Welcome Aboard

San Diego

A Guide for Service Members and their Families

Fleet & Family Support San Diego

Navy Region Southwest

The Fleet & Family Support Center

WELCOME
to San Diego

FLEET & FAMILY SUPPORT CENTER, SAN DIEGO
3005 CORBINA ALLEY, SUITE 1
SAN DIEGO, CA 92136-5190
www.cnrsw.navy.mil/fsc

Congratulations on receiving orders to sunny San Diego where you will find miles of beaches, famously pleasant weather, and friendly people. To make your move as worry-free as possible, Fleet and Family Support has created this booklet to help you find housing, schools, childcare and more. We've compiled resource information to prepare for your move before you get here and help answer some of the most common questions and concerns shared by those preparing for a permanent move to San Diego.

Find information on common subjects including:

- First Steps for Your Permanent Change of Station (PCS)
- Pay and Allowances
- Travel and Lodging
- Housing
- Childcare and Schools
- Medical and Dental
- Family Employment and Education
- Driving in California
- PCS Moves with Pets
- Base Amenities and Resources

We hope the information and resources in the following pages will help you and your family have a smooth move. If you require additional assistance, please call any of the facilities listed on this page.

To make an appointment with our Relocation Assistance Team call our toll free number at 866-923-6478.

We look forward to seeing you soon!

Very Respectfully,

Your Relocation Assistance Program Team
Fleet and Family Support
Navy Region Southwest

NAVAL BASE SAN DIEGO
BUILDINGS 259 & 263 • CODE N93R23
3005 CORBINA ALLEY, SUITE 1
SAN DIEGO, CA 92136-5190
619-556-7404

NAVAL BASE CORONADO
BUILDING 318 • SAUFLEY ROAD
BOX 357138 • CODE 93
SAN DIEGO, CA 92135-7138
619-545-0071

NAVAL BASE POINT LOMA
BUILDINGS 211 & 212 • CODE 7
140 SYLVESTER ROAD
SAN DIEGO, CA 92106-3521
619-553-8306

MURPHY CANYON BRANCH
4867T SANTO ROAD
SAN DIEGO, CA 92124
858-277-4259

BAYVIEW HILLS BRANCH
1967 SKY HARBOR ROAD
SAN DIEGO, CA 92139
619-556-1275

THE VILLAGE AT SERRA MESA BRANCH
3141 AFTON ROAD
SAN DIEGO, CA 92123
619-556-1277

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WHAT TO DO

before your move

- [x] Attend a Relocation Workshop at your local Navy Fleet and Family Support Center (FFSC). Find an FFSC near you at www.nffsp.org.
- [ ] Request a Command Sponsor from your gaining command (contact information should be listed on your orders or contact your Navy Career Counselor for assistance). Sponsors can be vital in getting you and your family oriented and acclimated quickly and smoothly.
- [ ] Visit the Department of Defense Web site at www.militaryhomefront.dod.mil/ for two online programs that will help you research your next installation and create customized moving calendars. The programs, MilitaryINSTALLATIONS and Plan My Move, (on the left column of the Web site's home page) can provide valuable pre-planning tools to help you prepare before you get here.
- [ ] Review your Permanent Change of Station (PCS) financial entitlements. See page 2 and speak to your Disbursing Office for more information.
- [ ] Reserve temporary lodging in San Diego. See page 5 for details.
- [ ] Sign up for Navy Childcare. See page 7 for information.
- [ ] For families with school-age children, begin researching schools to help guide your housing decision. See page 8 for more information.
- [ ] Locate contact information for your new command's Ombudsman by visiting FFSC San Diego at www.cnic.navy.mil/navylifesw.
- [ ] Research local base information on the Commander, Naval Installations Command (CNIC) Web site at www.cnic.navy.mil/cnrsw.
- [ ] Visit Navy-Marine Corps Relief Society for budget advice before beginning the search for housing: www.nmcrs.org/.
- [ ] Military OneSource can provide help with your location needs 24/7. For more information visit www.militaryonesource.com.
- [ ] Download a welcome guide and maps of Navy Region Southwest Installations from Assignment San Diego: www.militarynewcomers.com/Sandiegoweb/Guide.html.
- [ ] Research local attractions, neighborhoods, and businesses on the San Diego Regional Chamber of Commerce Web site: www.sdchamber.org/.

FINANCIAL GUIDE
for Relocating

Moving can be expensive, but there are many tax-free allowances you may be eligible for that you don't pay back. Check with your Disbursing Office to determine whether you qualify for any of the allowances and advance pay options listed below.

Rates and policies are subject to change. For complete information, visit www.defensetravel.dod.mil/perdiem/perdiemrates.html

Dislocation Allowance (DLA):
The DLA is a once-per-PCS-move allowance intended to help with miscellaneous moving costs. It is based on your rank and dependent status. DLA is not available for all types of moves. For more information, check with your command or local FFSC.

Monetary Allowance in Lieu of Transportation (MALT):
Also known as "mileage," MALT is money paid to offset the cost of driving to a new duty station. It is based on the Official Military Table of Distances and is figured per a table of miles, times the number of travelers and vehicles. Approval is needed before MALT can be paid for more than two vehicles.

Per Diem Allowance:
Military members can receive reimbursement for costs associated with meals and lodging while traveling to a new duty station. Per Diem rates for car travel are based on a flat rate (350 miles per day as the standard one-day travel distance). To determine the number of days you will receive per diem, take the official government mileage (this can be found on the Web site listed above) between duty stations and divide by 350. An additional day of travel is allowed if the remainder is 51 miles or more.

