

Naval Base San Diego

N92 MORALE, WELFARE, AND RECREATION

MAY 2025

sandiego.navylifesw.com



[navylifenbsd](#)

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



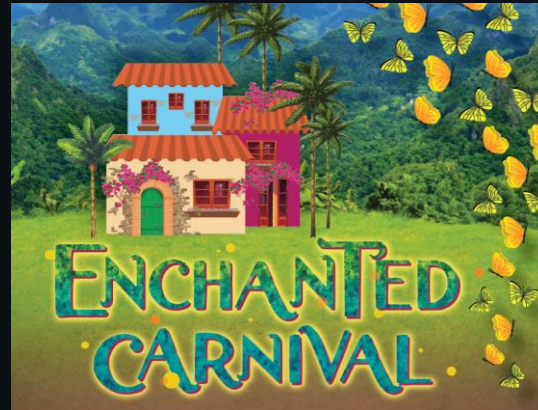
COMMUNITY RECREATION



SIPS & SPARKLES

Thu, May 1 | 6 PM

Craft stunning designs and enjoy the perfect drink combo for a fun relaxing experience.



ENCHANTED CARNIVAL

Sat, May 10 | 2 PM

Step into a world of magic and wonder inspired by Encanto! Bring the familia along for a fun filled evening.



GOLF LESSONS

Fri, May 16 | 11:00 AM

Hit the green with confidence! Learning the game of golf should be fun! Let us teach you golf techniques based on your abilities.



SUMMERWEEN DIVE IN MOVIE

Fri, May 23 | 7 PM

Join us for a fun, spooky twist on your typical summer movie night. Enjoy the Addams Family 2 (PG) along with pool floaties, popcorn, lemonade and more.

sandiego.navylifesw.com

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



COMMUNITY RECREATION



MAY 01	6:00 PM	Sips & Sparkles
MAY 02	7:30 PM	Stargazing
MAY 03	1:00 PM	Blooms & Bottles
MAY 07	10:00 AM	Storytime Craft & Play
MAY 08	6:00 PM	Bricks & Blooms
MAY 10	9:00 AM	Auto Skills Tour
MAY 10	2:00 PM	Enchanted Carnival
MAY 15	5:30 PM	Beats of Brilliance
MAY 16	11:00 AM	Golf Lessons
MAY 17	1:00 PM	Sip & Savor
MAY 17	9:00 PM	Cosmic Bowl
MAY 18	12:00 PM	Kate Sessions Kite Day
MAY 22	6:00 PM	Meat Pie Madness
MAY 23	7:00 PM	Summerween Dive in Movie
MAY 31	10:30 AM	Sandwiches & Ships

sandiego.navylifesw.com

  [navylifenbsd](#)

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



RECYARD LIBERTY – ACTIVE DUTY E1-E6 & GEO BACHELORS



MAY 2	7:30 PM	Star Gazing At Mission Trail
MAY 3	9:30 AM	Julian Historic Town
MAY 4	4:00 PM	Squid Game Challenge
MAY 7	5:00 PM	Cooking Lesson
MAY 10	9:00 AM	Auto Detailing Class
MAY 10	12-6 PM	Volunteer Opportunity
MAY 11	7:00 AM	Anza Borrego State Park Trip
MAY 15	5:30 PM	Beats Of Brilliance
MAY 17	9:00 AM	Paintball
MAY 18	5:00 PM	DIY Paracord Bracelet
MAY 19	5:30 PM	Mindfulness And Meditation
MAY 26	12:00 PM	Memorial Day BBQ
MAY 31	7:00 AM	Trip To: Hollywood Sign Hike

sandiego.navylifesw.com

  [navylifenbsd](#)

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



MWR THEATER – MOVIE SCHEDULE SUBJECT TO CHANGE



May 01 05:50 PM Until Dawn
May 01 07:50 PM A Working Man

May 02 03:30 PM A Minecraft Movie
May 02 05:50 pm A Minecraft Movie



May 03 03:30 PM A Minecraft Movie
May 03 06:00 PM The Woman in the Yard

May 04 12:50 PM Snow White
May 04 03:10 PM A Minecraft Movie

May 08 05:50 PM A Minecraft Movie
May 08 08:00 PM The Woman in the Yard



sandiego.navylifesw.com

  [navylifenbsd](https://www.instagram.com/navylifenbsd)

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



TICKETS & TRAVEL



Get ready to make a splash this summer as Sesame Place and Legoland Waterparks will be opening daily starting Memorial day weekend! Stop by your NBSD Ticket office to get your tickets.



