

Naval Base San Diego

N92 MORALE, WELFARE, AND RECREATION

JUNE 2025

sandiego.navylifesw.com



[navylifenbsd](#)

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



COMMUNITY RECREATION



FISHING 101

Sun, June 8 | 9 & 10:30 AM

Cast away your doubts and reel in the fun! You will learn the art of casting, baiting, and reeling in your line. Fishing poles and bait included.



TICKETS & TRAVEL EXPO

Fri, June 13 | 9 AM

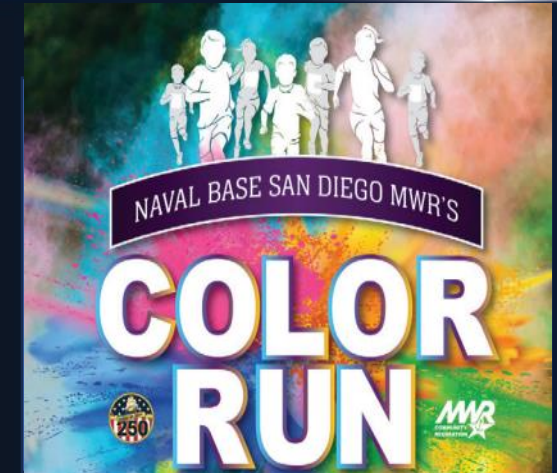
Meet fun ambassadors from the best amusement parks as well as Travel & MWR Programs.



GREAT NAVY CAMP OUT

Sat, June 14 | 3:00 PM

Kick off the Summer while making memories at our beginner-friendly overnight camping trip. Perfect for first-timers.



COLOR RUN

Sat, June 28 | 10 AM

Celebrate strength, resilience, and spirit with a 2-mile adventure filled with vibrant colored powder, drawings, games, music, and more.

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COMMUNITY RECREATION



JUN 03	11:00 AM	Beach Day
JUN 04	10:30 AM	Storytime, Craft & Play
JUN 07	10:00 AM	Father's Day Boat Race
JUN 07	11:00 AM	Sweet Saturday
JUN 08	9:00 AM	Fishing 101
JUN 13	9:00 AM	Tickets & Travel Expo
JUN 14	9:00 AM	Youth Basketball Camp
JUN 14	3:00 PM	Great Navy Camp Out
JUN 20	3:00 PM	Chess Club Meet Up
JUN 21	8:00 AM	Birding Trip to Mission Trails
JUN 25	10:00 AM	Kickball at Baker
JUN 27	6:00 PM	Pool Tournament
JUN 28	10:00 AM	Color Run
JUN 28	3:00 PM	Bay Harbor Cruise
JUL 04	3:00 PM	Freedom Fest (Save the Date)

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RECYARD LIBERTY – ACTIVE DUTY E1-E6 & GEO BACHELORS



**SAN DIEGO
COUNTY FAIR TRIP**



**SUMMER FEST
AT PACIFIC BEACON**



**LAP YURT CAMPING
BY THE BEACH**



**TRIP TO
SIX FLAGS MAGIC MOUNTAIN**

JUN 01	10:00 AM	Nature Walk Trip To La Jolla
JUN 04	4:00 PM	Heads Up Challenge
JUN 07	8:00 AM	Trip To: Six Flags Magic Mountain
JUN 08	10:00AM	Kayaking 101
JUN 10	5:00PM	Smoothies, Shake and Slushie Making
JUN 13	6:00PM	Beach, Bonfire and Grunions
JUN 14	10:00AM	San Diego Country Fair Trip
JUN 14-15	1PM/6AM	Great Navy Campout Volunteer Opportunity
JUN 19	12:00PM	BBQ Social
JUN 19-22	8:00 AM	LAP Yurt Camping By the Beach
JUN 24	5:00 PM	Mindfulness and Meditation
JUN 25	4:00PM	Summer Fest At Pacific Beacon
JUN 27	5:30 PM	Night Fishing By the Lake
JUN 28	9:00AM	Surfing 101
JUN 29	9:00 AM	Snorkeling 101
JUN 30	6:00 PM	Karaoke Night

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TICKETS & TRAVEL

Come by the Navy Exchange parking lot for our annual NBSD Tickets and Travel Expo for some fun! Enjoy games, giveaways, and meet some of your favorite local vendors. Don't miss out!

