

Naval Base San Diego

N92 MORALE, WELFARE, AND RECREATION

MAY 2026

sandiego.navylifefsw.com



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COMMUNITY RECREATION



MOMMY & ME PAINTING SESSION

Sun, May 3 | 12 PM \$15

Enjoy a relaxed painting session where you and your child can create, laugh and bond together. No experience needed. Just come ready to have fun!



FISHING 101

Sat, May 16 | 9AM \$5

Learn the basics of fishing in this beginner-friendly class. Perfect for kids, families, and first-time anglers looking to get started.



ENCHANTED FIESTA

Sun, May 17 | 2-5PM
\$15 KIDS (3-12) | \$20 ADULTS (13+)

Magic meets mariachi at this festive celebration! Enjoy crafts, games and live music in a colorful, family-friendly atmosphere.



PAINTBALL

Sat, May 23 | Noon \$15
Admiral Baker Paintball Park

Gear up, team up and dive into non-stop action! This high-energy paintball session is packed with action, strategy and serious fun!

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COMMUNITY RECREATION



- | | | |
|--------|----------|--|
| May 01 | 7:30 PM | Stargazing FREE |
| May 02 | 12:00 PM | Kids Craft & Cooking-Tie Dye \$15 |
| May 03 | 12:00 PM | Mommy & Me Painting Session \$15 |
| May 05 | 5:30 PM | Pasta Making Class \$15 |
| May 06 | 10:00 AM | Storytime, Craft & Play FREE |
| May 08 | 7:30 PM | Dive in Movie FREE |
| May 09 | 10:00 AM | RC Car Off-Road Fury FREE |
| May 16 | 9:00 AM | Fishing 101 \$5 |
| May 17 | 2 - 5 PM | Enchanted Fiesta \$15 / \$20 |
| May 23 | 12:00 PM | Paintball \$15 |
| May 28 | 6:00 PM | Glow Bingo \$10 |
| May 30 | 9:00 AM | Snorkeling \$5 |

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RECYARD LIBERTY – ACTIVE DUTY E1-E6 & GEO BACHELORS



**COOKING LESSON 101 -
LUMPIA MAKING**



DISNEYLAND TRIP

May 01	6:30pm	Star Gazing at Mission Trails
May 03	09:00am	Annie's Canyon Trail Hike
May 07	5:30pm	Cooking Lesson 101:Lumpia Making
May 09	07:00am	Potato Chip Rock Hike
May 11	04:00pm	Sewing 101
May 14	5:00pm	AMC Movie Trip
May 17	8:00am	The Navy's 39 th Annual Bay Bridge Run/Walk
May 17	9:00am	La Jolla Torey Pines- Nature Walk
May 19	5:00pm	Mindfulness Meditation
May 22-25	9:30am	LAP: Wilderness Weekend
May 25	12:00pm	Memorial Day BBQ
May 29	6:00pm	Indoor Rock Climbing 101
May 30	7:00am	Disneyland Trip

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TICKETS & TRAVEL



GALACTICOASTER
NOW OPEN!

BLAST OFF!

2nd day FREE on Resort Hopper tickets!

Includes LEGOLAND® Theme Park + SEA LIFE Aquarium + LEGOLAND® Water Park

Stay on-site when visiting. Please inquire about our Military Hotel Discount.

*2nd Day FREE within 90 days of first visit.

Water Park Now Open!

BUY YOUR DISCOUNTED TICKETS HERE

LEGOLAND CALIFORNIA RESORT

LEGOLAND CALIFORNIA

Visit the new Galacticoaster and purchase a two-day ticket for only \$89.50. Same price for ages 2 and up. Includes all three park (Legoland/Sealife/Water Park) both days.

