

DEPLOYED FORCES SUPPORT MONTHLY NEWSLETTER

MAY 2026

VOL. 17

NAVAL BASE SAN DIEGO

TOP NEWS

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Innovation at Work: **CREW LOUNGE**

We are excited to announce that we are now extending our support to outfit crew lounges aboard ships. Understanding how vital it is for crew members to have comfortable and practical spaces to relax and recharge, we are pleased to offer support to ships with available areas suitable for conversion into dedicated crew lounges. This service is designed to boost onboard morale by creating welcoming environments that meet the unique needs of your crew. Our support may include electronics such as televisions and gaming consoles, as well as board games and other recreational items—available upon request. We also welcome special requests to tailor the lounges to your crew's unique preferences, helping create spaces that foster relaxation and camaraderie among crew members. Please note, this support will be provided on a case by-case basis. We encourage ship's MWR RSO to plan accordingly and submit their requests early to ensure timely outfitting of their crew lounges. We look forward to helping improve life onboard by creating spaces where crews can recharge and connect.



nbsd_mwr_inquiries@us.navy.mil

www.navyfitness.org/deployed-forces-support

4000 Brinser St Bldg 548 San Diego, CA 92136
(619)556-9110

LAP TRIP

WILDERNESS WEEKEND

FRIDAY-MONDAY, MAY 22-25

ACTIVE-DUTY JUNIOR ENLISTED, \$70

Gear up for adventure!

Spend the weekend learning essential outdoor survival skills and safety training. Meals, gear, and transportation included.

- ▶ Form a bow & drill a friction fire kit
- ▶ Pack the right survival kits, including medical kits
- ▶ Construct weatherproof survival shelter
- ▶ Learn cordage signals from wild plants
- ▶ Locate & purify water
- ▶ Emergency rescue signals
- ▶ Learn safe responses to dangerous wildlife



navylifesw.com

Spots are limited.
Register here!



NAVAL BASE SAN DIEGO

RECYARD LIBERTY MAY 2026

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

JR. SAILORS: WHERE OFF-DUTY FUN BEGINS



COOKING LESSON 101 - LUMPIA MAKING



LAP SURVIVAL SKILLS WEEKEND



DISNEYLAND TRIP

STARGAZING AT MISSION TRAILS

FRIDAY, MAY 1 | 6:30 PM | FREE

Unwind under the night sky during a guided stargazing experience at Mission Trails. Professional astronomers will help you spot constellations and planets using high-powered telescopes.

ANNIE'S CANYON TRAIL HIKE

SUNDAY, MAY 3 | 9 AM | FREE

Discover one of San Diego's hidden gems on this scenic canyon hike. Enjoy incredible views, unique sandstone formations, and plenty of photo opportunities.

COOKING LESSON 101 - LUMPIA MAKING

THURSDAY, MAY 7 | 5:30 PM | \$2

Roll, fill, and fry your own lumpia from scratch in this fun hands-on class. Learn the secrets from this hands-on cooking class so you can recreate these crispy Filipino favorites at home.

POTATO CHIP ROCK HIKE

SATURDAY, MAY 9 | 7 AM | FREE

Start your morning with a hike to one of San Diego's most iconic landmarks. Take in breathtaking views and snap a photo on the famous Potato Chip Rock.

SEWING 101

TUESDAY, MAY 11 | 4-6 PM | FREE

Learn the basics of sewing while creating your own simple pillowcase. Perfect for beginners looking to pick up a useful new skill.

AMC MOVIE TRIP

THURSDAY, MAY 14 | 5 PM | \$5

Join Liberty for an action-packed movie night at AMC. Sit back, relax and enjoy the latest movie on the big screen!

THE NAVY'S 39TH ANNUAL BAY BRIDGE RUN/WALK

PRESENTED BY LEIDOS, PORT OF SAN DIEGO, & NEX | SUNDAY, MAY 17 | 8 AM

Sign up today for the Navy's Marquee Run 4M/10K. Choose your challenge at NavyBayBridgeRun.com.

