shoe rental and 2hrs of bowling.
- Visit our fully stocked Pro Shop open Tues – Sat for great deals on bowling balls, shoes, bags, ball drilling and more!
- Book parties and command functions in our Banquet Room! Chairs, Tables, Projector, Sound System included! Catering packages available. No Outside Food or Drinks allowed.

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NBSD AUTO SKILLS CENTER

MONTHLY MAINTENANCE

TRAINING CLASS

SEPTEMBER 13TH 0900-1200

**DISC BRAKES SERVICE, REMOVE
AND**

REPLACE + BRAKE INSPECTION



**NAVAL BASE SAN DIEGO
AUTO SKILLS CENTER**

WE SUPPLY THE TOOLS AND THE KNOW HOW, YOU PROVIDE THE LABOR



BLDG. 3234

619-556-7009

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NBSD PERSONAL STORAGE



NBSD MWR PERSONAL STORAGE

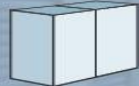
2375 Recreation Way Bldg. 3654 • San Diego, CA 92136
OFFICE HOURS: Monday-Friday: 8 am-4:30 pm

**NEED A PLACE TO STORE YOUR BELONGINGS?
CALL 619-556-3320 FOR AVAILABILITY.**

AVAILABLE UNIT SIZES



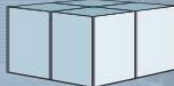
1 Door - \$70/month
4 x 4 x 8 (16 sq. ft)



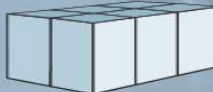
2 Door - \$90/month
4 x 8 x 8 (32 sq. ft)



3 Door - \$115/month
4 x 12 x 8 (48 sq. ft)



4 Door - \$135/month
8 x 8 x 8 (64 sq. ft)



6 Door - \$170/month
12 x 8 x 8 (96 sq. ft)

DAILY ACCESS HOURS: 5:30 am-9 pm

Pricing and hours subject to change without notice. Please call the office for up-to-date information.
To allow sufficient time for contracting, no applications for personal storage will be accepted after 4 pm.



@NavyLifeNBSD
navyllifesw.com



NBSD MWR

VEHICLE STORAGE

OFFICE HOURS: MON-FRI, 8 AM-4:30 PM (CLOSED HOLIDAYS)

2375 Recreation Way Bldg. 3654, San Diego, CA 92136

VEHICLE STORAGE

DROP-OFF & PICK-UP HOURS:
MONDAY-FRIDAY, 8 AM - 3 PM*
CLOSED ON HOLIDAYS

Standard vehicle storage: \$65/month
Deployed service members: \$40/month**

* No pick-ups or drop-offs accepted after 3 pm. Cutoff for same-day contracts (incl. drop-off) is 1 pm.

** Discounted price only valid for 1 vehicle for SHIPS HOMEPORTED IN NBSD and for qualified ship deployments. Must bring deployment letter made out to MWR. Due to high volume of deploying service members, it is highly recommended to contract at least 3 business days prior to deployment.

RV AND BOAT STORAGE

24-HOUR ACCESS

**LOT INCLUDES 325 SPACES, WASTE STATION,
AND ELECTRONIC ENTRY/EXIT GATES**

AVAILABLE SPACES:

15' x 12': \$65/month
20' x 12': \$80/month
25' x 12': \$95/month
30' x 12': \$110/month
35' x 12': \$125/month
40' x 12' (uncovered): \$140/month
40' x 12' (covered): \$170/month
50' x 12': \$170/month



**TAGS, REGISTRATION, AND INSURANCE FOR ANY VEHICLE STORED ON MWR PROPERTY MUST
BE UP TO DATE. ALL VEHICLES MUST BE COMPLETE AND IN OPERATIONAL CONDITION.**

Open to all MWR eligible patrons. Please call (619) 556-3320 or email NBSD_MWRSTORAGE@us.navy.mil for availability.
Pricing and hours subject to change without notice. Contact the office for up-to-date information.



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NavyLifeNBSD



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NBSD GOLF PERFORMANCE CENTER (BLDG.348)



**ELEVATE
YOUR GAME**

MON-SUN: 7 AM-7 PM
NBSD GOLF PERFORMANCE CENTER (BLDG. 348)

**NAVAL BASE
GOLF PERFORMANCE
CENTER**

Improve your performance at
our newly upgraded facility!

AMENITIES INCLUDE:

- Golf Simulator (with 150+ courses)
- Improved Pro Shop and Driving Range
- Food & Beverages
- FREE Wi-Fi and more

 Follow us!