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

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OUTDOOR ADVENTURE CENTER



YOUR ADVENTURE OUR GEAR

NBSD Outdoor Adventure Center (OAC)
& Gear Rental **FOR MORE INFO CALL 619-556-7493**



250



sandiego.navylifsw.com/recreation



Your Adventure, Our Gear

619-556-7493

3223 Norman Scott Rd.

sandiego.navylifsw.com

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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

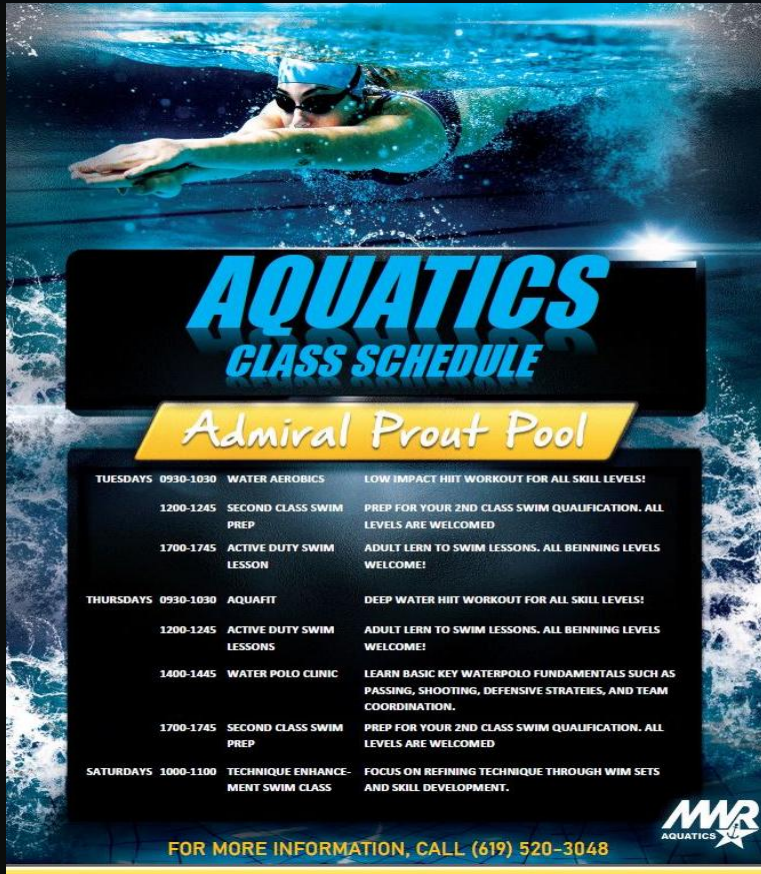
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SPORTS, FITNESS & AQUATICS




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 LERN TO SWIM LESSONS. ALL BEINNING LEVELS WELCOME!
THURSDAYS	0930-1030	AQUAFIT	DEEP WATER HIIT WORKOUT FOR ALL SKILL LEVELS!
	1200-1245	ACTIVE DUTY SWIM LESSONS	ADULT LERN TO SWIM LESSONS. ALL BEINNING LEVELS WELCOME!
	1400-1445	WATER POLO CLINIC	LEARN BASIC KEY WATERPOLO FUNDAMENTALS SUCH AS PASSING, SHOOTING, DEFENSIVE STRATEIES, 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



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



TACTICAL WARFIGHTER READINESS

LIFE CAN BE TOUGH, SO CAN YOU



TWR is a hands-on program that builds strength, sharpens your mind, and boosts resilience while helping you stay mission ready in every area of life: mind, body, spirit, and social. This class is taught by highly trained professionals dedicated to empowering you with the skills and knowledge to thrive in all aspects of your life.