LA JOLLA NATURE WALK - TORREY PINES

SUNDAY, MAY 17 | 9 AM | FREE

Take a relaxing coastal walk-through beautiful Torrey Pines. Learn about local plants, wildlife, and the stunning natural landscape along the way.

MINDFULNESS MEDITATION

TUESDAY, MAY 19 | 5 PM | FREE

Take a break and recharge with a guided mindfulness meditation session focused on relaxation and mental wellness. Light refreshments provided.

LAP SURVIVAL SKILLS WEEKEND

FRIDAY-MONDAY, MAY 22-25 | 9:30 AM | \$70

Spent the weekend learning real-world survival skills during this overnight camping adventure. Practice outdoor techniques, teamwork, and self-reliance in a fun and challenging environment. Certificate of completion is provided after training.

MEMORIAL DAY BBQ

MONDAY, MAY 25 | 12 PM | FREE

Join us for a Memorial Day BBQ featuring free burgers and hotdogs. Relax, connect and enjoy the holiday together.

INDOOR ROCK CLIMBING 101

FRIDAY, MAY 29 | 6 PM | \$35

Challenge yourself with a beginner-friendly indoor climbing session. Learn belaying and bouldering basics while tackling new heights.

DISNEYLAND TRIP

SATURDAY, MAY 30 | 7 AM | \$110

From thrilling rides to sweet treats, enjoy a day where fun and imagination take center stage. Transportation and a full day of storybook adventure included.



@nbsd_mwrliberty

THE RECYARD LIBERTY CENTER | NAVAL BASE SAN DIEGO DRY SIDE | BLDG. 221
MON-THUR: 9 AM-10 PM | FRI-SUN: 9 AM-11 PM | HOLIDAYS: 9 AM-10 PM | (619) 556-5085

E1-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.



NAVAL BASE
SAN DIEGO
**Community
RECREATION**

MAY 2026

REGISTRATION REQUIRED FOR ALL EVENTS. FULL EVENT LISTING AVAILABLE ONLINE NAVYLIFESW.COM/NBSDCR



**MOMMY & ME
PAINTING SESSION**

STARGAZING

FRIDAY, MAY 1 | 7:30 PM | FREE
KUMEYAA LAKE CAMPGROUND -
FATHER JUNIPERO SERRA TRAIL

Enjoy a night under the stars at Kumeeyaa Lake Campground. Learn about constellations and celestial wonders during this guided stargazing experience. *Time subject to change.

**KIDS CRAFT &
COOKING - TIE DYE &
SNOW CONES**

SATURDAY, MAY 2 | 12 PM | \$15
WATERFRONT RECREATION CENTER, BLDG. 45

Create vibrant designs and make your own refreshing snow cones. A fun, hands-on activity for kids to get creative and cool off.

**MOMMY & ME
PAINTING SESSION**

SUNDAY, MAY 3 | 12 PM | \$15
WATERFRONT RECREATION CENTER, BLDG. 45

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!

PASTA MAKING CLASS

TUESDAY, MAY 5 | 5:30 PM | \$15
WATERFRONT RECREATION CENTER, BLDG. 45

Learn how to make fresh pasta from scratch in this hands-on class. Roll, cut, and enjoy your way to homemade pasta perfection! No experience required.

**STORYTIME,
CRAFT & PLAY**

WEDNESDAY, MAY 6 | 10 AM | FREE
SAY SAN DIEGO - 3487 SANTO ROAD

Bring your toddler for a special Story Time, Craft, and Play event! Get ready for an exciting day of fun and adventure! Theme: Picture Frame

DIVE IN MOVIE

FRIDAY, MAY 8 | 7:30 PM | FREE
ADMIRAL PROUT POOL BLDG. 3279A

Join us for a swim up movie under the stars! Enjoy games, floating inflatables, and popcorn! Lifeguards provided. Featured movie is Coco.

