

Naval Base San Diego

N92 MORALE, WELFARE, AND RECREATION

AUGUST 2025

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COMMUNITY RECREATION



DIVE IN MOVIE

Fri, Aug 1 | 7:30 PM

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



RC CAR DAY

Sun, Aug 10 | 11 AM

Rev up the fun at RC Car Day! Race, drift, and compete with fellow enthusiasts. All ages welcome—bring your fastest ride and let the action begin!



FISHING 101

Sun, Aug 17 | 9 A & 10:30 AM

You will learn how to bait a hook, how to cast a line and how to reel your line in. No fishing license is required for this one. Fishing poles and bait are included.



ARCHERY

Sat, Aug 23 | 10 AM

Our professional instructor will guide you through stance, draw, aim, and release to help you hit your mark with confidence. All equipment provided.

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COMMUNITY RECREATION



AUG 01	7:30 PM	Dive-In Movie
AUG 03	9:00 AM	7 Bridge Sunday
AUG 06	10:00 AM	Storytime Craft & Play
AUG 09	10:00 AM	Youth Volleyball Clinic
AUG 10	11:00 AM	RC Car Day
AUG 15	11:00 AM	Golf Lesson
AUG 15	6:00 PM	Bingo Night
AUG 16	11:00 AM	End of Summer Luau
AUG 17	9:00 AM	Fishing 101
AUG 19	5:00 PM	COMREC Townhall
AUG 22	6:00 PM	Open Mic Night Brewhouse
AUG 23	10:00 AM	Archery
AUG 24	10:00 AM	Trail Tykes
AUG 28	6:00 PM	Chess Tournament

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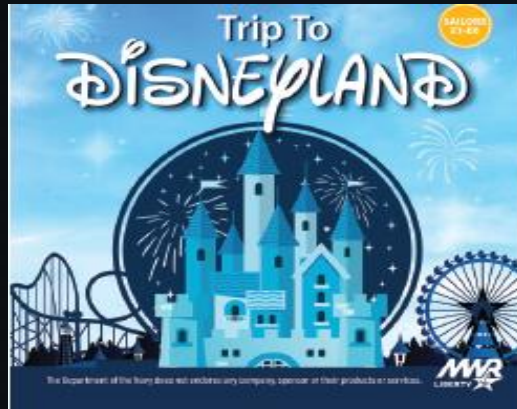
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RECYARD LIBERTY – ACTIVE DUTY E1-E6 & GEO BACHELORS



**BARRACKS BASH
BLOCK PARTY**



**LAP TRIP TO
GRAND CANYON**

AUG 01	7:00 PM	Star Gazing At Mission Trail
AUG 04	3:00 PM	Trip to San Diego Zoo
AUG 05	3:00 PM	Massage Therapy
AUG 12	4:00 AM	Barracks Bash Block Party
AUG 16	7:00 AM	Trip to Disneyland
AUG 17	9:00 AM	Snorkeling 101
AUG 22	5:30 PM	Night Fishing By The Lake
AUG 23	10:00 AM	Swimming 101 At Admiral Prout Gym
AUG 24	9:30 AM	Trip To Seaworld
AUG 26	5:00 PM	Mindfulness And Meditation
AUG 29 - SEPT 01		LAP Trip To Grand Canyon

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TICKETS & TRAVEL



Come by our ticket offices today for more information, pricing, and to purchase your Imaginarium tickets.

NOW OPEN
Las Americas Premium Outlets, San Diego

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

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OUTDOOR ADVENTURE CENTER



**Your Adventure,
Our Gear**

619-556-7493

3223 Norman Scott Rd.



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OUTDOOR ADVENTURE CENTER

Your Adventure, Our Gear



NAVAL BASE SAN DIEGO

SPLASH MORE, SPEND LESS!

RENT 1, GET 1

50% OFF

WATER SPORTS RENTALS

JUNE - AUG.

CALL 619-556-7493 FOR MORE INFO

QR CODE

250th Anniversary Logo

MWR Logo

@NavyLifeNBSD

sandiego.navylifsw.com/recreation

OAC explore

Water Equipment Special:

Rent 1, Get 1 50% Off on Water Sports Rentals (Kayaks, Paddleboards, et.) From June to August

Tables and Chairs Special:

10% Off Table and Chair Rentals during Chief Select Season
Offer discount on bulk orders of 10 or more tables and 50 or more chairs.