NAVAL BASE SAN DIEGO MWR

Tickets & Travel EXPO

Friday, June 13 | 10 AM - 1 PM | FREE
MAIN EXCHANGE COMPLEX PARKING LOT

Fun starts here! Come meet travel pros, learn about deals you can't miss and get insider tips.



PRIZES | GOODIES | GIVEAWAYS



For more info, call 619-556-2174



sandiego.navylifesw.com/recreation

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

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

GEAR UP & GET AWAY!

SEASONAL SPECIAL

10% OFF

FULL CAMPING GEAR SETS
APRIL – JUNE

CALL 619-556-7493 FOR MORE INFO

QR CODE

250 MWR @NavyLifeNBSD sandiego.navylifesw.com/recreation OAC explore



NAVAL BASE SAN DIEGO

SPLASH MORE, SPEND LESS!

SUMMER SPECIAL

RENT 1, GET 1

50% OFF

WATER SPORTS RENTALS
JUNE – AUG.

CALL 619-556-7493 FOR MORE INFO

QR CODE

250 MWR @NavyLifeNBSD sandiego.navylifesw.com/recreation OAC explore



Camping Gear Special:

10% Off Full Camping Gear Sets for Weekend Getaways
From April to June

Water Equipment Special:

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

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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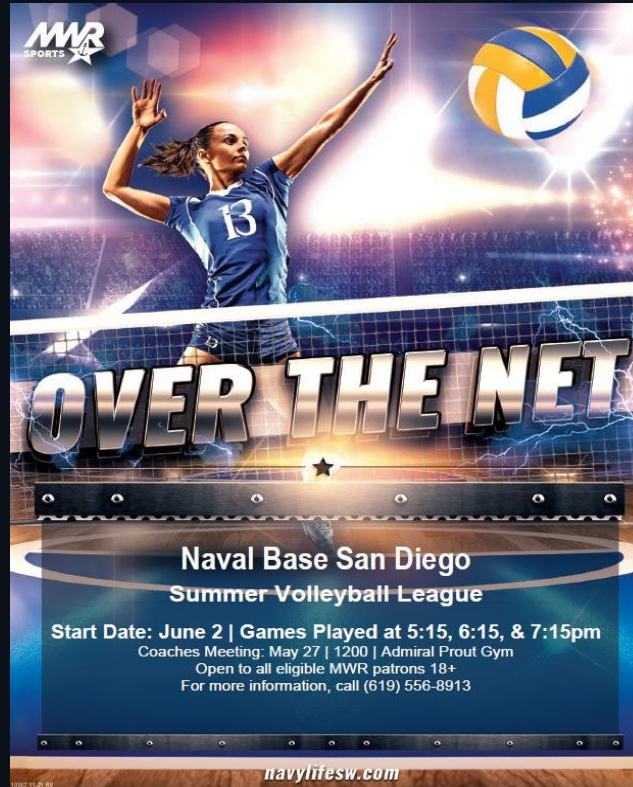


SUMMER SPORTS LEAGUES

A poster for the Summer Softball League. It features a large yellow softball with red stitching in the foreground, with two baseball bats crossed behind it. The background is a chain-link fence. The text "PLAY BALL!" is written in large, bold, yellow letters with a 3D effect.

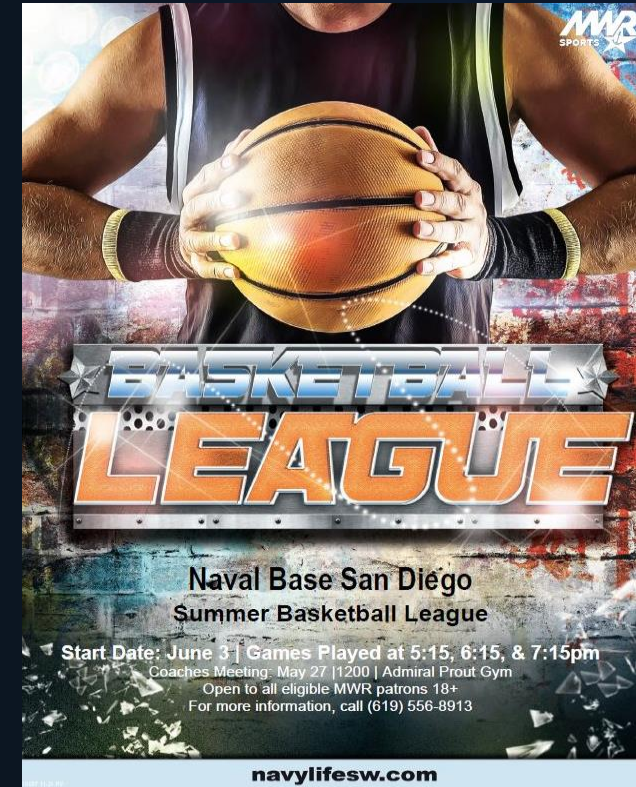
Naval Base San Diego
Summer Softball League
Start Date: June 3 | Games Played at 5:15, 6:15, & 7:15pm
Coaches Meeting: May 27 | 1200 | Admiral Prout Gym
Open to all eligible MWR patrons 18+
For more information, call (619) 556-8913