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

sandiego.navylifesw.com

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



OUTDOOR ADVENTURE CENTER



**Your Adventure,
Our Gear**

619-556-7493

3223 Norman Scott Rd.



sandiego.navylifesw.com

  [navylifenbsd](https://www.instagram.com/navylifenbsd)

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



GEAR RENTAL

BOGO!



**Rent one E-bike
Get another
50% off!**

OAC - Seasonal Specials

Bounce Houses

Special: 20% Off Bounce Houses -March to May (Monday-Thursday)

As we approach spring, schools and families begin planning outdoor events and celebrations. Offering a discount on bounce houses during these months can attract customers who are looking for affordable, fun, and safe entertainment for parties.

Call for more information: 619-556-7493

sandiego.navylifesw.com

  [navylifenbsd](#)

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



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

sandiego.navylifesw.com

[navylifenbsd](#)

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



ADMIRAL BAKER PARK – RV CAMPGROUND

New! OUTDOOR FITNESS EQUIPMENT AT THE RV CAMPGROUND



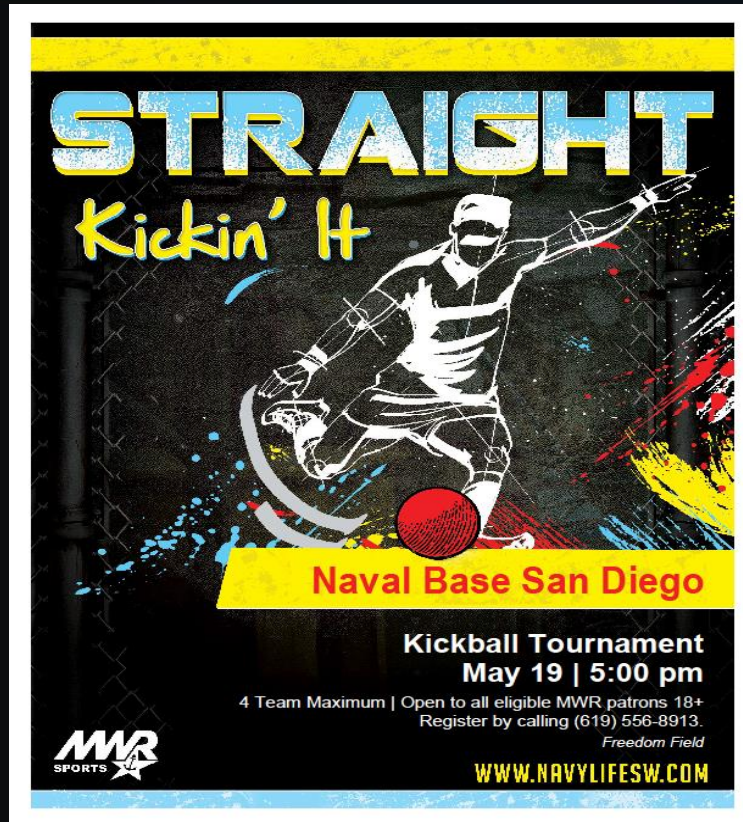
sandiego.navylifesw.com

  [navylifenbsd](#)

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



SPORTS, FITNESS & AQUATICS



Straight Kickin' It Kickball Tournament

Monday, May 19 | 5 PM


Freedom Field

Open to all MWR Patrons 18+

(619) 556-8913

*Eligible MWR PATRONS Includes Active Duty, DOD, Dependents, and Retirees. (619) 556-8913

sandiego.navylifesw.com

  [navylifenbsd](https://www.instagram.com/navylifenbsd)

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



SPORTS, FITNESS & AQUATICS

YOGA



Mother's Day Classes

Thursday, 08 May @ 1100 or 1530
Fitness Station bldg. 3417

* NO REGISTRATION!

* Relaxation & recalibration time for ALL the mom's out there.

* All eligible MWR Patrons Welcome.
* For more information ask the staff at any NBSD gym.
See you there.



navylifesw.com

Memorial Day Fitness CHALLENGE

MONDAY, MAY 26, 7 AM
ADM Prout Field House Track

1 mile run
+ 100 pull-ups
+ 200 push-ups
+ 300 squats
+ 1 (another) mile run!

PUSH YOUR LIMITS!
Join us as we honor our nation's servicemen and women with an intense fitness trial.

FOR MORE INFO:
maria.a.reiff.civ@us.navy.mil



sandiego.navyfitness.com

Mother's Day Yoga Classes

Thursday, May 8 | 11 AM
Fitness Station Bldg. 3417
No Registration Required!

Memorial Day Fitness Challenge

Monday, May 28 | 7 AM
Admiral Prout Field House Track

For more info:
Maria.a.reiff.civ@us.navy.mil

sandiego.navyfitness.com

  navylifenbsd

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



SPORTS, FITNESS & AQUATICS

NAVAL BASE SAN DIEGO

GROUP X SCHEDULE

3rd Quarter • April - June 2025

MONDAY

0700 Command Class (FS by apt)
0800 Command HIIT (FS by apt)
1100 Core Power (HS)
1100 1st & 3rd Strength (Mussels)
1100 2nd & 4th Yoga (Mussels)
1200 Workout of the Day (FS)
1530 Full Body Circuit (FS)
1630 Spin (FS starting 10 March)

THURSDAY

0930 Aquafit (FHP)
1200 Workout of the Day (FS)
1000 HIIT (HS)
1100 Yoga (FS)
1300 Command Class (FS by apt)
1400 Command PRT PREP NOFFS (FS by apt)
1530 Yoga (FS)
1700 Sweat & Burn (FS)

FS = Fitness Station bldg. 3417
HS = Harborside bldg. 3477
Mussels – Downtown bldg. 750

TUESDAY

0700 Command Class (FS by apt)
0800 Command HIIT (FS by apt)
0930 Aqua Strength (FHP)
0930 TRX Plus (FS)
1200 Workout Of The Day (FS)
1000 HIIT (HS)
1400 Command PRT PREP NOFFS (FS by apt)
1700 Sweat & Burn (FS)
1800 Dance Cardio (FS)

FRIDAY

0700 Command HIIT (FS by apt)
0830 Command HIIT (FS by apt)
0915 Yoga (FS)
1200 Workout of the Day (FS)

NZ = NOFFS zone bldg. 3279
FHP – Prout Pool bldg. 3279

WEDNESDAY

0700 Command FEP (FS by apt)
0800 Command HIIT (FS by apt)
1100 Core Power (HS)
1100 (Mussels)
1300 Command Class (FS by apt)
1530 Boot Camp (FS)
1800 Pound (FS)

SATURDAY

1000 Zumba 1st & 3rd Saturdays (FS)
1100 Sweat & Burn (FS)

Maria.a.reiff.civ@us.navy.mil to schedule appts.
Navylifeww.com Schedules online



3rd Quarter • April - June 2025

Spin: High intensity cardio low impact workout with super motivating instructors & music.

Workout of the Day: Variety of exercises focusing on total-body strength training & metabolic (cardio) conditioning.

Sweat & Burn: 45 minute cardio based workout using explosive exercises combining low & high intensity.

Command PRT Prep: Make an appointment for your command & we'll help everyone ready for the next PRT.

TRX Plus: Interval workout which maximizes overall performance utilizing TRX trainer, kettle bells, sandbags & more.

Dance Cardio: A whole lot of dance into fitness with fun music & energized instructors.

Pound: Grab the drum sticks & turn on the music. Get the workout while having tons of fun.

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

Zumba: Spice it up a bit with high energy music, energized instructor and a whole bunch of dancing. Get fit while you dance.

Yoga: Use physical postures, breathing exercises and meditation to improve overall health connecting body, breath & mind.

Total Body Blast: A total body workout to strengthen and improve all major muscle groups and energy systems.

Back To Basics: Focuses on core stability & endurance, pushing/pulling technique and soft tissue.

Mobility & Regeneration: Give those muscles a chance to recover. Learn trigger point & flexibility techniques.

Aquafit: Put on your swim suit & get in the pool for an amazing whole body workout in the water.

Aqua Strength: Come build your muscles up in a pool. Yep it's possible and you'll get a GREAT workout too.