Call for more Info: 619-556-7493
3223 Norman Scott Rd.

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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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ADMIRAL BAKER PARK – RV CAMPGROUND

New! OUTDOOR FITNESS EQUIPMENT AT THE RV CAMPGROUND



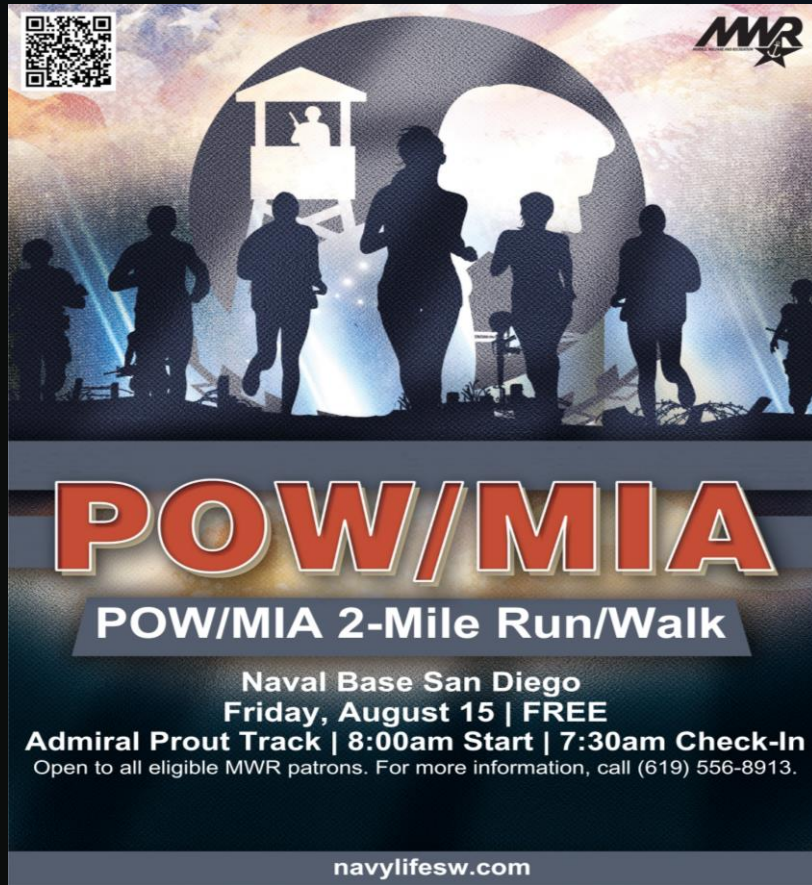
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SPORTS, FITNESS & AQUATICS



POW/MIA 2 Mile Run/Walk

Friday, August 15, 2025 Admiral Prout Track

FREE

7:30 Check-In 8:00 AM Start

Come participate in a 2-Mile run/walk course at the Admiral Prout Track!

For more information, call 619-556-8913.

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SPORTS, FITNESS & AQUATICS



DIVE IN MOVIE

Friday, August 1, 2025 Admiral Prout Field House Pool \$3
7:00 PM

Join us for a fun movie night! Children must be accompanied by an adult.

Register: navylifesw.com/NBSDCR


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

MWR
AQUATICS

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

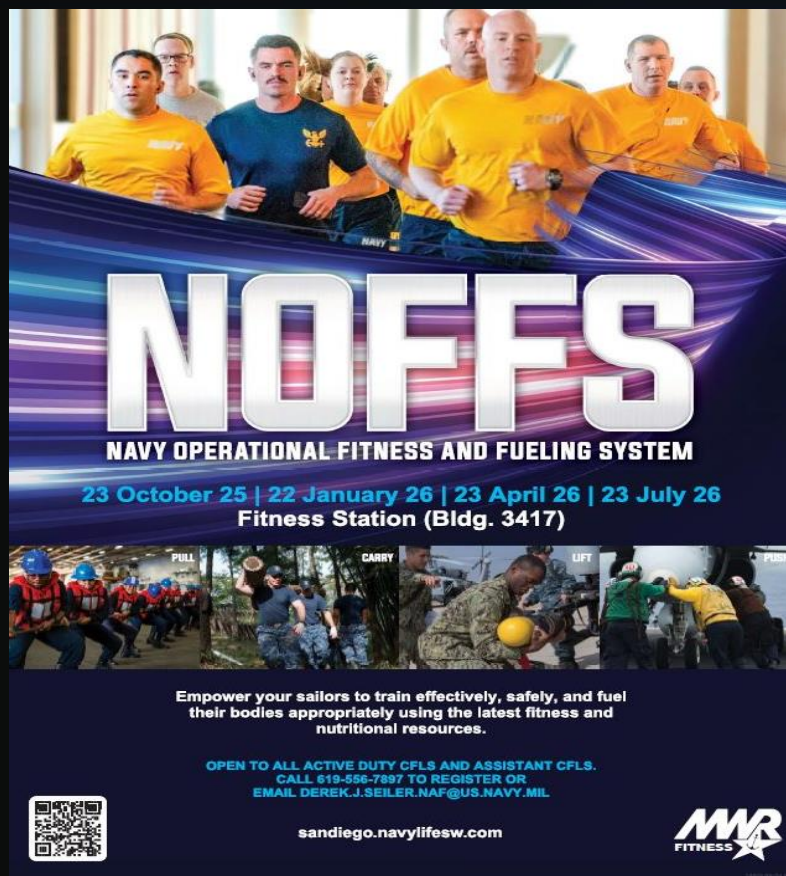
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SPORTS, FITNESS & AQUATICS



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

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MWR
FITNESS



NOFFS

Navy Operational Fitness And Fueling System

Fitness Station (Bldg. 3417)

October 25, 2025

January 22, 2026


April 23, 2026

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.

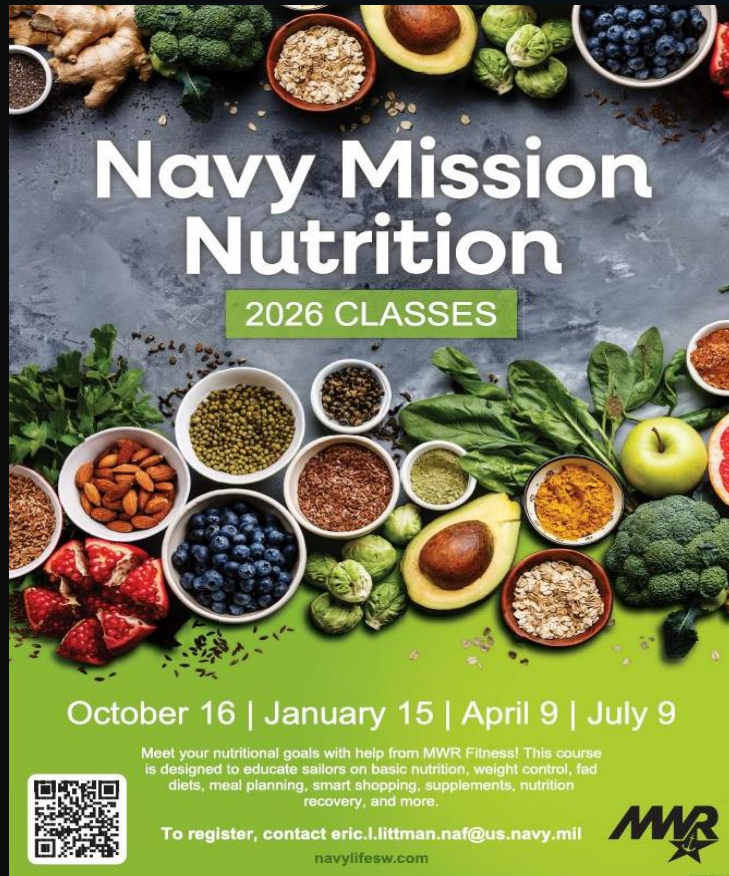
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SPORTS, FITNESS & AQUATICS



Navy Mission Nutrition

2026 Classes

October 16, 2025

January 15, 2026

April 9, 2026

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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SPORTS, FITNESS & AQUATICS



RED, WHITE & BLUE WORKOUT

July 2, 2025 OLDE GYM

Come participate in a MWR fitness instructor led workout!
It will be a 45-minute workout held in the functional room of
The Olde Gym, using kettlebells, weights, and anything in between!

Register today!

619-556-7450

zane.h.zimmermann.naf@us.navy.mil

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SPORTS, FITNESS & AQUATICS

NAVAL BASE SAN DIEGO

GROUPX SCHEDULE

4th Quarter • July – Sept 2025

MONDAYS

0600 Boot Camp (OG)
1100 Core Power (HS)
1100 Regen/Yoga (MU)
1200 WOD (FS)
1500 Yoga (FS)
1630 Spin (FS)

TUESDAYS

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

WEDNESDAYS

0700 Spin (FS)
1100 Core Power (HS)
1100 HIIT (MU)
1600 Yoga (FS)
1800 Pound (FS)

THURSDAYS

1000 HIIT (HS)
1100 Yoga (FS)
1200 WOD (FS)
1700 Sweat & Burn (FS)

FRIDAYS

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

SATURDAYS

1100 Sweat & Burn (FS)

Command PT 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)



4th Quarter • July – Sept 2025

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

OLDE GYM Bldg. 223 and Harborside Gym Bldg. 3477
NOW OPEN 24/7

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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 • 619.467.0026



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 300 - 200	NORTH PRESIDIO PATIO Capacity 100 - 150
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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 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 Halls 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

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ANCHORS CATERING & CONFERENCE CENTER

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



- Café is now OPEN! Serving breakfast, lunch and dinner 7 days a week. Check out our Daily Deals menu as well! ALL ESM Meals now being served at the galley, starting 1 August
- Kids Bowl Free! June 1 – Sept 1. Register online at kidsbowlfree.com/navy and receive 2 free games each day!
- Every Thursday FREE active duty and Retiree Bowling from 1100-1700
- Host Command Functions at the bowling alley! \$9 per person includes shoe rental and 2hrs of bowling.
- 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! Catering packages available. No Outside Food or Drinks allowed.

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NBSD AUTO SKILLS CENTER

MONTHLY MAINTENANCE

TRAINING CLASS

AUGUST 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
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NBSD PERSONAL STORAGE



NBSD MWR PERSONAL STORAGE

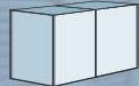
2375 Recreation Way Bldg. 3654 • San Diego, CA 92136
OFFICE HOURS: Monday-Friday: 8 am-4:30 pm

**NEED A PLACE TO STORE YOUR BELONGINGS?
CALL 619-556-3320 FOR AVAILABILITY.**

AVAILABLE UNIT SIZES



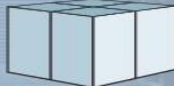
1 Door - \$70/month
4 x 4 x 8 (16 sq. ft)



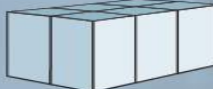
2 Door - \$90/month
4 x 8 x 8 (32 sq. ft)



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



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



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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

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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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

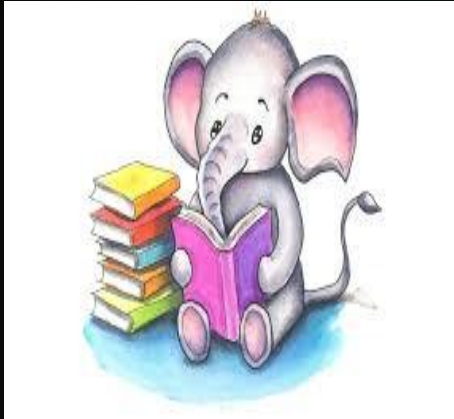
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NMCSD COMMUNITY RECREATION




August Calendar

Be A S.T.A.R With MWR: World Elephant Day Reading	8/2 11am Free
Dive In Movie Night	8/8 7:30 pm \$8
Open Mic Night	8/15 4-6 pm Free
Comedy Show	8/26 12pm Free

Phone: (619) 532-8909

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

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NMCSD LIBERTY PROGRAM

August Calendar

DIY Ice Cream Sandwich	8/1 12 pm Free
San Diego Safari Park Trip	8/16 10 am Free
Liberty Sailors Bash	8/22 11 am Free
LAP Trip Grand Canyon Getaway	8/29-9/1 12 pm \$125

Recurring Events

Pawsitive Teams	8/6 , 8/13 , 8/20 10 am- 1pm Free
Love On A Leash	8/12 11 am Free
Karaoke Sesh	8/8, 8/22 4pm-6pm Free

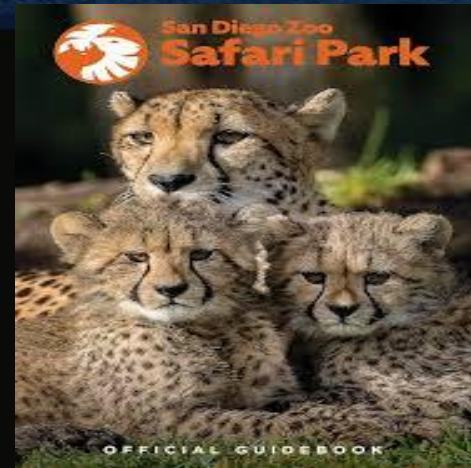
More info: (619) 532-8909

EVENTS ARE OPEN TO ONLY TO: ACTIVE DUTY E1-E6, WOUNDED WARRIOR & GEO BACHELORS

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NMCSD FITNESS




ATHLETICS COMPLEX BLDG. 12 **TRIATHLON EVENT**

**1 AUG
FREE
STARTS AT 12 :00**

Take on the challenge of completing the 5-mile stationary bike ride, 500-meter swim, and a 1-mile run to become a tri-athlete challenger!

Sign-up with the QR code or call 619-532-8516 for more information!

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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

Prices

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

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

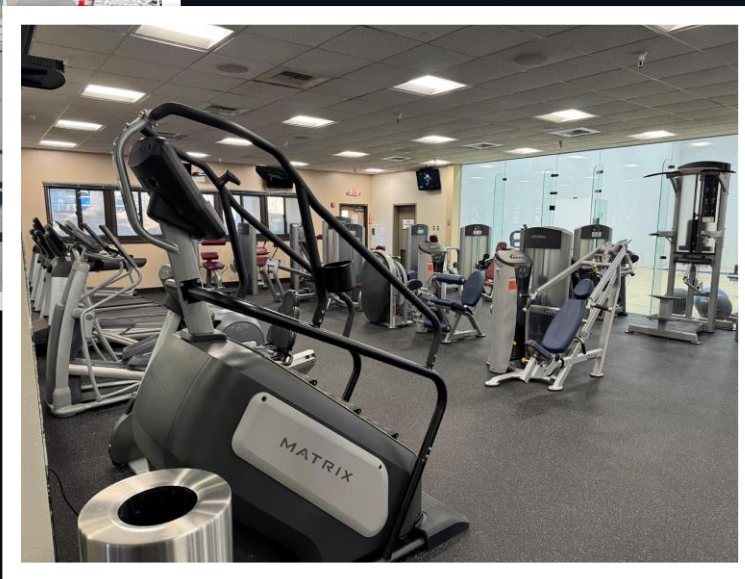
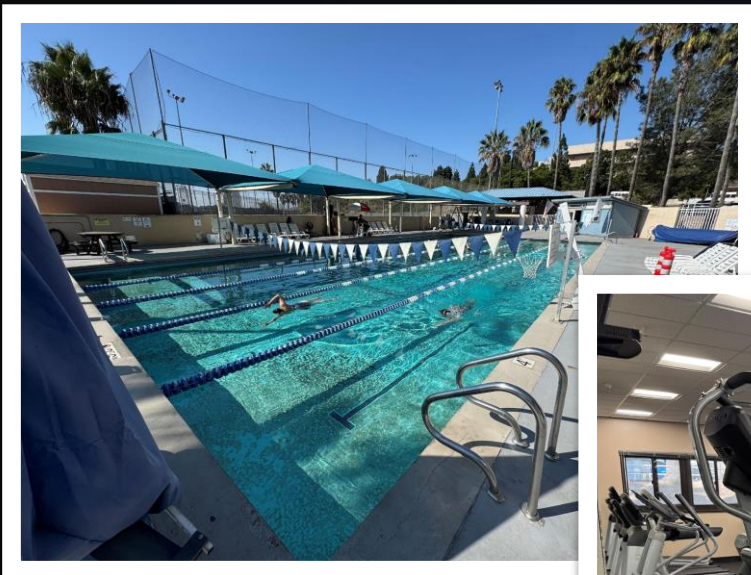


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NMCSD SPORTS & AQUATICS



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

Sports / Events

Triathlon Event happening Friday, 1 Aug !!

**Basketball, Volleyball & Indoor soccer league
coming in September.**

Phone: (619) 532-8516

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NMCSD FITNESS

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Find Your Flow

MONDAYS & WEDNESDAYS, 4:00 pm - 5:00 pm
Athletic Complex, Bldg. 12

Decrease stress and increase flexibility and vitality! Let's challenge the mind, body and soul with the flow of yoga.



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YOGA CLASSES

FREE
ATHLETIC COMPLEX, BLDG. 12
Mondays & Wednesdays @ 4 pm

For more info call
(619) 532-8516

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