This **THREE-DAY COURSE** covers a wide range of topics, including:

- Day 1: Peak Performance Fitness
- Day 2: Performance Nutrition
- Day 3: Warfighter Resilience

619-556-7444 | nbsd_twr@us.navy.mil

navylifesw.com/tactical-warfighter-readiness



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SPORTS, FITNESS & AQUATICS



2026 COURSE DATES

April 14-16

May 19-21

June 23-25

August 11-13

September 22-24

October 20-22

November 17-19



619-556-7444 | nbsd_twr@us.navy.mil
navylifesw.com/tactical-warfighter-readiness



2026 Tactical Warfighter Readiness Course Dates

April 14-16, 2026

May 19-21, 2026

June 23-25, 2026

August 11-13, 2026

September 22-24, 2026

October 20-22, 2026

November 17-19, 2026

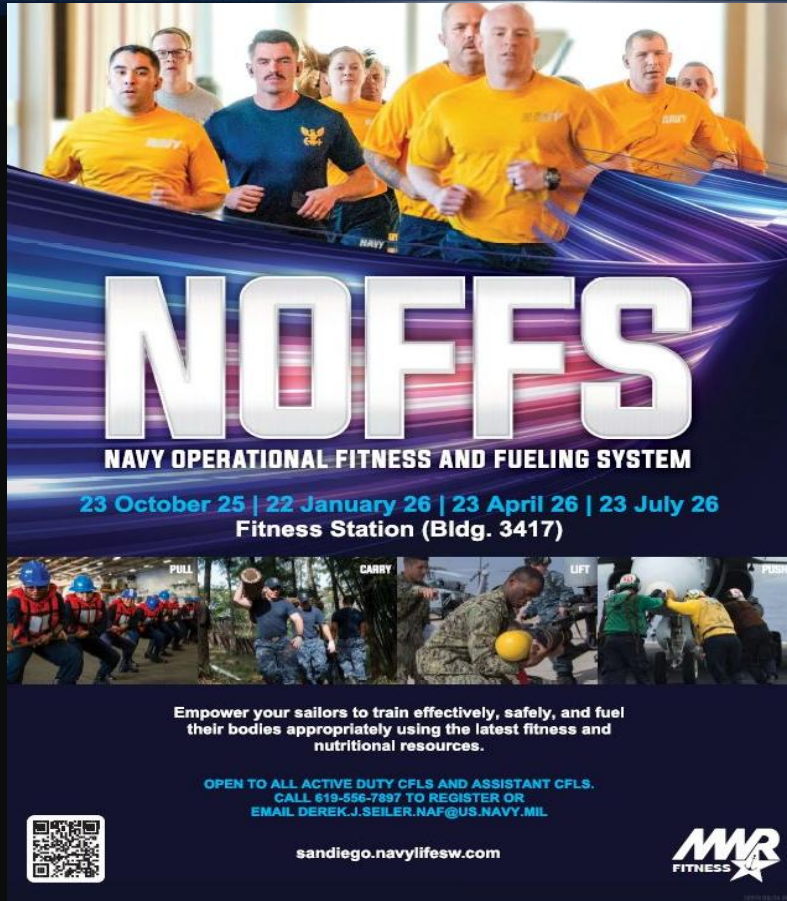
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SPORTS, FITNESS & AQUATICS





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

sandiego.navylifefsw.com



NOFFS

Navy Operational Fitness And Fueling System
Fitness Station (Bldg. 3417)

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.

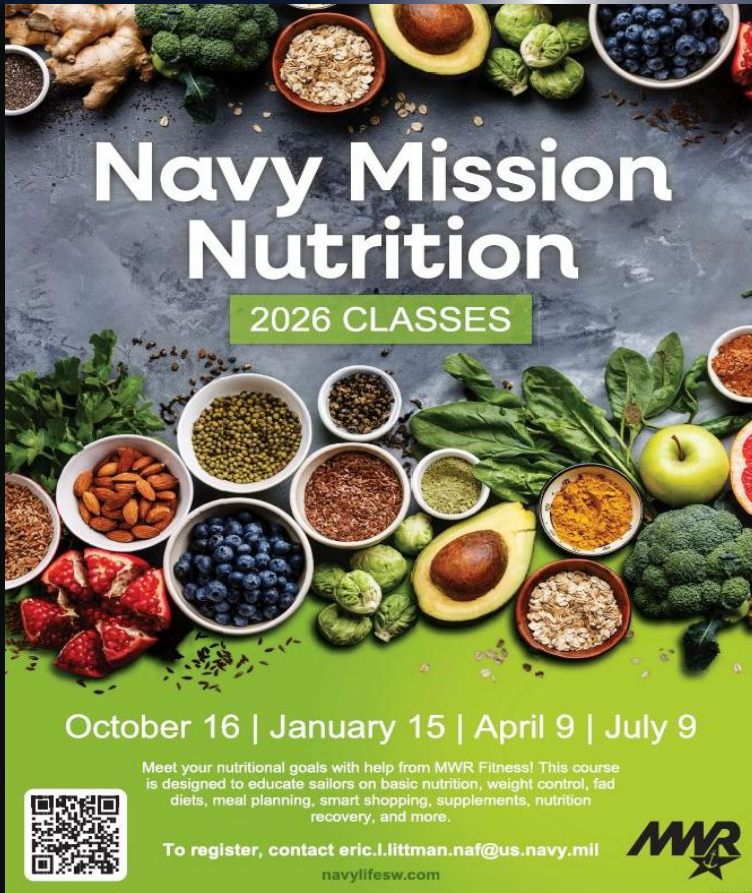
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SPORTS, FITNESS & AQUATICS





Navy Mission Nutrition
2026 CLASSES

October 16 | January 15 | April 9 | July 9

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
navylifesw.com



Navy Mission Nutrition

2026 Classes

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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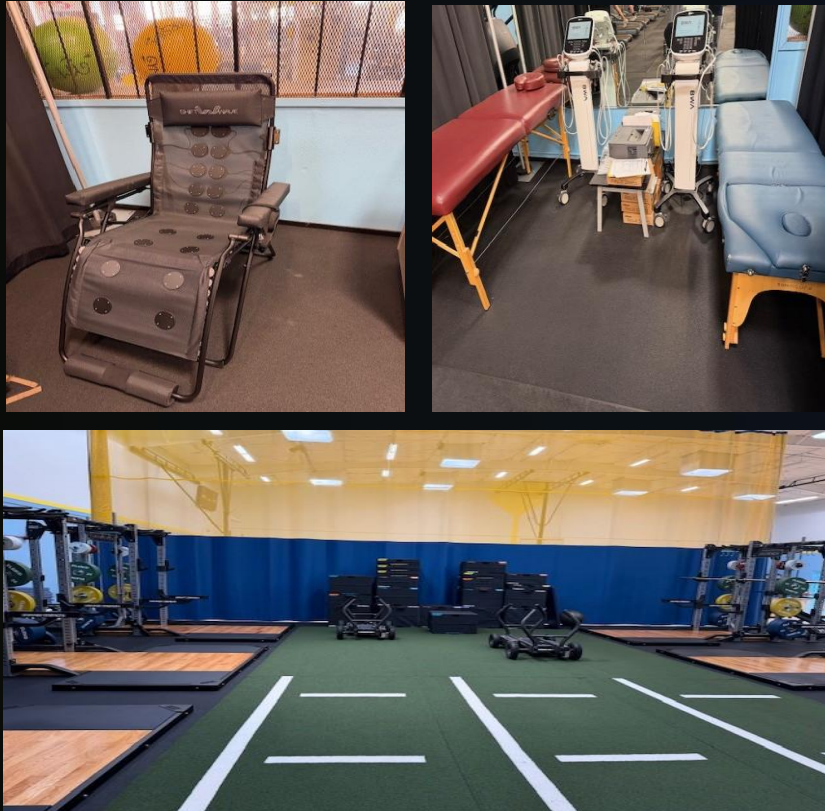
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HUMAN PERFORMANCE OPTIMIZATION



Location: Harborside Gym



HPO Staff: Cognitive Specialist, Dietitian, and Strength Coaches

Available Services:

Brief: Short, educational engagements designed to support and sustain battle ready personnel.

Workshops: Interactive, hands-on educational sessions focused on specific skill development and performance strategies.

Sessions: structured sessions designed to improve performance.

Consultation: One-on-one consultations focused on individual performance goals and readiness needs.

Program Design: Integrated performance planning and operational performance support to sustain readiness and effectiveness.

Assessment and Testing: Systematic methods used to measure skills, abilities, or performance to establish a baseline, track change over time, and inform targeted development and decision-making.

Sailor Experience: Contact with HPO Staff, complete intake form, receive scheduling email (24 hours) to set-up consultation, initial assessment, develop and execute programming, and reevaluate performance status.

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SPORTS, FITNESS & AQUATICS

NAVAL BASE SAN DIEGO

GROUP X SCHEDULE



3rd Quarter • APR – JUN 2026

MONDAYS

0530 Core Power (OG)
1100 HIIT (MU)
1100 Spin (OG)
1200 WOD (TWR)
1530 Sculpt & Sweat (TWR)

TUESDAYS

0930 Aqua Fit (FHP)
1200 WOD (TWR)
1700 Sweat & Burn (TWR)

WEDNESDAYS

1100 HIIT (MU)
1200 ESD (TWR)
1530 Boot Camp (TWR)

THURSDAYS

0930 Aqua Grind (FHP)
1200 WOD (TWR)
1700 Tone & Sculpt (TWR)

FRIDAYS

0915 HIIT (TWR)
1100 Boot Camp (OG)
1200 WOD (TWR)
1430 Yoga (TWR)

SATURDAYS

1100 Sweat & Burn (TWR)

Command PT and FEP 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)
joshua.r.dennis6@us.navy.mil, 619-767-6417 (Harborside)



3rd Quarter • APR – JUN 2026

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

Aqua Grind: Total body push/pull using resistance equipment to build stability and endurance (Shallow end)

Boot Camp: Tabata-inspired workout stations blending strength, plyometrics and cardio

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

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

ESD: Energy System Development, Tabata style cardio. Use equipment and body weight to produce and optimize energy systems for any activity

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

Spin: Indoor cycling to build endurance and stability with multiple resistances and position changes

Sweat & Burn: Cardio Based workout using explosive exercises

Tone & Sculpt: Burn, build, repeat. The ultimate total body transformation

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

Yoga: Promote relaxation & recovery with gentle stretches & breathing

TWR = Tactical Warfighter Readiness Center Bldg 3417

FHP = Field House Pool Bldg 3279

OG = Olde Gym Bldg 223

MU = Mussels Downtown Bldg 750



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SPORTS, FITNESS & AQUATICS

Olde Gym Bldg. 223

Admiral Prout Fieldhouse Gym Bldg. 3279

Harborside Gym Bldg. 3477

OPEN 24/7

CAC Card Access Only During Unmanned Hours

Register your CAC card with fitness staff during manned hours.

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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 • 619.487.0026



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 100 - 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 92138 • 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 Helms 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

Atlantic Room

Capacity 50-130

Pacific Room

Capacity 75-100

Mediterranean Room

Capacity 25-50

Arctic Room

Capacity 25-50

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



2375 Recreation Way, San Diego, CA 92138
Located at Naval Base San Diego, just outside of the Main Street Gate



ANCHORS LUNCH

Prime Rib Lunch Buffet

Wednesdays and Fridays 11am - 1pm

ANCHORS CATERING & CONFERENCE CENTER, BLDG 3210

Naval Base San Diego

619-556-7788

\$29.95

Starting April 1, 2026

WEDNESDAYS

Roasted Prime Rib (carved)
with Au Jus and Horseradish
Specialty Homemade Chicken
Chef's Choice
Rice & Potatoes
Vegetables

Garden Green and Caesar Salad
Soup of the Day
Fresh Rolls and Butter
Assorted Fruits
Desserts Station
Coffee, Tea, and Fountain Sodas

FRIDAYS

Roasted Prime Rib (carved)
with Au Jus and Horseradish
Roasted Pork Belly
Breaded Fried Catfish
Stir Fried Noodles
Rice & Potatoes
Vegetables

Garden Green and Caesar Salad
Soup of the Day
Fresh Rolls and Butter
Assorted Fruits
Desserts Station
Coffee, Tea, and Fountain Sodas



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Adm. Baker Clubhouse | Anchors Catering & Conference Center

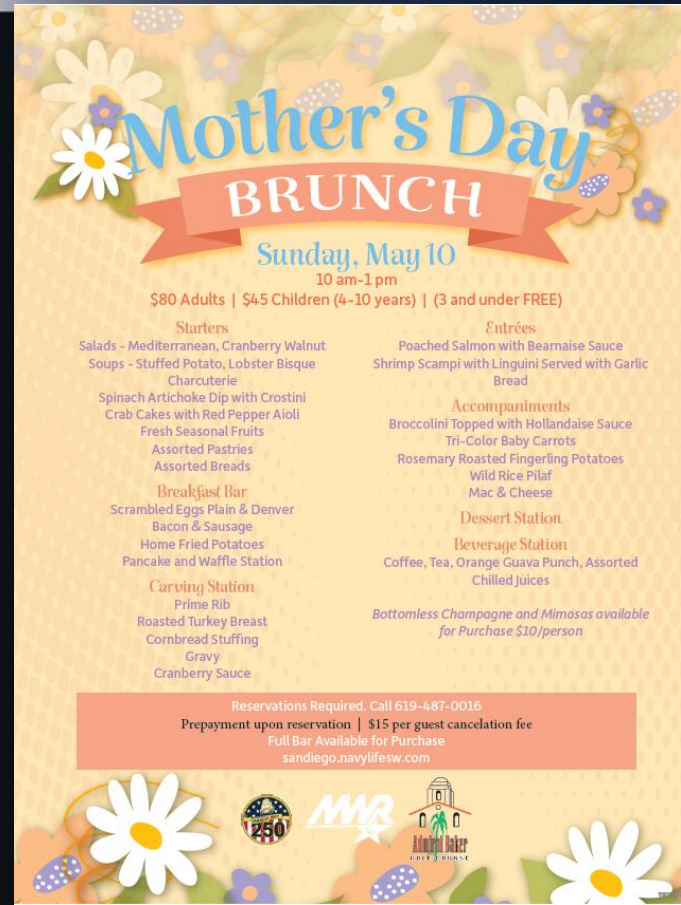


**Mother's Day
BRUNCH**

Sunday, May 10
10 am-1 pm

\$80 Adults, \$45 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.navylifefsw.com



**Mother's Day
BRUNCH**

Sunday, May 10
10 am-1 pm

\$80 Adults | \$45 Children (4-10 years) | (3 and under FREE)

Starters
Salads - Mediterranean, Cranberry Walnut
Soups - Stuffed Potato, Lobster Bisque
Charcuterie
Spinach Artichoke Dip with Crostini
Crab Cakes with Red Pepper Aioli
Fresh Seasonal Fruits
Assorted Pastries
Assorted Breads

Breakfast Bar
Scrambled Eggs Plain & Denver
Bacon & Sausage
Home Fried Potatoes
Pancake and Waffle Station

Carving Station
Prime Rib
Roasted Turkey Breast
Cornbread Stuffing
Gravy
Cranberry Sauce

Entrées
Poached Salmon with Bearnaise Sauce
Shrimp Scampi with Linguini Served with Garlic Bread


Accompaniments
Broccolini Topped with Hollandaise Sauce
Tri-Color Baby Carrots
Rosemary Roasted Fingerling Potatoes
Wild Rice Pilaf
Mac & Cheese

Dessert Station

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

*Bottomless Champagne and Mimosas available
for Purchase \$10/person*

Reservations Required. Call 619-487-0016
Prepayment upon reservation | \$15 per guest cancellation fee
Full Bar Available for Purchase
sandiego.navylifefsw.com



Mother's Day Brunch
Sunday, May 10
10 am – 1 pm
\$80 Adults | \$45 – Children (4-10yrs)
(3 and under FREE)
Reservation Required : 619 487 0016
Admiral Baker Clubhouse
2400 Admiral Baker Road, San Diego, CA 92120

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Adm. Baker Clubhouse | Anchors Catering & Conference Center

OUTDOOR POP-UP | OUTSIDE BLDG. #3210 AT ANCHORS CATERING & CONFERENCE CENTER



Grill and Go Mondays


Fresh off the Grill. Ready when you are.

10:30 AM - 1:30 PM

Grilled Chicken or Grilled Pork Plate for \$11.25

Outdoor Pop-up | Outside Bldg. #3210 at Anchors Catering & Conference Center

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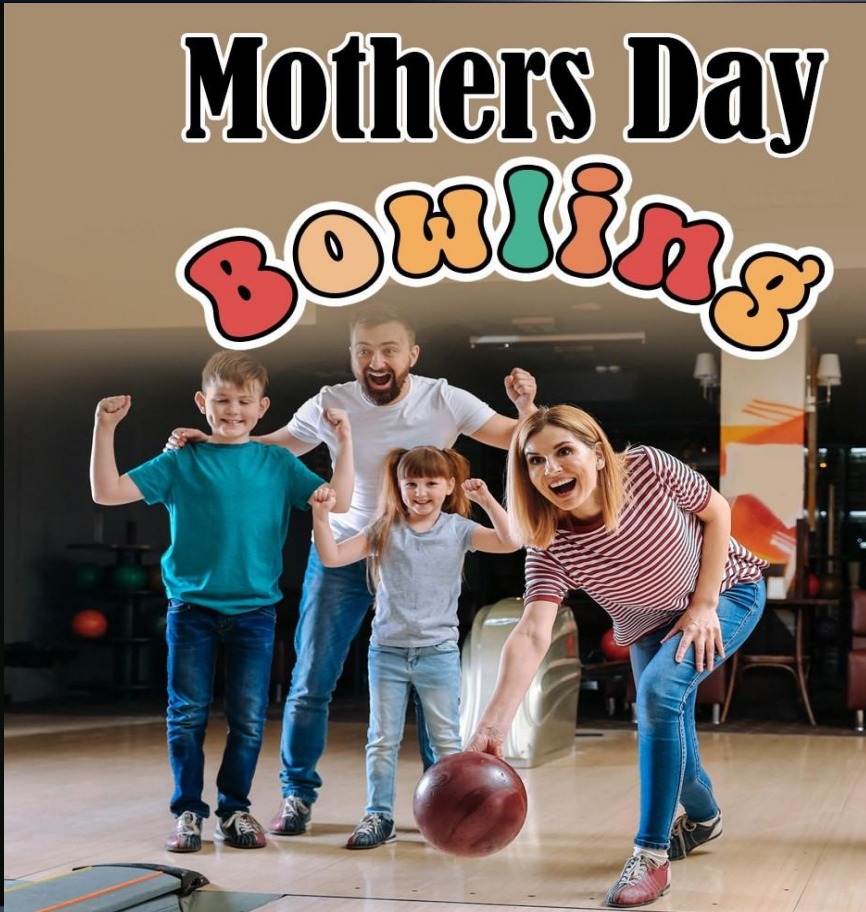
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ADMIRAL ROBINSON RECREATION CENTER

Mothers Day

BOWLING



- Mother's Day Special Sunday, May 10th: Moms receive 2 free games of bowling!
- Starting June 1st, Kids Bowl 2 Free games each day 9am-5pm. shoe rental not included
- Corner Pin Café serves breakfast, lunch and dinner 7 days a week. Check out our weekly specials that we offer as well!
- FREE active Duty and Retiree Bowling every Thursday 1100-1700
- 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.
- Fully Stocked Bar open daily at 4pm!

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NBSD AUTO SKILLS CENTER

MONTHLY MAINTENANCE TRAINING CLASS

May 9th

0900-1200

Auto Detailing Class (Managers Special)



MWR
MORALE, WELFARE AND RECREATION

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



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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)



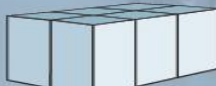
2 Door - \$90/month
4 x 8 x 8 (32 sq. ft)



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



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



Facebook Instagram @NavyLifeNBSD
navylifesw.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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Facebook Instagram 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)

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

NAVAL BASE
GOLF PERFORMANCE CENTER

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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NMCSD FITNESS EVENTS



MILITARY SPOUSE APPRECIATION 5K
Thursday, May 21

10:30 am Check-In | 11 am Warm-Up | 11:15 am Start
NMCSD, Softball Field near Athletics Complex, Bldg. 12

FREE

Behind every mission is a military spouse who keeps life going. Today, we celebrate and honor the countless sacrifices you have made as we run/walk.

Open to all MWR eligible patrons.
Event T-shirts awarded to race finishers.
First come, first serve.
T-shirt size limited, while supplies last. For more info: 619-532-7260

medcenter.navalifesw.com



MILITARY SPOUSE APPRECIATION 5K

Thursday, MAY 21

ATHLETICS COMPLEX

BLDG. 12/SOFTBALL FIELD

10:30 AM CHECK-IN

11 AM WARM-UP | 11:15 AM START

Come celebrate and honor the countless sacrifices you have made as we run/walk.

OPEN TO ALL ELIGIBLE PATRONS AND FAMILY MEMBERS.

Call 619-532-7260 for more information.

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NMCSD SPORTS & AQUATICS



LOOKING FOR A CHALLENGE?
LET'S GET WET!

1-Mile Swim Challenge
May 11 • 0530-1830 • B.12 Athletic Complex

Join us for a challenging 1-mile swim that will be sure to get your heart pumping!
Open to all eligible MWR patrons | T-shirt awarded to fastest time!
Sign up today by calling (619) 532-8516.

MWR
FITNESS

navylifesw.com

Looking for a Challenge?
Let's Get Wet!

May 11

1-Mile Swim Challenge (0530-1830) Bldg. 12 Athletic Complex

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NMCS D COMMUNITY RECREATION

May Calendar


- Sip & Dip: Margarita & Salsa Making Tutorial 5/2 | 3:00 pm – 5:00 pm | \$25
- Blooms, Bubbles & Cupcakes: Mother's Day Celebration 5/8 | 4:00 pm | \$15
- Museums of Illusions Outing 5/16 | 1:00 pm & 2:00 pm | \$25 Adult \$20 Child
- Family Obstacle Challenge 5/23 | 10:00 am | Free

Phone: (619) 532-8909

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



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NMCS D LIBERTY PROGRAM

May Calendar



Galactic Games & Movie Marathon

5/4 | All Day | Free

DIY Drink Hacks

5/6 | 11 am | Free

Budget-Friendly Meal: Fried Zucchini Chips

5/12 | 11 am | Free

Liberty Trip: Pelly's Mini Golf

5/30 | 9 am | \$16.50

Recurring Events

Pawsitive Teams

5/6, 5/13, 5/20 | 10 am – 1pm | Free

Wounded Warrior & MWR Collab

5/26 | 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 FITNESS

Massage Therapy

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

Services

Relaxing Swedish

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

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

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



MASSAGE THERAPY
Balboa Fitness Center

Bldg. 26, 1B

Lori Pelligrini

(619) 760 - 3025

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