navylifesw.com

A poster for the Summer Volleyball League. It features a female volleyball player in a blue jersey with the number 13, jumping to hit a volleyball. The background is a bright, colorful sky with a volleyball net in the foreground. The text "OVER THE NET" is written in large, bold, metallic letters.

Naval Base San Diego
Summer Volleyball League
Start Date: June 2 | Games Played at 5:15, 6:15, & 7:15pm
Coaches Meeting: May 27 | 1200 | Admiral Prout Gym
Open to all eligible MWR patrons 18+
For more information, call (619) 556-8913

navylifesw.com

A poster for the Summer Basketball League. It features a close-up of a person's hands holding a basketball. The background is a dark, textured surface. The text "BASKETBALL LEAGUE" is written in large, bold, metallic letters.

Naval Base San Diego
Summer Basketball League
Start Date: June 3 | Games Played at 5:15, 6:15, & 7:15pm
Coaches Meeting: May 27 | 1200 | Admiral Prout Gym
Open to all eligible MWR patrons 18+
For more information, call (619) 556-8913

navylifesw.com

*Eligible MWR PATRONS Includes Active Duty, DOD, Dependents, and Retirees. (619) 556-8913

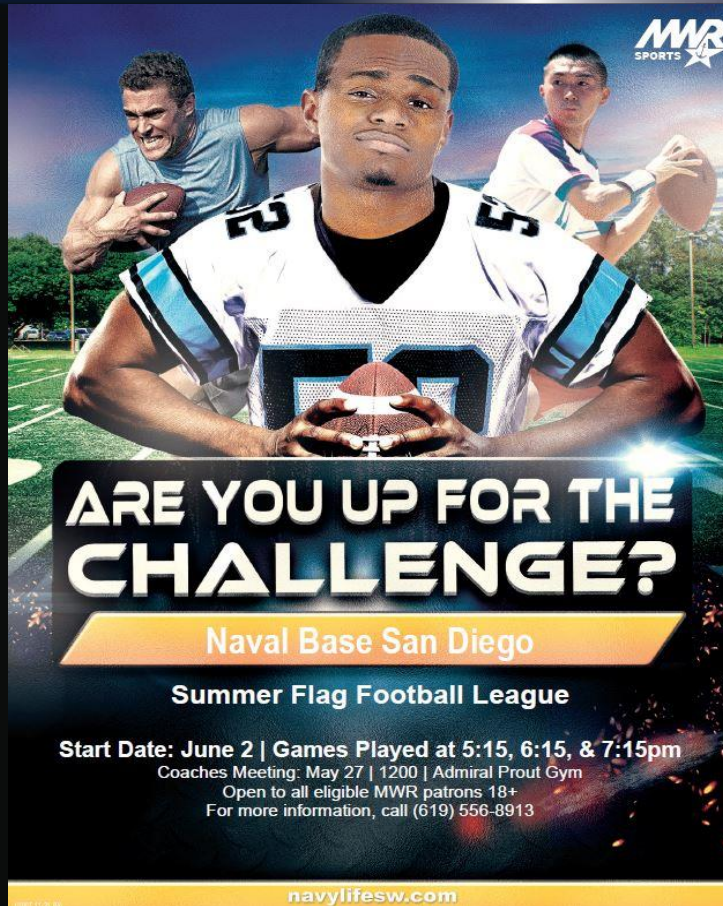
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SPORTS, FITNESS & AQUATICS