**RC CAR
OFF-ROAD FURY**

SATURDAY, MAY 9 | 10 AM | FREE
MARINERS PARK - 1453 S 32ND STREET

Rev up the fun at our RC car track! Enjoy a day of racing, stunts, and friendly competition for all skill levels.

FISHING 101

SATURDAY, MAY 16 | 9 AM | \$5
CORONADO ISLAND PIER

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

ENCHANTED FIESTA

SUNDAY, MAY 17 | 2-5 PM | \$15, KIDS (3-12) | \$20, ADULTS (13+)
ANCHORS CATERING AND CONFERENCE CENTER

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

PAINTBALL

SATURDAY, MAY 23 | 12 PM | \$15
ADMIRAL BAKER PAINTBALL PARK

Gear up, team up and dive into non-stop action! This 2-hour high-energy paintball session is packed with action, strategy, and serious fun. Perfect for friends, families, teambuilding. Get ready to dodge, shoot, and laugh your way through the ultimate paintball experience.

GLOW BINGO

THURSDAY, MAY 28 | 6 PM | \$10
ADMIRAL ROBINSON RECREATION CENTER (BOWLING ALLEY), BLDG. 3223

Enjoy a glowing twist on bingo with blacklights, music, and prizes. A fun-filled night for the whole family!

SNORKELING

SATURDAY, MAY 30 | 9 AM | \$5
FIDDLER'S COVE - 3205 CA-75

Explore the underwater world on this family-friendly snorkeling adventure. No experience needed. Just bring your sense of adventure.



FISHING 101



ENCHANTED FIESTA

SAVE THE DATE

**FREEDOM FEST 2026
PRESENTED BY USAA**

SATURDAY, JULY 4 | 3-9 PM | FREE
NBPL HARBOR DRIVE ANNEX

Join us to honor our nation's independence and support the morale of the force. This event hosts a variety of food, family entertainment, and commemorative fireworks to recognize the holiday. Participation is restricted to personnel with base access (and escorted guests). Learn more at navylifsw.com/freedomfest



@COMRECSO
@NAVYLIFENBSD

Events open to All ID cardholders & guests. All programs, events, and pricing subject to change. To register for all events, visit navylifsw.com/nbsdcr

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



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

Broccoli 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.navylifesw.com





**Commander, Navy Installations Command (CNIC)
Afloat Recreation Program Management
Course Registration Form**

The Afloat Recreation Program Management (ARPM) Course is designed to provide the skills and knowledge required to run a shipboard recreation program. This course also outlines steps necessary to prepare for a successful CNIC Afloat Recreation Fund Inspection. Per CNICINST 1710.5, the Recreation Services Officer and Recreation Fund Custodian are required to attend the ARPM Course prior to, or within 30 days of appointment.

COURSE DATES:

- | | |
|---|--|
| <input type="checkbox"/> 19 – 21 AUG 2025 | <input type="checkbox"/> 21 – 23 APR 2026 |
| <input type="checkbox"/> 23 – 25 SEP 2025 | <input type="checkbox"/> 2 – 4 JUNE 2026 |
| <input type="checkbox"/> 4 – 6 NOV 2025 | <input type="checkbox"/> 14 – 16 JULY 2026 |
| <input type="checkbox"/> 27 – 29 JAN 2026 | <input type="checkbox"/> 25 – 27 AUG 2026 |
| <input type="checkbox"/> 10 – 12 MAR 2026 | |

***Check appropriate box above**

Name of Participant: _____

Command: _____ PRD: _____

E-Mail Address: _____

Phone: _____ DSN: _____

Command Designation: Recreation Services Officer (RSO). Must be E7 or above.
 Recreation Fund Custodian (RFC). Must be E7 or above.
 Fiscal Oversight Board (FOB)
 CNIC Afloat Specialist (Fun/Fit)
 OTHER: _____

Date of Designation: _____ OR I have not yet turned over and accepted position.

Supervisor Name: _____

Supervisor E-mail: _____

Supervisor Phone: _____ DSN: _____

Command approves and acknowledges above participant will be attending the 3-day ARPM Course.