CALL 619-556-7502 FOR INFO AND RESERVATIONS.

**MWR
GOLF**

Monday – Sunday
7AM – 7PM

NBSD Golf Performance Center (Bldg. 348)

Call 619 556 7502 –For Info and Reservations

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NBSD GOLF PERFORMANCE CENTER (BLDG.348)



LIGHT UP THE NIGHT

GLOW BALL TOURNAMENT

Every 2nd Friday of the Month
Starting January 10
\$30 per person
NBSD Golf Performance Center

Register in person.
For more info, call 619-556-7502

Experience golf like never before! Come play under the stars and fire at the pin. Whether you're a seasoned pro or a newbie, this is your chance to swing into a night of fun, laughter, and unforgettable memories. Open to all MWR eligible patrons.

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MWR
GOLF



GLOW BALL TOURNAMENT

Every 2nd Friday of the Month
Starting January 10

\$30 per person

NBSD Golf Performance Center

Register in person

For more info, call 619-556-7502

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NMCS D COMMUNITY RECREATION



September Calendar

Back To School Photoshoot	9/6 11 am \$15
Be A S.T.A.R with MWR: Number Painting	9/13 11 am \$5
Surfer Girl Surf Pro	9/20 8:30 am - 7 pm Free
Popcorn & Pickaxes	9/27 11am \$5



Phone: (619) 532-8909

EVENTS ARE OPEN TO ALL HANDS: Daily Operations open only during stated hours of operation

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NMCSD LIBERTY PROGRAM

September Calendar

Ping Pong Tournament	9/9 11 am -12:30 pm Free
Archery Tag With Inflatable Range	9/19 4 pm Free
Movie Matinee With Popcorn	9/20 11 am – 1pm Free
Legoland Liberty Trip	9/27 10 am \$72.75

Recurring Events

Pawsitive Teams	9/3 , 9/10 , 9/17 10 am- 1pm Free
Love On A Leash	9/9 11 am Free

More info: (619) 532-8909

**EVENTS ARE OPEN TO ONLY TO: ACTIVE DUTY E1-E6,
WOUNDED WARRIOR & GEO BACHELORS**



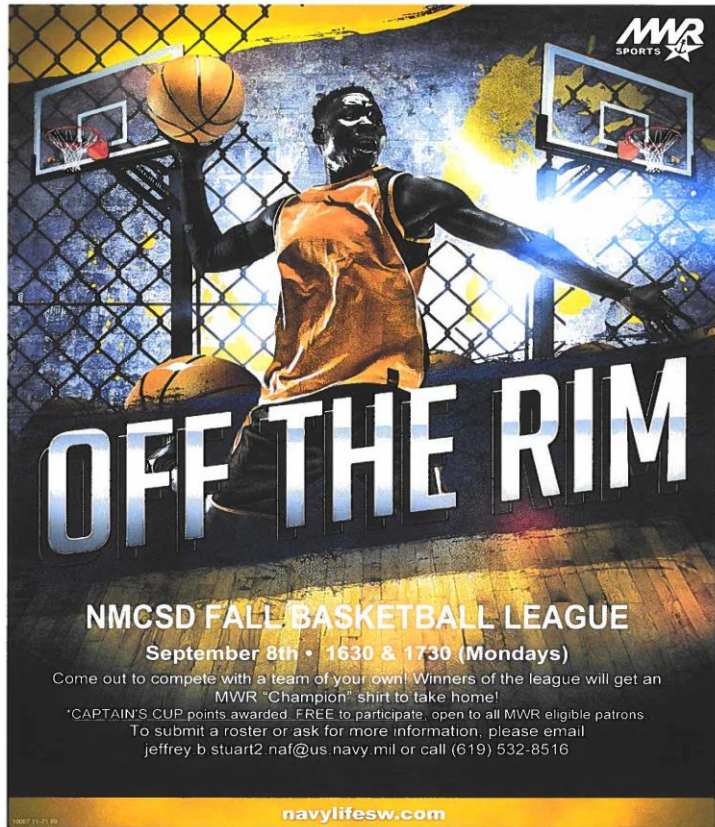
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NMCSD ATHLETICS



BASKETBALL LEAGUE
8 SEPT 1630 & 1730
ATHLETICS COMPLEX
BLDG. 12

Email Jeffrey.b.stuart2.naf@us.navy.mil
or call 619-532-8516 for more information.