MWR SPORTS

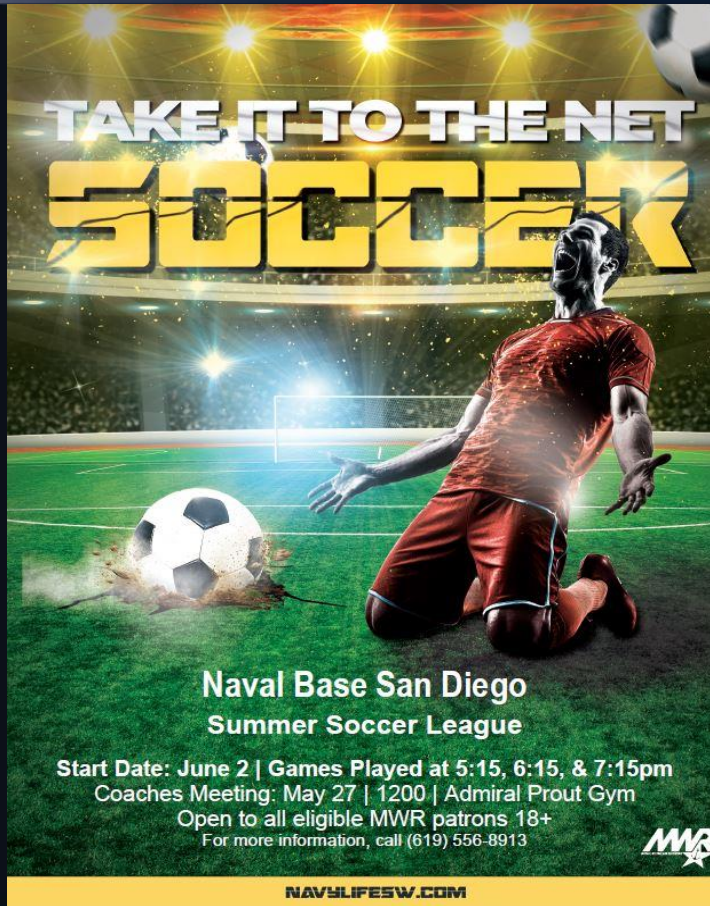
ARE YOU UP FOR THE CHALLENGE?

Naval Base San Diego

Summer Flag Football League

Start Date: June 2 | Games Played at 5:15, 6:15, & 7:15pm
Coaches Meeting: May 27 | 1200 | Admiral Prout Gym
Open to all eligible MWR patrons 18+
For more information, call (619) 556-8913

navylifesw.com



TAKE IT TO THE NET

SOCCER

Naval Base San Diego

Summer Soccer League

Start Date: June 2 | Games Played at 5:15, 6:15, & 7:15pm
Coaches Meeting: May 27 | 1200 | Admiral Prout Gym
Open to all eligible MWR patrons 18+
For more information, call (619) 556-8913

NAVYLIFESW.COM

Summer Leagues Start:
Volleyball, Soccer and Flag Football- June 2nd, 2025
Softball and Basketball- June 3rd, 2025

Coaches meeting: May 27th, 2025
1200 at the Admiral Prout Gym
For more information call: (619) 556-8913

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SPORTS, FITNESS & AQUATICS



Summer 2 Mile Run/Walk


Naval Base San Diego

Friday, June 20, 2025 8AM

Admiral Prout Field House Track Bldg. 3279

Register online at: sandiego.navylifesw.com

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SPORTS, FITNESS & AQUATICS



SD Padres Baseball Legends
&
NBSD All-Stars Softball Game
Thursday, June 12, 2025 11AM
FREE
NBSD Freedom Field

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SPORTS, FITNESS & AQUATICS

NAVAL BASE SAN DIEGO

GROUP X SCHEDULE



3rd Quarter • April - June 2025

MONDAY

0700 Command Class (FS by apt)
0800 Command HIIT (FS by apt)
1100 Core Power (HS)
1100 1st & 3rd Strength (Mussels)
1100 2nd & 4th Yoga (Mussels)
1200 Workout of the Day (FS)
1530 Full Body Circuit (FS)
1630 Spin (FS starting 10 March)

THURSDAY

0930 Aquafit (FHP)
1200 Workout of the Day (FS)
1000 HIIT (HS)
1100 Yoga (FS)
1300 Command Class (FS by apt)
1400 Command PRT PREP NOFFS (FS by apt)
1530 Yoga (FS)
1700 Sweat & Burn (FS)

TUESDAY

0700 Command Class (FS by apt)
0800 Command HIIT (FS by apt)
0930 Aqua Strength (FHP)
0930 TRX Plus (FS)
1200 Workout Of The Day (FS)
1000 HIIT (HS)
1400 Command PRT PREP NOFFS (FS by apt)
1700 Sweat & Burn (FS)
1800 Dance Cardio (FS)