Commanding Officer or Executive Officer (Digital Signature or Print, Sign & Date)

Please return registration form with COMMAND APPROVAL to:

Your designated Deployed Forces Support Coordinator

Participant will be contacted the week prior to the course with additional information.



**Naval Base San Diego Deployed Forces Support (DFS)
Office offers the following training program:**



PREVENTATIVE MAINTENANCE & REPAIR WORKSHOP

1) Preventative Maintenance of Afloat Recreation Property

a. Per CNICINST 1710.5, Administration of Afloat Recreation Programs, all commands are required to have a Preventative Maintenance Program (PMP) for all fitness equipment (including APF property used by the program).

b. As part of the semi-annual internal assessment, a visual inspection of the fitness equipment must be conducted to ensure the PMP is being followed. CNIC DFS inspectors will take note on whether or not guidelines are being followed.

c. CNIC MWR Afloat Recreation and Fitness (Shipboard) standards require that ship's company personnel have completed vendor provided maintenance and repair training for exercise equipment.

d. Forces afloat comply with Navy Safety Precautions for Forces Afloat, OPNAVINST 5100 series.

FY26 Preventative Maintenance & Repair Workshop Dates

**Please check appropriate box*

OCTOBER '25 <input type="checkbox"/> 6th <input type="checkbox"/> 20th	NOVEMBER '25 <input type="checkbox"/> 3rd <input type="checkbox"/> 17th	DECEMBER '25 <input type="checkbox"/> <input type="checkbox"/> 8th	JANUARY '26 <input type="checkbox"/> 5th <input type="checkbox"/>
FEBRUARY '26 <input type="checkbox"/> 2nd <input type="checkbox"/> 23rd	MARCH '26 <input type="checkbox"/> 9th <input type="checkbox"/> 16th	APRIL '26 <input type="checkbox"/> 13th <input type="checkbox"/> 27th	MAY '26 <input type="checkbox"/> 4th <input type="checkbox"/> 18th
JUNE '26 <input type="checkbox"/> 1st <input type="checkbox"/> 15th	JULY '26 <input type="checkbox"/> 6th <input type="checkbox"/> 20th	AUGUST '26 <input type="checkbox"/> 3rd <input type="checkbox"/> 17th	SEPTEMBER '26 <input type="checkbox"/> 14th <input type="checkbox"/> 28th

The course is designed for those personnel who will be directly responsible for the upkeep and maintenance of the MWR gym equipment. DFS highly recommends this course prior to turnover of a Certified Repair Technician.

The Preventative Maintenance & Repair workshop is located at on the dry side of Naval Base San Diego, inside NBSD Liberty Center: The Recyard - Bldg 221.

The course will be held from 0900-1100. Please enter through the double doors at the end of the building facing 32nd Street.

Name of Participant: _____ PRD: _____
(Recommend >24 months)

Email address: _____ Phone: _____

Request submitted by: _____ Email address: _____

Command Approval: _____
(Commanding Officer, or Executive Officer, or Training Officer)

Submit this form WITH COMMAND APPROVAL TO: richard.landerson106.naf@us.navy.mil

For more information on the course please call 619-556-9110



Fitness Equipment Trouble/Repair Request Form

DATE: _____ COMMAND: _____
COMMAND MWR OFFICERS RSO: RFC: _____
FUN/FIT BOSS: _____

EQUIPMENT INFORMATION

MAKE: _____ MODEL: _____
SERIAL NUMBER: _____

DESCRIPTION OF PROBLEM:

EQUIPMENT INFORMATION

MAKE: _____ MODEL: _____
SERIAL NUMBER: _____

DESCRIPTION OF PROBLEM:

REQUESTED BY (RATE/RANK NAME): _____
EMAIL: _____

Has anyone from the command attended the 1 day repair course? YES NO

Repair Technician name(s): _____

DFS ONLY/ACTION TAKEN: