

NAVAL BASE SAN DIEGO MORALE, WELFARE, AND RECREATION PROGRAM INFORMATION



  @NavyLifeNBSD
sandiego.navylifesw.com





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NAVAL MEDICAL CENTER SAN DIEGO

(34800 Bob Wilson Dr., San Diego, CA 92134)
MWR LOCATIONS - OPEN TO ALL

- 1 LIBERTY
- 2 TICKETS
- 3 FITNESS & POOL

ADMIRAL BAKER

(2400 Admiral Baker Rd., San Diego, CA 92124)
MWR LOCATIONS - OPEN TO ALL

- 1 PICNIC AREA
- 2 CLUBHOUSE & GOLF COURSE
- 3 DOG PARK (available for RV Park residents only)



Naval Base San Diego is homeport to the Pacific Fleet Surface Navy with over 50 U.S. Navy ships and two auxiliary vessels including USNS Mercy (TAH - 19). The base often hosts visiting surface ships from foreign Navies, other U.S. homeports and the Coast Guard. Naval Base San Diego is also home to more than 200 tenant commands, each with specific and specialized fleet support purposes.

MWR programs aim to deliver superior quality of life programs at the best value to the Navy. MWR provides accessible, affordable opportunities that promote physically and socially active lifestyles which are critical to a ready, resilient Navy. MWR is proud to provide excellent customer service, offer competitive pricing, and reinvest customer dollars right back into the MWR program. We take care of our people so they take care of Sailors and families. MWR provides continuity and stability for the Navy community throughout the military career life cycle - it's a source of familiarity and a steady presence for our Sailors and their families everywhere the Navy operates!

One Team, One Fight!

MWR Administrative Office

2625 LeHardy St. Bldg. 3544
San Diego, CA 92136
Office: 619-556-8018
Hours: Monday-Friday 8 am-4:30 pm



sandiego.navylifefsw.com



FITNESS PROGRAM

NBSD aims to create “Fitness for Life” for the entire Navy community, including active-duty Sailors, family members, retirees, and DoD civilians. The program offers a diverse range of fitness, aquatics, nutrition and intramural sports programs that enhance the readiness, retention, and quality of life for the entire community.

Certified Fitness Professionals provide both individual and group instruction in areas such as cardiovascular conditioning, strength training, flexibility, and nutrition. They utilize programs such as Navy Operational Fitness & Fueling System (NOFFS), Command Fitness Leaders (CFL), and Mission Nutrition to deliver personalized guidance and support.

Aquatics Programming includes lap swimming, lessons, and specialty programs such as water aerobics and NOFFS Aquatics. These aquatic activities provide a refreshing and low-impact option for cardiovascular exercise and building strength.

The Intramural Sports Program plays a vital role in promoting fitness and fostering a sense of unity among the Navy community. Service members, family members, and DoD Civilians can engage in various individual or team sports such as flag football, softball, basketball, volleyball, and soccer, and fun runs.

Fitness Facilities are equipped with the latest and most advanced strength and cardio equipment to cater to all fitness requirements. Each facility offers a wide range of equipment options, ensuring that individuals of every fitness level can find what they need to achieve their specific goals. Additionally, there are synthetic turf fields and indoor courts available for playing a variety of sports.

ADDRESS

Admiral Prout Gym

2375 Recreation Way Bldg. 3279
San Diego, CA 92136

Admiral Prout Pool

2375 Recreation Way Bldg. 3279
San Diego, CA 92136

The Olde Gym

233 Norman Scott Rd. Bldg. 233
San Diego, CA 92136

Harborside Fitness Complex

Dewey St. Bldg. 3477
San Diego, CA 92136

Mussel's Gym

Navy Region Southwest Bldg. 750
750 Pacific Highway, 9th FL
San Diego, CA 92132

Racquetball Courts

2375 Recreation Way Bldg. 3317
San Diego, CA 92316

Fitness Station GROUP X

2375 Recreation Way Bldg. 3417
San Diego, CA 92136

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office: 619-556-7444
Monday-Thursday: 5 am-9 pm
Friday: 5 am-8 pm
Weekdays and Holidays:
9 am-2 pm