FRIDAY

0700 Command HIIT (FS by apt)
0830 Command HIIT (FS by apt)
0915 Yoga (FS)
1200 Workout of the Day (FS)

WEDNESDAY

0700 Command FEP (FS by apt)
0800 Command HIIT (FS by apt)
1100 Core Power (HS)
1100 (Mussels)
1300 Command Class (FS by apt)
1530 Boot Camp (FS)
1800 Pound (FS)

SATURDAY

1000 Zumba 1st & 3rd Saturdays (FS)
1100 Sweat & Burn (FS)

FS = Fitness Station bldg. 3417
HS = Harborside bldg. 3477
Mussels – Downtown bldg. 750

NZ = NOFFS zone bldg. 3279
FHP – Prout Pool bldg. 3279

Maria.a.reiff.civ@us.navy.mil to schedule appts.

Navylifesw.com Schedules online



3rd Quarter • April - June 2025

Spin: High intensity cardio low impact workout with super motivating instructors & music.

Workout of the Day: Variety of exercises focusing on total-body strength training & metabolic (cardio) conditioning.

Sweat & Burn: 45 minute cardio based workout using explosive exercises combining low & high intensity.

Command PRT Prep: Make an appointment for your command & we'll help everyone ready for the next PRT.

TRX Plus: Interval workout which maximizes overall performance utilizing TRX trainer, kettle bells, sandbags & more.

Dance Cardio: A whole lot of dance into fitness with fun music & energized instructors.

Pound: Grab the drum sticks & turn on the music. Get the workout while having tons of fun.

Boot Camp: Work hard with kettle bells, bands, TRX, weights & more.

Zumba: Spice it up a bit with high energy music, energized instructor and a whole bunch of dancing. Get fit while you dance.

Yoga: Use physical postures, breathing exercises and meditation to improve overall health connecting body, breath & mind.

Total Body Blast: A total body workout to strengthen and improve all major muscle groups and energy systems.

Back To Basics: Focuses on core stability & endurance, pushing/pulling technique and soft tissue.

Mobility & Regeneration: Give those muscles a chance to recover. Learn trigger point & flexibility techniques.

Aquafit: Put on your swim suit & get in the pool for an amazing whole body workout in the water.

Aqua Strength: Come build your muscles up in a pool. Yep it's possible and you'll get a GREAT workout too.

FS = Fitness Station bldg. 3417
HS = Harborside bldg. 3477
OG = Olde Gym bldg. 223

NZ = NOFFS zone bldg. 3279
FHP – Prout Pool bldg. 3279

Maria.a.reiff.civ@us.navy.mil to schedule appts.

Navylifesw.com Schedules online



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SPORTS, FITNESS & AQUATICS



Family Cardboard Boat Race
Saturday, June 7, 2025 11AM
Admiral Prout Pool Bldg. 3279A
Register online at: navylifesw.com/NBSDCR

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SPORTS, FITNESS & AQUATICS



Spin Class

Every Wednesday

1630 Bldg. 3417 Fitness Station

Experience the high-energy thrill of a spin class and elevate your fitness journey as you pedal to the rhythm of exhilarating music, torching calories and strengthening your cardiovascular endurance.

*Eligible MWR PATRONS Includes Active Duty, DOD, Dependents, and Retirees.

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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 as well as ESM Meals on Nights and Weekends. Check out our Daily Deals menu as well!
- Sunday, June 15th , Father's Day Bowling: Dad's Bowl FREE 2 games
- 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.

