

Naval Base San Diego

# **N92 MORALE, WELFARE, AND RECREATION**

**MARCH 2026**

[sandiego.navylifefsw.com](http://sandiego.navylifefsw.com)



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# COMMUNITY RECREATION



FARM DAY

## FARM DAY

Sat, Mar 7 | 2-4 PM

FREE

Your favorite farm animals are stopping by Admiral Baker! Enjoy a petting zoo, crafts, face painting, and family-friendly fun all afternoon.



BOWLING WITH THE EASTER BUNNY

## BOWLING WITH THE EASTER BUNNY

Sat, Mar 14 | 1-3 PM \$15

Roll into spring with two hours of bowling, shoes included, and a special visit from the Easter Bunny.



TRIP TO SAVANNAH BANANAS

## TRIP TO SAVANNAH BANANAS

Sat, Mar 21 | 6 PM \$105

Baseball meets full-blown entertainment. Expect wild antics, big personalities, and a game that feels more like a party.



## SPRING FLING

Sat, Mar 28 | 9 AM - 1PM

Celebrate spring with the Navy's biggest egg hunt, rides, inflatables, a petting zoo, face painting, balloon artists, an ALL-HANDS Car Show and more!

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# COMMUNITY RECREATION



MAR 01	9:00 AM	Annie's Canyon Trail Hike <b>FREE</b>
MAR 04	10:00 AM	Storytime, Craft & Play <b>FREE</b>
MAR 06	5:00 PM	Stargazing <b>FREE</b>
MAR 07	2:00 PM	Farm Day <b>FREE</b>
MAR 12	6:00 PM	Jazz Night <b>\$15</b>
MAR 14	9:00 PM	Auto Skills Class & Tour: Dis Brakes <b>FREE</b>
MAR 14	1:00 PM	Bowling with the Easter Bunny <b>\$15</b>
MAR 15	12:00 PM	Paintball <b>\$15</b>
MAR 21	5:00 PM	Country Line Dancing <b>\$10</b>
MAR 21	6:00 PM	Trip to Savannah Bananas <b>\$105</b>
MAR 25	6:00 PM	Sushi and Sake <b>\$15</b>
MAR 27	8:30 AM	Spring Fling Volunteer
MAR 28	9:00 AM	Spring Fling Event

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# RECYARD LIBERTY – ACTIVE DUTY E1-E6 & GEO BACHELORS



**TRIP TO SEAWORLD**



**HOLLYWOOD SIGN HIKE**



**UNIVERSAL STUDIOS TRIP**



**GARDENING 101**

Mar 01	10:00 am	Trip to Seaworld
Mar 04	5:00 pm	Volunteer Opportunity: Garden Set Up
Mar 07	7:00 am	Hollywood Sign Hike
Mar 10	4:00 pm	Sewing 101:Pillowcase Making
Mar 10	7:00 am	Universal Studios Trip
Mar 15	5:00 pm	Paracord Keychain Making
Mar 21	8:00 am	Trip to Anza-Borrego Super Bloom
Mar 24	3:00 pm	Gardening 101
Mar 27-28	8:00 am	Volunteer : Spring Fling Event Set Up
Mar 28	9:00 am	NBSD MWR's Spring Fling

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# TICKETS & TRAVEL



## SAN DIEGO PADRES

Baseball Season is almost here! Stop by our Naval Base San Diego Ticket Offices in March for Single Game Tickets for the 2026 Season, All 81 Home Games will be available (LIMITED AVAILABILITY).

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**



SCAN HERE



**MWR**  
COMMUNITY  
RECREATION

[sandiego.navylifsw.com/recreation](http://sandiego.navylifsw.com/recreation)



## Your Adventure, Our Gear

619-556-7493

3223 Norman Scott Rd.

[sandiego.navylifsw.com](http://sandiego.navylifsw.com)

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

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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



## BATTLE OF THE PADDLES

**Spring Pickleball  
Tournament**

Grab a partner and compete on our pickleball courts! All skill levels are welcome. Equipment will be provided, but participants can also bring their own. Register in advance by stopping by Admiral Prout or calling 619-556-8913.