Office: 619-520-3048
Monday-Thursday: 5 am-7 pm
Friday: 5 am-6 pm
Saturday-Sunday: 9 am-2 pm

Office: 619-556-7444
Monday-Friday: Open 24 Hours
Weekends & Holidays: 8 am-4 pm

Office: 619-767-6417
Monday-Thursday: 5 am-7 pm
Friday: 5 am-5 pm

Office: 619-767-6417
Open 24/7

Open 24/7 Office: 619-556-7452
Monday-Friday: 9 am-4 pm

Class times and locations vary;
see group exercise schedule for
full details





DEPLOYED FORCES SUPPORT PROGRAM (DFS)

DFS provides quality of life for more than 200,000 sailors on board U.S. Navy ships and visiting vessels from allied partner Navies. Sports, recreational programs, physical fitness equipment, social activities, tours in both foreign countries and homeports, subsidies/ rebates, and gear locker checkout are just a few of the morale-enhancing opportunities offered aboard afloat commands.

DFS Coordinators assist ships with programming, financial management, recreation administration, procurement, property management, and policy guidance. DFS Coordinators are civilian recreation and fitness professionals exclusively dedicated to supporting the MWR needs of the fleet and forward-deployed ground forces. These positions are among the most adventurous and challenging opportunities within the MWR profession.

ADDRESS

Deployed Forces Support Program
4000 Brinser St. Bldg. 548
San Diego, CA 92136-5518

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office Hours: Monday- Friday: 7 am-3:30 pm
DSN: 536-9110

WEBSITE



COMMUNITY RECREATION

Community Recreation engages patrons by providing a variety of recreational programs and services. These include outdoor activities, community events, discount tickets to attractions, vacation bookings, leisure skills development, recreation equipment rentals, parks & picnic areas, and information/referrals for a variety of recreational offerings in the local area.

ADDRESS

Outdoor Adventure Center & Ticket Office

2375 Recreation Way Bldg. 3223
San Diego, CA 92136

Waterfront Recreation Center

3515 Brinser St. Bldg. 45, Pier 2
San Diego, CA 92136

Waterfront Ticket Office

3515 Brinser St. Bldg. 45, Pier 2
San Diego, CA 92136

Welldeck Recreation Center & Ticket Office

5145 Womble St. Bldg. 454
San Diego, CA 91950

Ticket Office at NBSD NEX

2260 Callaghan Hwy. Bldg. 3379
San Diego, CA 92136

Events and Programming

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office: 619-556-7493
Monday-Friday: 9 am-5 pm
Saturday: 9 am-2 pm

Office: 619-556-9597
Monday-Friday: 7:30 am-8 pm
Saturday-Sunday: 1-9 pm

Office: 619-556-2174
Monday-Friday: 7:30 am-4 pm

Office: 619-556-5563
Monday-Friday: 5:30 am-6 pm

Office: 619-556-7498
Monday-Tuesday: 9 am-5 pm
Wednesday-Friday: 9 am-6 pm
Saturday-Sunday: 9 am-2 pm

See website for full schedule of events

WEBSITE





LIBERTY

Liberty program provides active duty junior sailors (E1-E6) and geo bachelors with high-energy recreation programs, superior entertainment experiences, and unique opportunities to develop personal leisure skills in an alcohol- and tobacco-free environment.

Liberty Center Amenities include free use of computers, internet, wireless, state-of-the-art video game systems, movies, TV rooms, special events, and programming.

Liberty Trips and Tours include sporting events, outdoor adventures, shopping trips, amusement parks, deep-sea fishing, community events such as festivals and concerts, and seasonal programs.

ADDRESS

Recyard Liberty Center
Norman Scott Rd. Bldg. 221
San Diego, CA 92136

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Recyard: 619-556-5085
Office: 619-556-3645
Monday-Sunday: 10 am-10 pm

WEBSITE



ADMIRAL BAKER PARK

This scenic location offers a haven for military service members and their families, providing a year-round retreat for relaxation. The picnic grounds are a sought-after venue for command events, and the sports areas and RV campground present diverse recreational opportunities for families. Situated within the Admiral Baker Recreation Area, conveniently located in Mission Gorge between Interstates 5 and 8.

The Admiral Baker Recreation Area also offers extensive playground equipment, an outdoor swimming pool, volleyball courts, basketball courts, a large field, and horseshoe pits. Staff members provide the best customer service and ensure the facility's safety and security.

The RV Campground offers RV sites with water, electric, and sewage hook-ups, and is open to authorized patrons all year long. Laundry, showers, fitness stations and grill areas are also available for RV guests.



ADDRESS

Admiral Baker Park Office
2400 Admiral Baker Rd. Bldg. 3606
San Diego, CA 92120

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office: 619-487-0019
Concierge: 855-968-7697
Monday-Sunday: 8 am-4 pm

WEBSITE





BASE THEATER

Our movie theater is open to all authorized patrons and their guests. Enjoy free admission to showings. Refreshments are available for purchase at the snack bar (debit or credit only).

No outside food or beverages permitted. Audiovisual assistive equipment, handicap seats, and child booster seats are available to customers at the front counter.

Authorized patrons include active duty, reserve, or retired military personnel, their authorized dependents, and DoD employees. Authorized patrons are responsible for their guests.

ADDRESS

3465 Senn Rd. Bldg. 71
San Diego, CA 92136

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office: 619-556-5568
Movie times vary; see website
for full schedule

WEBSITE





BREWHOUSE RESTAURANT AND BAR

Enjoy the casual atmosphere and indulge in a variety of comfort foods like hamburgers, chicken tenders, sandwiches, salads, and more. Watch your favorite teams compete on the big-screen TVs as you sip on a beer, wine, or soda.

ADDRESS

3515 Brinser St. Bldg. 45
San Diego, CA 92136

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office: 619-665-7320
Monday-Friday: 10 am-8 pm
Saturday-Sunday: 1 pm-9 pm

WEBSITE



STARBUCKS

A specialty coffee retailer that roasts, markets, and retails coffee. Starbucks offers several blends of coffee, handcrafted beverages, merchandise, and food items.

ADDRESS

3515 Brinser St. Bldg. 45
San Diego, CA 92136

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office: 619-556-9472
Monday-Friday: 4:30 am-4:30 pm

WEBSITE



WELLDECK TAKE 5

Located between Piers 12 and 13, this quick-serve facility offers made-to-order breakfast and lunch items that are perfect for a bite on the go. In addition to fresh, quality food, this facility also offers a "We Proudly Serve" coffee menu and has a small community recreation area for patrons to enjoy.

ADDRESS

5145 Womble St. Bldg. 454
San Diego, CA 91950

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office: 619-556-5563
Monday-Friday: 5:30 am-6 pm

WEBSITE



GOLF PERFORMANCE CENTER

This state-of-the-art facility provides an unparalleled golfing experience with its unique layout and four meticulously crafted holes. Its design encompasses dedicated areas for chipping, a pristine putting green, and a compact yet efficient driving range. An indoor swing simulator allows for year-round practice and refinement, no matter the weather. This facility also boasts a comprehensive full-service golf shop that provides access to top-tier club fitting services, expert lessons, and an array of premium golfing equipment to golfers of all levels.

ADDRESS

Norman Scott Rd. Bldg. 348
San Diego, CA 92136

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office: 619-556-7502
Monday-Sunday: 7 am-6:30 pm

WEBSITE



ADMIRAL ROBINSON RECREATION CENTER

This entertainment hub is home to 40 bowling lanes, a snack bar café, fully stocked bar, pro shop, recreation area, and banquet hall. The Corner Pin Café serves Essential Station Messing (ESM) galley dinners Monday-Friday and offers all ESM meals on weekends and holidays. The Outdoor Adventure Center and Tickets & Travel office are also located inside the facility, offering patrons a variety of rental equipment and discounted tickets to popular attractions. The large banquet hall is available to rent out for parties, get-togethers, retirements, anniversaries and more.

The Bowling Center hosts monthly bowling tournaments and offers different leagues that range in age groups/times. There are a variety of daily specials and discounts available, including free bowling for active duty and retirees (Thursdays, 11 am-5 pm). Command functions are always welcome, and discounted bowling rates are available for commands of 20 people or more.



FACILITIES

Bowling Center

Pro Shop

Corner Pin Café

Essential Station Messing (ESM)

Bar

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office: 619-556-7486
Sunday-Thursday: 9 am-10 pm
Friday-Saturday: 9 am-Midnight

Office: 619-556-7486
Tuesday-Friday: 10:30 am-6 pm
Saturday: 9:30 am-5 pm

Office: 619-556-7486
Sunday-Thursday: 7 am-9 pm
Friday-Saturday: 7 am-11 pm

Office: 619-556-7486
Monday-Friday
Dinner: 4-6 pm
Weekends & Holidays
Breakfast: 7-8:30 am
Lunch: 11 am-12:30 pm
Dinner: 4-6 pm

Office: 619-556-7486
Sunday-Thursday: 4-10 pm
Friday-Saturday: 4-11 pm

WEBSITE





AUTO SKILLS CENTER

The Auto Skills Center is a do-it-yourself automotive repair facility where customers can make repairs on their personal vehicles. NBSD boasts the world's largest Auto Skills Facility with 144 bays, 24 lifts, 3 brake lathes, an onsite auto parts store, tire center, fully stocked tool room, bead blaster, pressure washer, bearing presses, and more.

Whether you're a beginner making minor repairs or an expert mechanic restoring a classic ride, this shop offers the resources you need to get the job done—all while saving you money.

The Automotive Skills Program offers monthly maintenance training classes and a safe working environment complete with individual work bays, state-of-the-art mechanical tools, and access to ALLDATA, the industry's #1 choice for un-edited mechanical and collision OEM repair information. Diagnostic tools and a team of qualified and trained staff are ready to assist you with any project you might have.

We supply the tools and "know-how," you provide the labor.

ADDRESS

2375 Recreation Way Bldg. 3234
San Diego, CA 92136

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office: 619-556-7009
Wednesday-Friday: 11:30 am-7 pm
Saturday-Sunday: 9 am-4:30 pm

WEBSITE



VEHICLE & PERSONAL STORAGE

All authorized MWR patrons can safely and securely store their belongings at any of our storage facilities.

On Base Personal Storage - Offers over 500 storage units of varying sizes to accommodate your personal storage needs.

Vehicle Storage Lots - Four lots located on and off base provide over 650 spaces to store your vehicles during deployments, permanent change of station, or overseas tours.

RV, Boat, and Trailer Storage - An off base lot provides 300+ 12 ft. wide spaces that vary in length from 25-50 ft. The facility has an onsite dump station and is accessible 24/7 via an electronic key card.

ADDRESS

2375 Recreation Way Bldg. 3654
San Diego, CA 92136

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office Front Desk: 619-556-3320
Monday-Friday: 8 am-4:30 pm

Vehicle Lot:
Monday-Friday: 8 am-3 pm

WEBSITE



NAVY MEDICINE READINESS AND TRAINING COMMAND SAN DIEGO (NMRTC SD)

NMRTC is comprised predominantly of military members who support Naval Medical Center San Diego. The command supports overall Navy and Marine Corps readiness by training military command members to provide medical support to various operational Navy and Marine units deployed ashore or at sea. NMRTC SD is also the most technologically advanced US Navy medical treatment facility in the nation and provides care with a military and civilian staff of 6,000+.

NAVAL MEDICAL CENTER SAN DIEGO (NMCS D)

Almost 250,000 people in San Diego County are eligible to receive care at NMCS D. The center has five medical mobilization teams, including the hospital ship USNS Mercy, that all draw personnel from the hospital staff. These teams deploy to the Western Pacific and Southeast Asia at various times throughout the year. It is the center's mission to ensure Sailors and Marines onboard those ships have access to quality medical care if needed.

The MWR staff provides all commands with quality-of-life programming such as fitness, recreation, and gear rental opportunities. Onsite facilities include two fitness centers, a pool, basketball court, tennis courts, pickleball courts, locker rooms, coed saunas, group exercise opportunities, a dual single sailor & all hands recreation center, and a party rentals facility. Our team of professionals are exclusively dedicated to providing these essential services and proudly support NMCS D to our military community.

ADDRESS

Administrative Office

34800 Bob Wilson Dr. Bldg. 26
San Diego, CA 92134

Balboa Athletic Complex

34800 Bob Wilson Dr. Bldg. 12
San Diego, CA 92134

Balboa Pool

34800 Bob Wilson Dr. Bldg. 12
San Diego, CA 92134

Balboa Fitness Center

34800 Bob Wilson Dr. Bldg. 26
San Diego, CA 92134

Balboa Party Rentals

34800 Bob Wilson Dr. Bldg. 26
San Diego, CA 92134

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office: 619-532-5218
DSN: 312-522-5218
Monday-Friday 8:00 am-4:30 pm

Office: 619-532-8516
Manned Hours
Monday-Friday: 5 am-8:30 pm
Weekends & Holidays: 7 am-2 pm
Unmanned Hours
Monday-Friday: 8:30 pm-5 am
Weekends & Holidays: 2 pm-7 am

Office: 619-532-8516
Monday-Thursday: 5:30 am-6:30 pm
Friday: 5:30 am-5 pm
Saturday-Sunday: Noon-4:30 pm

Office: 619-532-7260
Monday-Friday: 5 am-8:30 pm
Saturday-Sunday: 7 am-2 pm

Office: 619-532-8466
Monday: 7 am-3:30 pm
Tuesday-Thursday: 7 am-4 pm
Friday: 7 am-4:30 pm

WEBSITE



medcenter.navalifesw.com



OFF BASE FACILITIES (OPEN TO THE PUBLIC)



Admiral Baker Golf Course

Nestled in the hills of Mission Gorge, Admiral Baker Golf Course is a haven for those seeking an enriching golf experience. This scenic course encompasses 36 holes, two putting greens, chipping areas, and a comprehensive driving range. It also boasts a full-service golf shop and professional golf lessons, providing novices and pros alike with unique opportunities to elevate their game.

ADDRESS

2400 Admiral Baker Rd. Bldg. 3604
San Diego, CA 92120

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office: 619-487-0090
Monday-Sunday: 6 am-6 pm

WEBSITE



Admiral Baker Clubhouse & Catering Venue

With its beautiful California-style architecture and stunning panoramic views, Admiral Baker Clubhouse is the perfect venue for all types of events. The Presidio Ballroom's chandeliers, soft arches, and dark wood beams surround any event in elegant style, and the Presidio Patio offers sprawling views of the surrounding fairways. This facility is centrally located in the Mission Gorge area and can accommodate up to 300 guests.

ADDRESS

2400 Admiral Baker Rd. Bldg. 3604
San Diego, CA 92120

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office: 619-487-0026
Office Hours: Monday – Saturday
9 am-5:30 pm

WEBSITE





River's Edge Café and Bar

Located inside the Admiral Baker Clubhouse, this restaurant is celebrated for its fine Californian cuisine and fantastic views. The dining room opens to the enclosed Presidio Patio, which overlooks two 18-hole golf courses and the surrounding San Diego River area. Stop by for breakfast or lunch to enjoy one of the many menu temptations as you take in the beautiful scenery. The café and lounge area are open daily until dusk.

ADDRESS

2400 Admiral Baker Rd. Bldg. 3604
San Diego, CA 92120

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office: 619-487-0014
Monday-Sunday: 6 am-7 pm

WEBSITE



Anchors Catering & Conference Center

This full-service catering and conference facility is conveniently located just outside NBSD's Main Street gate. With two large banquet rooms and additional break-out rooms, this venue is perfect for command events, Hails and Farewells, luncheons, dinners, wedding receptions, birthdays, and anniversaries. Each room is equipped with state-of-the-art audio/visual systems. The ballroom has a stage, hardwood dance floor, and bridal changing room. Events with up to 400 are welcome, including non-military guests.

ADDRESS

2975 Yama St. Bldg. 3210
San Diego, CA 92136

PHONE/HOURS

HOURS SUBJECT TO CHANGE

Office: 619-556-7788
Monday-Friday: 9 am-5:30 pm
Saturday: By Appointment Only

WEBSITE



**MWR'S MISSION IS TO DELIVER HIGH-QUALITY,
CUSTOMER-FOCUSED PROGRAMS AND SERVICES
THAT CONTRIBUTE TO RESILIENCY, RETENTION,
READINESS, AND QUALITY OF LIFE.**



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