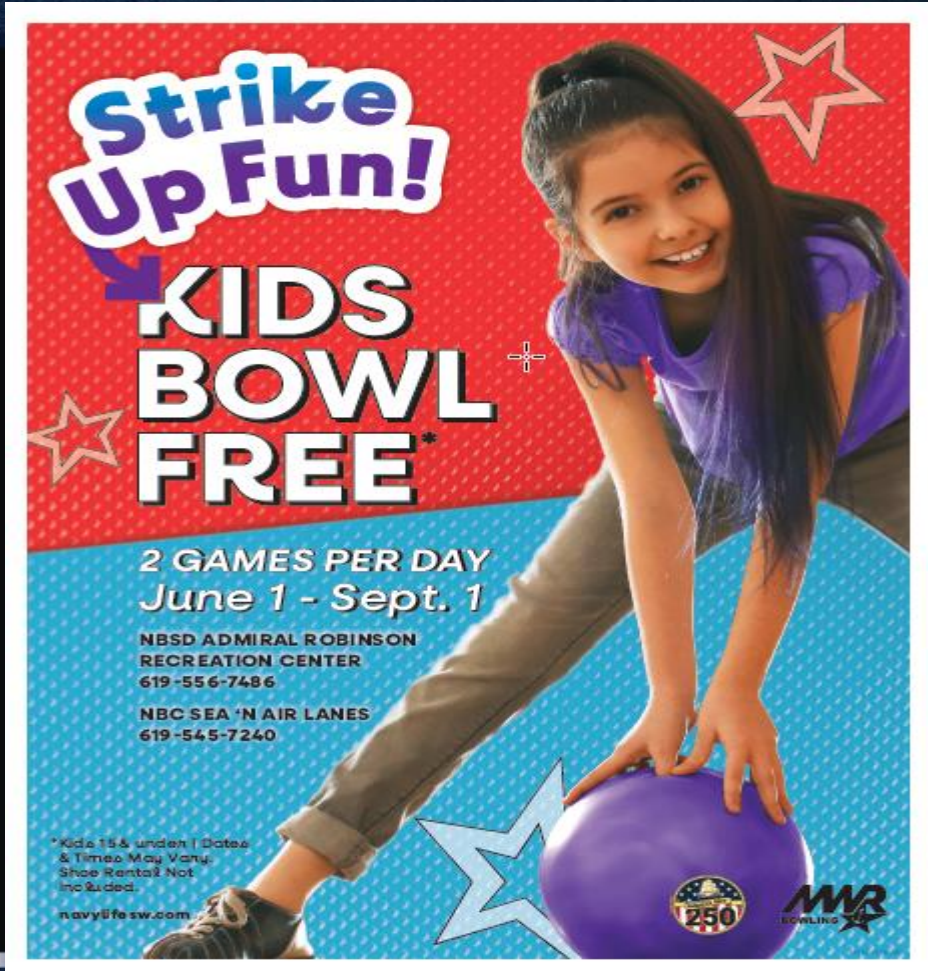
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ADMIRAL ROBINSON RECREATION CENTER




Strike Up Fun! Kids Bowl Free
2 Games Per Day from June 1 to September 1

- * NBSD Admiral Robinson Recreation Center**
619 - 556 -7486
- * NBC Sea 'N Air Lanes**
619 - 545 – 7240

Register online at www.kidsbowlfree.com

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NBSD AUTO SKILLS CENTER

MONTHLY MAINTENANCE

TRAINING CLASS

JUNE 14TH 0900-1200

OIL CHANGE,

**UNDER CAR INSPECTION &
THE USE OF OWNERS MANUAL**



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

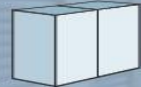
2375 Recreation Way Bldg. 3654 • San Diego, CA 92136
OFFICE HOURS: Monday-Friday: 8 am-4:30 pm

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



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

AVAILABLE UNIT SIZES



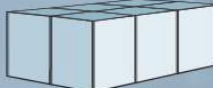
2 Door - \$90/month
4 x 8 x 8 (32 sq. ft)



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
navyllifesw.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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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)

**NAVAL BASE
GOLF PERFORMANCE
CENTER**

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

 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

sandiego.navylifesw.com

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NBSD GOLF PERFORMANCE CENTER (BLDG.348)

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



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



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NMCSD COMMUNITY RECREATION

JUNE Calendar



Flying Kites

6/7 | 10 am | \$10

Roll with it: Sushi Workshop

6/12 | 5 pm | \$20

Fore the Fathers

6/14 | 1 pm | \$20

USS Midway Sleepover

6/21-6/22 | 6 pm | \$55

DIY Terrarium

6/28 | 1 pm | \$10

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



JUNE Calendar

Group Trivia: Pop-Culture

6/5 | 11 am | Free

Budget Friendly Meal

6/9 | 12 pm | Free

Liberty Trip: County Fair

6/14 | 11 am | \$20 or \$25

LAP: Pt. Mugu

6/19-6/22 | \$120

Recurring Event

Karaoke Sesh

6/13 & 6/27 | 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 SPORTS & AQUATICS



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

Sports / events

SUMMER LEAGUES


Basketball league starts June 9

Kickball league starts June 17

ALL Female Volleyball starts June 19

Phone: (619) 532-8516

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