# NAVAL BASE SAN DIEGO

E1-E6 Active Duty & Geo Bachelors only. No guests under 18 years old.

## JR. SAILORS: WHERE OFF-DUTY FUN BEGINS



TRIP TO KI SPEED





COUNTRY CONCERT AT PACIFIC BEACON



#### TRIP TO CABRILLO NATIONAL PARK AND TIDE POOL

# TRIP TO KI SPEED TUESDAY, JULY 1 | 6 PM | \$25

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TUESDAY, JULY 1 6 PM \$25 Buckle up for an evening of fast laps, friendly competition and nonstop adrenaline! Race your squad. Beat the clock. Own the track.

### **4TH OF JULY BBQ FRIDAY, JULY 4 | 12 PM | FREE** Celebrate Independence Day with mouthwatering

Celebrate Independence Day with mouthwatering BBQ and fun lawn games. Bring your appetite and your competitive spirit!

# **GRUNION RUN EXPERIENCE AT SOLANA BEACH** FRIDAY, JULY 11 | 9 PM | FREE

Catch the magic on the shore! Join us for a one-of-a-kind nighttime beach adventure as silvery grunion ride the waves onto the sand on certain moon and tide cycles.

## **COUNTRY CONCERT AT PACIFIC BEACON** SATURDAY, JULY 12 | 6 PM | FREE NBSD PACIFIC BEACON LAWN

Kick back, two-step and sing along under the stars to country songs from your favorite artists! Grab your hat, slip on your boots, and come on down to experience the heart and soul of country music.

# AMC MOVIE TRIP TUESDAY, JULY 15 | 5:30 PM | \$5

Epic action. Iconic hero. Big screen magic. Join us for an action-packed evening as we watch Superman 2025!

## **SUNSET HIKE** FRIDAY, JULY 18 | 5:30 PM | \$5 Cowles Mountain

Lace up your boots and hit the trail as we catch the golden hour at its best! Breathtaking views, fresh air and good company.

# VIDEO GAME TOURNAMENT

#### SATURDAY, JULY 19 | 12:30 PM | FREE

Ready to show off your skills? Compete in the ultimate gaming showdown for the glory! It's time to level up.

# TRIP TO CABRILLO NATIONAL PARK AND TIDE POOL

#### SUNDAY, JULY 20 | 9 AM | FREE

Breathtaking views, tidepool exploring, hiking and more! Discover history, ocean life and natural beauty—all in one adventure.

## MINDFULNESS AND MEDITATION TUESDAY, JULY 22 | 5 PM | FREE

Destress. Refocus. Recharge. FFSC family will be at Recyard to teach you how to manage your stress and develop resilience. Light refreshments provided.

# COMIC CON VOLUNTEER THURSDAY-SUNDAY, JULY 24-27

Step into the action and be a part of the magic at this year's Comic Con. Help bring epic to life!



THE RECYARD LIBERTY CENTER | NAVAL BASE SAN DIEGO DRY SIDE | BLDG. 221 MON-SUN: 9 AM-10 PM | HOLIDAYS: 9 AM-10 PM | 619-556-5085 EI-E6 ACTIVE DUTY ONLY. NO GUESTS UNDER 18 YEARS OLD.

All programs, events, and pricing subject to change.

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

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#### LAP TRIP TO **GRAND CANYON**

# **STAR GAZING AT MISSION TRAIL**

FRIDAY, AUGUST 1 7 PM FREE Escape the city lights and step into a galaxy of wonder! Bring your curiosity and sense of awe as we team up with local astronomers with high powered telescopes and modern video cameras. Get a front row seat to the galaxy!

# **TRIP TO SAN DIEGO ZOO**

SATURDAY, AUGUST 2 | 3 PM | FREE

Experience the zoo like never before-under the glow of moonlight! Watch as the animals steal the spotlight, meet nocturnal creatures on their turf and enjoy live performances that bring the night to life.

## MASSAGE THERAPY TUESDAY, AUGUST 5 | 3 PM | FREE

Relax and recharge! Drop by for a quick 10-minute massage from our certified massage therapist. First come, first served.

#### **BARRACKS BASH BLOCK PARTY** TUESDAY, AUGUST 12 | 4 PM | FREE

Glide into fun with us at our Roller-Skating Bash! Enjoy free roller skate rentals, cool off with slushies and roll to the rhythm with live tunes from the DJ!

### **TRIP TO** DISNEYLAND SATURDAY, AUGUST 16 | 7 AM | \$110

It's time to make some magic happen! Get ready for a day full of thrills, fun rides and unforgettable memories at the most magical place around. Cost includes admission ticket and transportation.

### **SNORKELING 101** SUNDAY, AUGUST 17 | 9 AM | \$5

Dive into adventure! New to snorkeling? Learn the basics of breathing, floating, and exploring beneath the surface in a fun, beginner-friendly session at one of the most famous snorkeling spots in San Diego, Gear and transportation provided.

# NIGHT FISHING **BY THE LAKE**

FRIDAY, AUGUST 22 | 5:30 PM | FREE Cast, chill and reel under the stars! Join us for a relaxing evening of lakeside fishing.

# **SWIMMING 101 AT ADMIRAL PROUT GYM**

BEGINS

SATURDAY, AUGUST 23 | 10 AM | FREE

Want to build confidence in the water? This class is focused on essential safety skills and basic swim technique. Snacks provided after the class.

### **TRIP TO SEAWORLD** SUNDAY, AUGUST 24 | 9:30 AM | FREE

Up-close marine life encounters, thrilling rides, and non-stop fun! Enjoy the day at SeaWorld exploring different exhibits, attractions and rides. Transportation is provided. \*\*Use your one free admission through Waves of Honor or purchase your ticket at MWR Ticket Office.

# MINDFULNESS AND MEDITATION

#### TUESDAY, AUGUST 26 | 5 PM | FREE

Feeling the stress? Take a pause. Our FFSC family will be here to help you learn how manage your stress, refocus and develop resilience. Refreshments and snacks from Recyard.

### LAP TRIP TO **GRAND CANYON** FRIDAY-MONDAY, AUG 29-SEP 1 **CALL FOR COST**

Get ready for a 3-day excursion like no other! Camp under the stars, ride the legendary railway and explore jaw-dropping South Rim views. Gear, in camp meals, tour and transportation included. Limited spots. Reserve yours now.



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