**March 17-19 | 5 pm**  
**Admiral Prout | FREE**

[navylifesw.com](http://navylifesw.com)



## Spring Pickleball Tournament

March 17-19 5PM

Admiral Prout FREE

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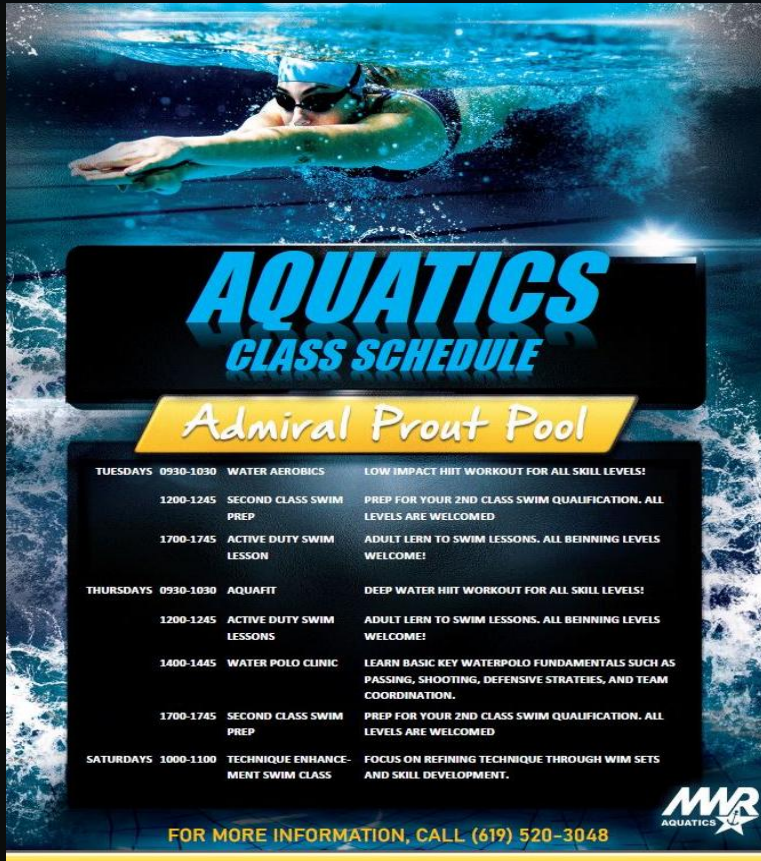
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# SPORTS, FITNESS & AQUATICS




**AQUATICS**  
**CLASS SCHEDULE**

*Admiral Prout Pool*

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

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

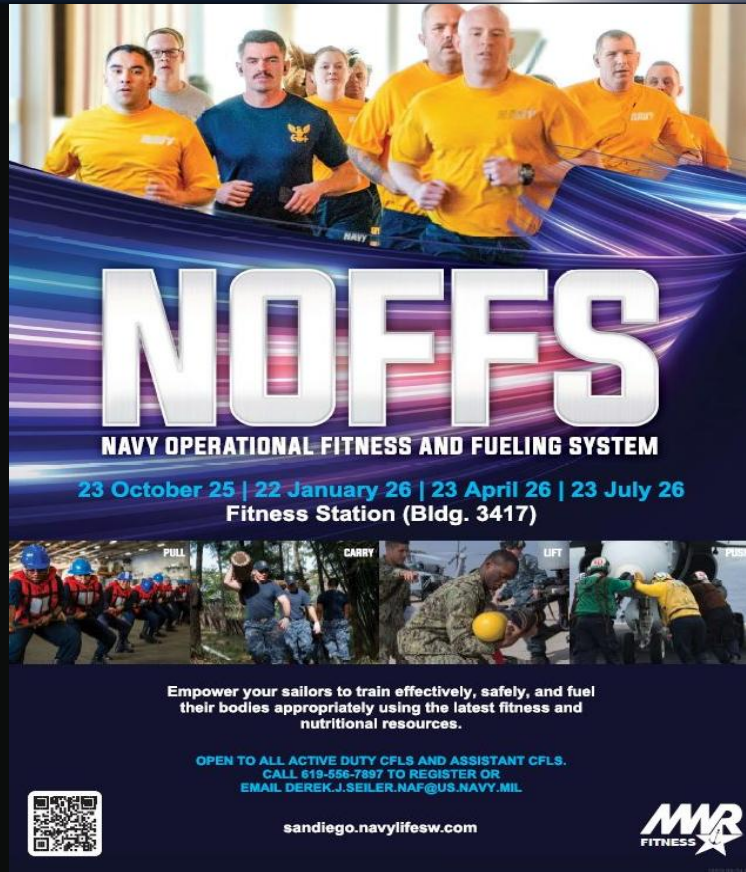
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# SPORTS, FITNESS & AQUATICS





**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](mailto:DEREK.J.SEILER.NAF@US.NAVY.MIL)

[sandiego.navylifefsw.com](http://sandiego.navylifefsw.com)



## NOFFS

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Fitness Station (Bldg. 3417)

October 25, 2025

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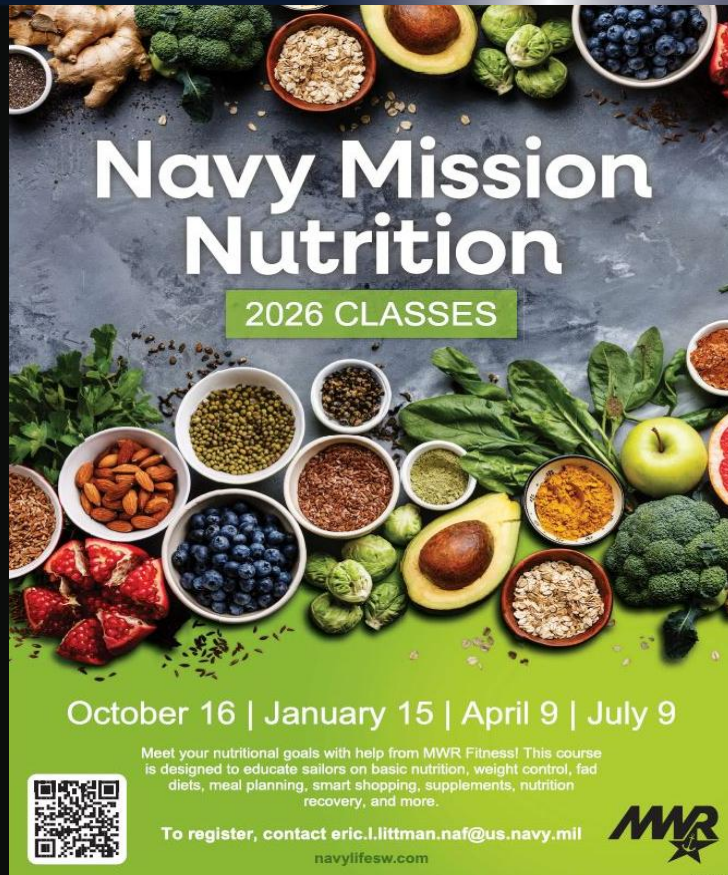
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# SPORTS, FITNESS & AQUATICS





**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](mailto:eric.l.littman.naf@us.navy.mil)  
navylifesw.com



## Navy Mission Nutrition

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October 16, 2025

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# SPORTS, FITNESS & AQUATICS



**TACTICAL WARRIOR 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](mailto:nbsd_twr@us.navy.mil)



[navylifesw.com/tactical-warfighter-readiness](http://navylifesw.com/tactical-warfighter-readiness)



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.

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**Day 1: Peak Performance Fitness**

**Day 2: Performance Nutrition**

**Day 3: Warfighter Resilience**

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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

2<sup>ND</sup> Quarter • JAN – MAR 2026

### MONDAYS

1100 Core Power (HS)  
1100 HIIT (MU)  
1200 WOD (FS)  
1500 Yoga (FS)  
1600 Sculpt & Sweat (FS)

### TUESDAYS

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

### WEDNESDAYS

1100 Core Power (HS)  
1100 HIIT (MU)  
1100 Spin (OG)  
1200 WOD (FS)  
1600 Yoga (FS)  
1800 Pound (FS)

### THURSDAYS

1000 HIIT (HS)  
1200 WOD (FS)  
1530 Boot Camp (FS)  
1700 Sweat & Burn (FS)

### FRIDAYS

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

### SATURDAYS

1100 Sweat & Burn (FS)

### 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)  
eric.l.littman.naf@us.navy.mil, 619-767-6417 (Harborside)



2<sup>ND</sup> Quarter • JAN – MAR 2026

**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

## 24/7 Fitness Centers

**OLDE GYM BLDG. 223** is 24/7 manned no CAC card registration needed.

**HARBORSIDE SPORTS and FITNESS COMPLEX** is a 24/7 facility located in Building 3477 (on the wet side, next to Pier 13), fully equipped to meet all your exercise needs.

Authorized patrons must scan a registered CAC card to gain access to the facility.

During unmanned hours (Monday -Thursday 8 pm to 4:30 am during the week and Friday- Monday 8 pm to 4:30 am for the weekend).

CAC card registration must be done at Harborside during staffed hours: Monday to Friday from 4:30 am to 8 pm.

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# Adm. Baker Clubhouse | Anchors Catering & Conference Center



**EXCLUSIVE OFFERINGS**

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

*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 - 160



Scan here to inquire about our event venues, availability and booking

**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 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  
**Mediterranean Room** Capacity 25-50  
**Pacific Room** Capacity 75-100  
**Arctic Room** Capacity 25-50

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



# 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



- 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**

**MARCH 14<sup>th</sup> 0900-1200**

**Disc Brakes Service, Remove  
& Replace + Brake  
Inspection**



**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)



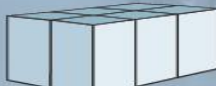
2 Door - \$90/month  
4 x 8 x 8 (32 sq. ft)



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.



@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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# 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

CALL 619-556-7502 FOR INFO AND RESERVATIONS.

Follow us!

MWR  
GOLF

Monday – Sunday  
7AM – 7PM

NBSD Golf Performance Center (Bldg. 348)

Call 619 556 7502 –For Info and Reservations

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  [navylifenbsd](#)

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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.

sandiego.navylifsw.com

**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

[sandiego.navylifsw.com](http://sandiego.navylifsw.com)

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# NMCS D FITNESS EVENTS



NAVAL MEDICAL CENTER SAN DIEGO

# 5K RUN WALK

FRIDAY MARCH 27  
11 AM  
CHECK-IN AT 10:30 AM  
FREE

NMCS D  
BLD. 12  
ATHLETICS  
COMPLEX

MWR VINTAGE SHIRTS AWARDED TO FINISHERS WHILE SUPPLIES LAST.

33

## SPRING INTO ACTION

SCAN TO REGISTER!

**SPRING IS HERE** AND IT'S TIME TO SHAKE OFF THOSE WINTER BLUES! GET MOVING, ENJOY THE FRESH AIR AND MAKE UNFORGETTABLE MEMORIES! OPEN TO ALL MWR ELIGIBLE PATRONS AND FAMILY MEMBERS. FOR MORE INFO, CALL 619-532-7260.

MWR FITNESS

MEDCENTER.NAVYLIFESW.COM

## SPRING INTO ACTION 5K

27 MAR

ATHLETICS COMPLEX

BLDG. 12/SOFTBALL FIELD

1100

CHECK-IN: 1030

Spring is here and it's time to shake off those Winter Blues!  
Open to all eligible patrons and family members.  
Call 619-532-7260 for more information.

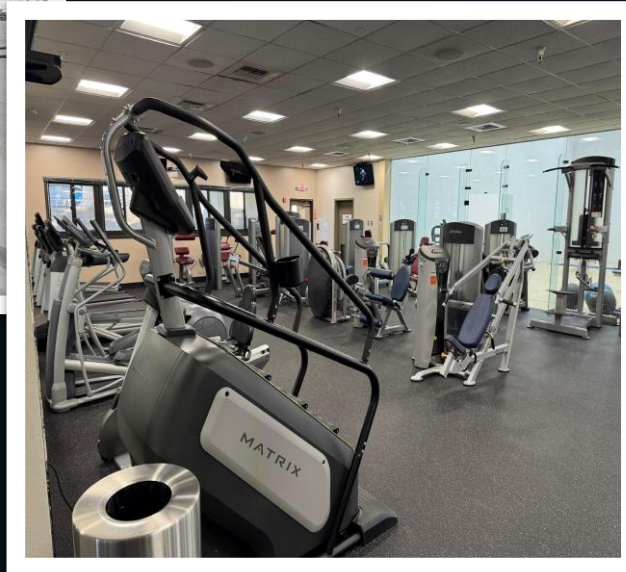
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# NMCS D SPORTS & AQUATICS




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

**Women's Doubles Pickleball Tournament**  
**Friday, March 6<sup>th</sup> | 1630 | B.12 Tennis Courts**

**Phone: (619) 532-8516**

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# NMCS D COMMUNITY RECREATION



## March Calendar

Mad Scientist Party

3/07 | 11:30 am-1:30 pm | \$5

Trip To The Cherry Blossom Festival

3/14 | 11:00 am-6:00 pm | \$20

Cardboard Regatta

3/20 | 11:00 am | Free

Sweet Layers: A Falooda Milkshake Workshop 3/27 | 4:30 pm – 6:00 pm | \$5

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



## March Calendar

Cupcake Decorating Tutorial: Go Green	3/09   11:00 am   Free
Liberty Trip Hike : Location TBD	3/14   8:30 am   Free
Break-Time Trivia	3/19   11:30 am   Free
Laidback Lego Tuesday	3/24   11am – 2 pm   Free



## Recurring Events

Pawsitive Teams 3/4, 3/11, 3/18 | 10 am – 1pm | 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

### Prices

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](http://sandiego.navylifesw.com)



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