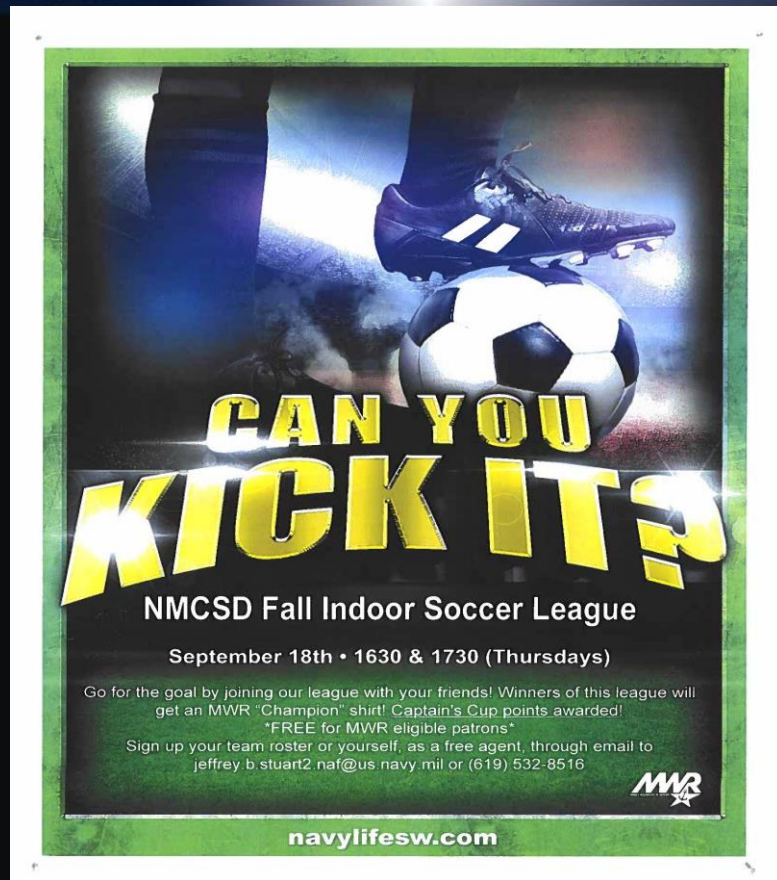
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NMCSD ATHLETICS



INDOOR SOCCER LEAGUE
18 SEPT 1630 & 1730
ATHLETICS COMPLEX
BLDG. 12

Email Jeffrey.b.stuart2.naf@us.navy.mil
or call 619-532-8516 for more information.

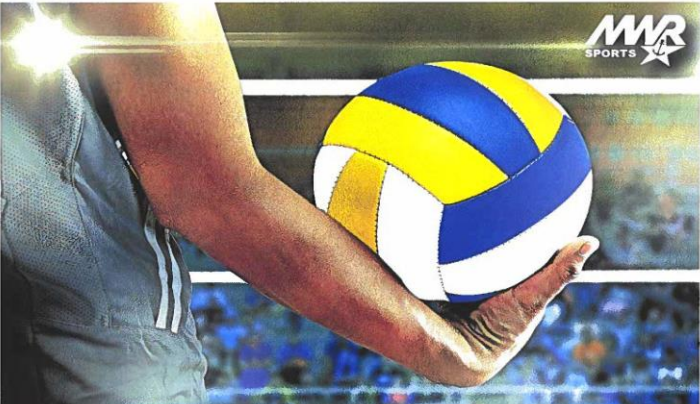
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NMCSD ATHLETICS



OVER THE NET

NMCSD Fall Volleyball League

September 17th • 1630 & 1730 (Wednesdays) FREE

Volleyball Clinic before league starts on Wednesday Sep 10 from 1630-1830

*Captains Cup points awarded & "Champion" T-shirts for first place team!

FREE to all MWR eligible patrons

Submit a team roster or yourself as a free agent through email to jeffrey.b.stuart2.naf@us.navy.mil or contact (619) 532-8516


navylifesw.com

VOLLEYBALL LEAGUE
17 SEPT 1630 & 1730
ATHLETICS COMPLEX
BLDG. 12

FREE Volleyball Clinic intro!!

Email Jeffrey.b.stuart2.naf@us.navy.mil
or call 619-532-8516 for more information.

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NMCSD FITNESS

Massage Therapy

MWR FITNESS CENTER BALBOA BLDG. 26 FLOOR 1B (619)-532-7260 or
text (619)760-3025

Services

Relaxing Swedish

Prices

AD/ Reservist- \$40.00 - 30 minutes
\$55.00 - 60 minutes
\$75.00 - 90 minutes

DOD Civ/ Contractor/- \$45.00- 30 minutes
Retiree & Family \$60.00 - 60 minutes
\$80.00- 90 minutes

The Getaway

\$140.00 - 2 hour aromatherapy service includes mini
facial and massage of your choice from 2 A la cart
services as well as heated body wrap.

A 'La Carte holistic
services

Spine-A-Later Table \$15.00 - 15 min

Raw honey Scrub \$45.00 - 30 min

Foot Rub w/hot rocks \$45.00 - 30 min

Prenatal- \$60.00- 1 hr

Cranial Sacral-\$75.00- 1 hr

Healing Touch-\$75.00- 1 hr

Hot Rock-\$75.00- 1 hr

Deep Tissue-\$75.00- 1 hr

Sampler-\$75.00- 1 hr

Esthetic Services

Signature Facial

Includes steam, deep cleansing,
skin analysis, exfoliation, massage
and balancing of the skin condition
\$55.00 - 1 hour or \$45.00 for 30 min

Gentlemen's Facial

Formulated especially for men,
this deep pore cleansing
stimulates and rejuvenates your
skin to a healthy, younger
appearance

\$55.00 - 1 hour or \$45.00 - 30 min

Waxing Services

Paraffin Wax facial \$95.00 - 1 hour

Upper Lip - \$10.00

Eyebrows - \$25.00

Underarm - \$20.00

Bikini- \$50.00

Full Leg - \$60.00

Arms - \$40.00

Back - \$30.00

Chest - \$60.00

Half Leg - \$45.00



MASSAGE THERAPY Balboa Fitness Center

Bldg. 26, 1B

Lori Pelligrini

(619) 760 - 3025

sandiego.navylifesw.com

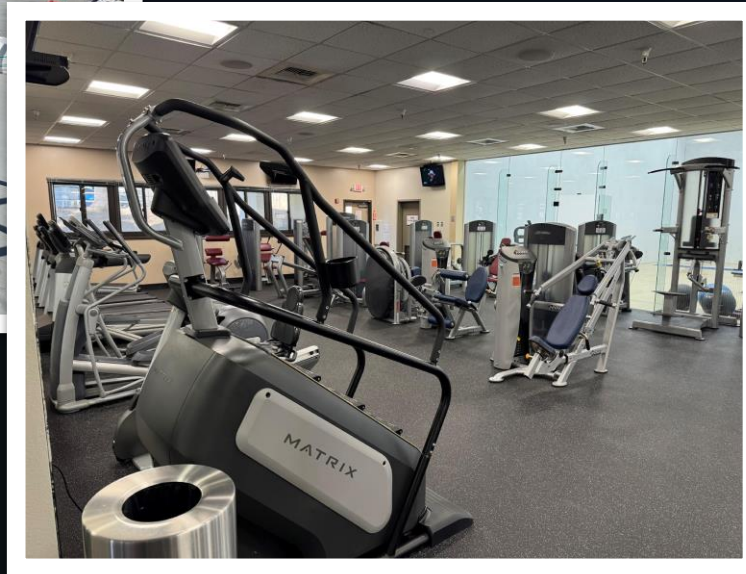
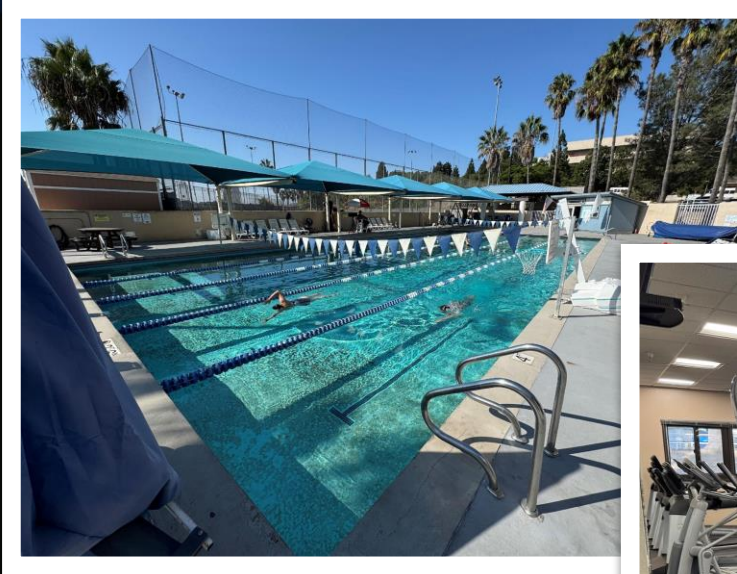


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NMCSD SPORTS & AQUATICS



Balboa Athletic Complex Bldg. 12
New fitness equipment just added!

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