FS = Fitness Station bldg. 3417
HS = Harborside bldg. 3477
OG = Olde Gym bldg. 223

NZ = NOFFS zone bldg. 3279
FHP – Prout Pool bldg. 3279

Maria.a.reiff.civ@us.navy.mil to schedule appts.
Navylifeww.com Schedules online



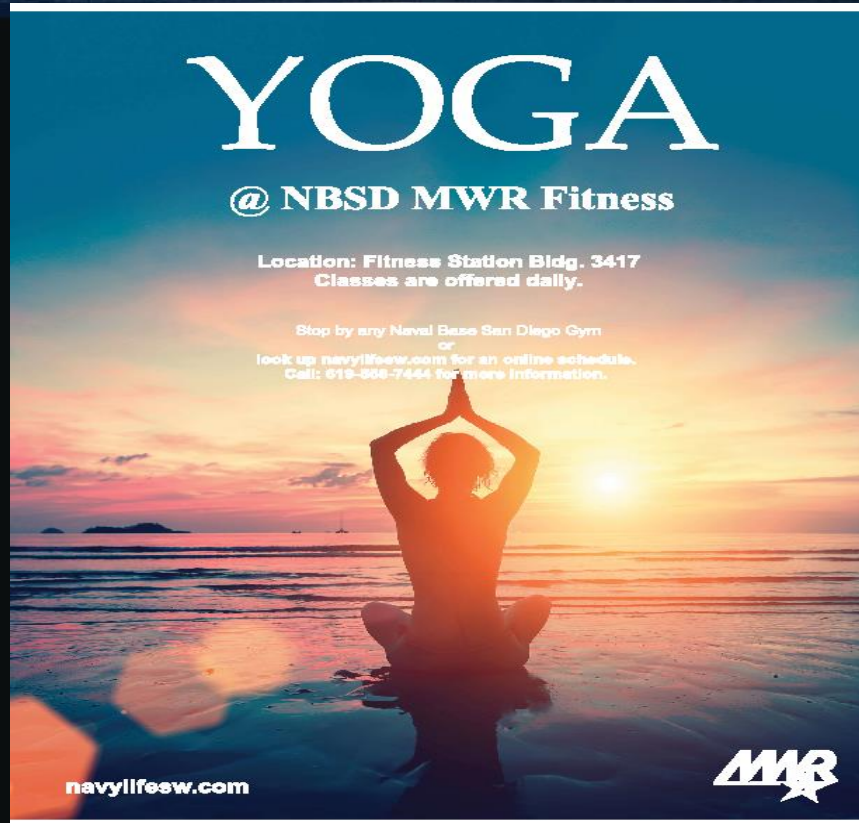
sandiego.navylifeww.com

[navylifenbsd](https://www.instagram.com/navylifenbsd)

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



SPORTS, FITNESS & AQUATICS



YOGA At MWR Fitness

Classes Offered Daily

Stop by any NBSD Gym

or

navylifesw.com for an online schedule

*Eligible MWR PATRONS Includes Active Duty, DOD, Dependents, and Retirees.

sandiego.navylifesw.com



[navylifenbsd](#)

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



SPORTS, FITNESS & AQUATICS



Spin Class

Every Wednesday

1630 Bldg. 3417 Fitness Station

Experience the high-energy thrill of a spin class and elevate your fitness journey as you pedal to the rhythm of exhilarating music, torching calories and strengthening your cardiovascular endurance.

*Eligible MWR PATRONS Includes Active Duty, DOD, Dependents, and Retirees.

sandiego.navylifesw.com

  [navylifenbsd](https://www.instagram.com/navylifenbsd)

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



SPORTS, FITNESS & AQUATICS

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

sandiego.navylifesw.com

  [navylifenbsd](#)

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



Adm. Baker Clubhouse

Mother's Day BRUNCH

Sunday, May 11 | Seat Times: 10 am & 1 pm

\$79 Adults, \$39 Children (4-10 years)
(3 and under FREE)

Reservations Required. Call 619-487-0016
Admiral Baker Clubhouse
2400 Admiral Baker Road, San Diego, CA 92120
sandiego.navylifesw.com



Mother's Day BRUNCH

Sunday, May 11
Seat Times: 10 am & 1 pm

\$79 Adults | \$39 Children (4-10 years) | (3 and under FREE)

Soups & Salads
Salads – Garden, Caesar, Cranberry Walnut
Soups – Potato Leek, Vegetable Beef
Shrimp
Charcuterie

Scrambled Plain & Denver Eggs
Bacon & Sausage
Home Fried Potatoes
Waffles with Accompaniments

Omelet Station
Entrees
Teriyaki Salmon
Lemon Rosemary Chicken
Beef Stroganoff

Fajitas Station

Carving Station
Prime Rib & Roasted Turkey Breast

Sides
Garlic Mashed Potatoes
Spanish Rice
Broccolini & Baby Carrots
Mac & Cheese
Assorted Gourmet Breads

Dessert Station
Beverage Station
Coffee, Tea, Orange Guava Punch, Assorted
Chilled Juices

Bottomless Champagne & Mimosas Available for
Purchase \$10/person

Reservations Required. Call 619-487-0016
Prepayment upon reservation | \$15 per guest cancellation fee
Admiral Baker Clubhouse | 2400 Admiral Baker Road, San Diego, CA 92120
sandiego.navylifesw.com



sandiego.navylifesw.com
f i navylifenbsd

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



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
--	---



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

sandiego.navylifesw.com
  [navylifenbsd](https://www.instagram.com/navylifenbsd)

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



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



sandiego.navylifesw.com

sandiego.navylifesw.com



[navylifenbsd](https://www.instagram.com/navylifenbsd)

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



ADMIRAL ROBINSON RECREATION CENTER



- Café is now OPEN! Serving breakfast, lunch and dinner 7 days a week as well as ESM Meals on Nights and Weekends. Check out our Daily Deals menu as well!
- Sunday, May 11th, Mothers Day Bowling: Mom's Bowl FREE 2 games
- 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! Catering packages available. No Outside Food or Drinks allowed.

sandiego.navylifesw.com

  [navylifenbsd](#)

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



NBSD AUTO SKILLS CENTER

MONTHLY MAINTENANCE

TRAINING CLASS

MAY 10TH 0900-1100

MANAGER SPECIAL

AUTO DETAILING CLASS



NAVAL BASE SAN DIEGO
AUTO SKILLS CENTER
WE SUPPLY THE TOOLS AND THE KNOW HOW, YOU PROVIDE THE LABOR



BLDG. 3234
619-556-7009
WWW.NAVYLIFESW.COM



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

NBSD PERSONAL STORAGE



NBSD MWR PERSONAL STORAGE

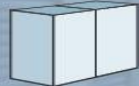
2375 Recreation Way Bldg. 3654 • San Diego, CA 92136
OFFICE HOURS: Monday-Friday: 8 am-4:30 pm

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

AVAILABLE UNIT SIZES



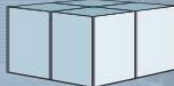
1 Door - \$70/month
4 x 4 x 8 (16 sq. ft)



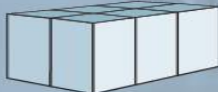
2 Door - \$90/month
4 x 8 x 8 (32 sq. ft)



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.



sandiego.navyllifesw.com

  NavyLifeNBSD



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

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

sandiego.navylifesw.com

  [navylifenbsd](#)

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



NBSD GOLF PERFORMANCE CENTER (BLDG.348)

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



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.

sandiego.navylifesw.com

MWR
GOLF



sandiego.navylifesw.com

  navylifenbsd

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



NMCS D COMMUNITY RECREATION



May Calendar

Cardboard Regatta	5/3 10:30 am Free
DIY Computer Mouse Pads	5/4 10:30 am <u>\$10</u>
Tea & Tender Moments	5/17 1 pm (\$20 Adults, \$15 Kids)
The Navy's 38 th Bay Bridge Run/Walk	5/18 8 am
Calamari Games	5/24 10 am Free

Phone: (619) 532-8909

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

sandiego.navylifesw.com

  [navylifenbsd](https://www.instagram.com/navylifenbsd)

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



NMCSD LIBERTY PROGRAM

May Calendar



Mother's Day DIY Care Package

5/1 | 12 pm | \$5

Budget Friendly Meal

5/6 | 10 am | Free

Liberty Trip: Carlsbad Flower Fields

5/10 | 10 am | \$25

Beginner Kayaking or SUP

5/17 | 10:30 am | \$5

Beginner Archery

5/24 | 2:30 pm | Free

Memorial Day Lunch

5/26 | 12 pm | Free

Recurring Event

D&D + TCG

Every Wednesday @ 4pm

Karaoke Sesh

Every other Friday 4pm | Free

More info: (619) 532-8909

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

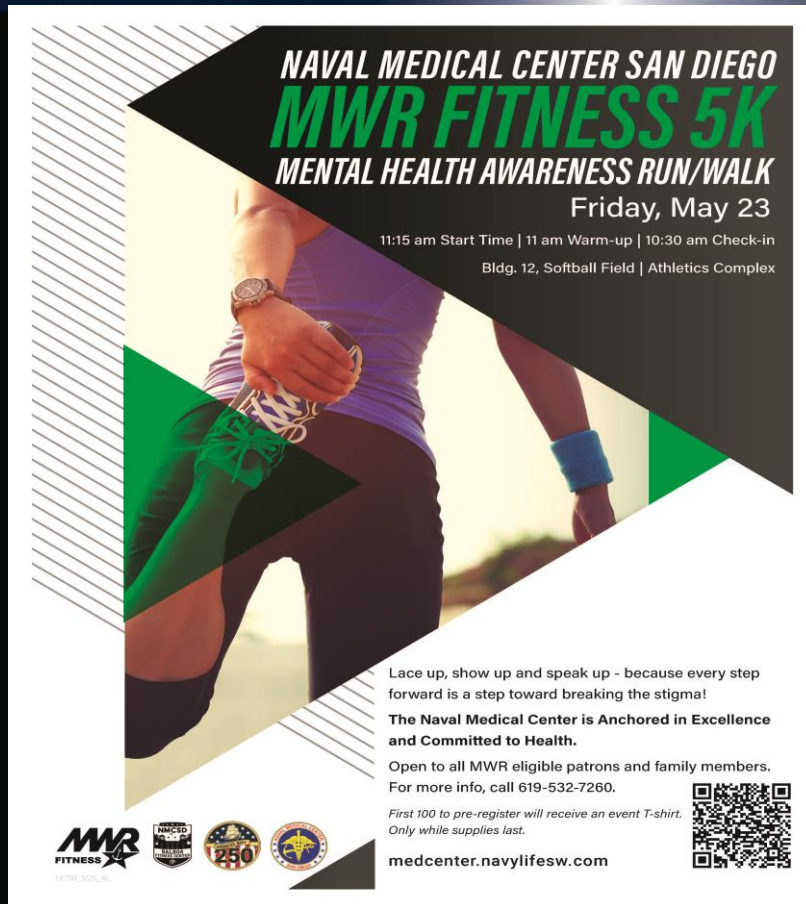
sandiego.navylifesw.com

  [navylifenbsd](#)

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







NMCSD FITNESS PROGRAM



NAVAL MEDICAL CENTER SAN DIEGO
MWR FITNESS 5K
MENTAL HEALTH AWARENESS RUN/WALK
Friday, May 23
11:15 am Start Time | 11 am Warm-up | 10:30 am Check-in
Bldg. 12, Softball Field | Athletics Complex

Lace up, show up and speak up - because every step forward is a step toward breaking the stigma!
The Naval Medical Center is Anchored in Excellence and Committed to Health.
Open to all MWR eligible patrons and family members.
For more info, call 619-532-7260.
First 100 to pre-register will receive an event T-shirt.
Only while supplies last.

medcenter.navylifesw.com



NMCSD MENTAL HEALTH AWARENESS 5K
BLDG. 12, ATHLETICS COMPLEX/SOFTBALL FIELD
FRIDAY, MAY 23 / 1030 CHECK-IN/ 1100 WARM-UP/ 1115 START

Lace up, show up and speak up. – because every step forward is a step toward breaking the stigma! NMCSD is Anchored in Excellence and Committed to Health. Open to all MWR eligible patrons and family members. For more info, call 619-532-7260. First 100 to pre-register will receive a shirt.
Only while supplies last.



sandiego.navylifesw.com

  [navylifenbsd](https://www.instagram.com/navylifenbsd)

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



NMCSD SPORTS & AQUATICS



For any questions,
call 619-532-8909




**READY! SET!
FLOAT!**

Cardboard Regatta

Saturday, May 3rd
CHECK IN: 10:30 AM | RACE STARTS: 11:00 AM | FREE
NMCSD Athletic Club Pool, Bldg 12

Sink or sail—it's up to you! Build a boat using just cardboard
and duct tape, with materials provided by NMCSD MWR.
Scan the QR code to register and compete for a special
prize!


navylifesw.com



**Just
DODGE IT**

NMCSD DODGEBALL TOURNAMENT

Friday May 16 @ 1100
LOCATION: Bldg. 12 Athletic Complex Basketball Court
SIGN-UP DEADLINE: MAY 14 | Teams of 5
To sign-up: 619-532-8516 or zane.h.zimmermann.naf@health.mil
*Tournament is Captain's Cup points eligible | Open to all MWR eligible patrons.
navylifesw.com



NMCSD Carboard Boat Race

Bldg. 12 Pool

Saturday, May 3 @ 10:30 am

NMCSD Dodgeball Tourney

Bldg. 12 Athletic Complex Basketball Court

Friday, May 16 @ 1100

sandiego.navylifesw.com



navylifenbsd

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



NMCSD SPORTS & AQUATICS



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

Phone: (619) 532-8516

sandiego.navylifesw.com



[navylifenbsd](#)

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