Per Diem rates vary by age and status.
Service Member ..... 100% of rate
Spouse ..... 75% of rate
Children over 12 ..... 75% of rate
Children 12 and under ..... 50% of rate

Temporary Lodging Expense (TLE):
Relocating members and families may receive partial reimbursement for the cost of meals and lodging when temporary housing is needed. The formula used to calculate TLE includes many variables. The maximum TLE rate is $180 per day The maximum amount of time you can claim TLE for moves within the Continental U.S. (CONUS) is 10 days.

Temporary Lodging Allowance (TLA):
Service members and their families heading to San Diego from an overseas location may be eligible for TLA, for up to 10 days, when departing that installation. Consult your local Disbursing Office for more information.

Advance of pay and BAH:
Service members may request a loan in the form of an advance of Basic Pay and Basic Allowance for Housing (BAH) when making a PCS move. Keep in mind that this is an *interest-free loan repaid by deductions from pay starting immediately.* Because this can create an additional financial burden following a move, the use of advance pay is not encouraged unless circumstances require it.

DLA RATES
** (Effective 1 January 2010)*

Grade	Without Dependent Rate	With Dependent Rate
O-10	$3,431.15	$4,223.71
O-9	$3,431.15	$4,223.71
O-8	$3,431.15	$4,223.71
O-7	$3,431.15	$4,223.71
O-6	$3,147.81	$3,803.07
O-5	$3,031.75	$3,665.78
O-4	$2,809.56	$3,231.44
O-3	$2,251.64	$2,673.48
O-2	$1,786.09	$2,282.83
O-1	$1,504.00	$2,040.72
O-3E	$2,431.37	$2,873.21
O-2E	$2,066.92	$2,592.40
O-1E	$1,777.35	$2,395.17
W-5	$2,854.48	$3,119.10
W-4	$2,534.95	$2,859.51
W-3	$2,130.58	$2,619.85
W-2	$1,892.20	$2,410.16
W-1	$1,583.88	$2,084.41
E-9	$2,081.92	$2,744.66
E-8	$1,910.90	$2,529.99
E-7	$1,632.57	$2,349.00
E-6	$1,477.78	$2,170.51
E-5	$1,362.97	$1,952.08
E-4	$1,185.72	$1,952.08
E-3	$1,163.26	$1,952.08
E-2	$944.84	$1,952.08
E-2	$842.51	$1,952.08

GETTING TO
San Diego

Arriving by Plane:
The San Diego Airport is close to downtown and conveniently located near many local Navy installations. Various modes of public transportation are readily available at the airport.

San Diego International Airport (SAN)
For complete information, visit www.san.org.

San Diego Airport Assistance:
Volunteer Airport Ambassadors (VAA) are available to offer free airport assistance and specific information pertaining to hotels, rental cars, taxicabs, courtesy shuttles and public transportation. Look for airport personnel wearing green polo shirts with the words "Airport Information" on the back.
Terminal 1 619-400-2261
Terminal 2 619-231-5230
VAA is open 6 a.m.-11 p.m. daily.
For more information visit: www.home.netbere.net/sdambassador/.

Neil Ash USO Center at the San Diego Airport:
Located in Terminal 2, this USO Center offers military members and their families a friendly place to meet sponsors, unwind, snack, check email, watch television, or get directions or transportation assistance to their duty station and other locations. The Neil Ash USO features complimentary coffee and pastries and is open every day of the year from 8 a.m.-11 p.m.
For more information, call 619-296-3192, or visit www.usosandiego.org.

Arriving by Automobile:
The main roadways to San Diego are Interstates 5, 15, and 8. For driving conditions visit: California Department of Transportation at www.dot.ca.gov or Federal Highway Administration: www.fhwa.dot.gov/trafficinfo/index.htmg. For information on weather conditions, traffic, road closures and speed maps of the local San Diego freeways call 511.

GETTING AROUND

California

California Highway Patrol (CHP):
For CHP rules, regulations and other information visit their Web site at *www.chp.ca.gov/index.html.*
To contact CHP for a NON-emergency, call 800-TELL-CHP/800-835-5247.

Help with vehicles in Government Storage:
If you need to get your car out of government storage contact the San Diego Vehicle Processing Center (VPC) at *http:/www.whereismypov.com or call 619-563-6321 or 877-344-8972.*

Public Transportation:
Vehicle use and maintenance in San Diego can be expensive but there are mass transit options to help you get around town affordably.
For bus, trolley and train schedules/fares, call 1-800-COMMUTE (1-800-266-6883) or www.sdcommute.com for more information.

Transportation Incentive Program (TIP):
Active duty military personnel, Department of the Navy civilian employees and Non-Appropriated Fund employees are eligible for this program and can commute for FREE or for greatly reduced fares by using mass transportation vouchers.
To sign up, find your Installation Point of Contact at: www.fmo.navy.mil/services/tip/tip.htm.

California Department of Motor Vehicles (DMV) Web site is the best source for all of your vehicle related questions. Visit www.dmv.ca.gov/ for California driver's license requirements and local vehicle requirements such as smog tests. If you're thinking about registering your car in California, you may receive a reduced fee as a service member. Also check with Navy Legal as you may qualify for benefits afforded by the 2009 Military Spouse Residency Relief Act.

California Traffic Laws

- By law, everyone in a vehicle must wear a seatbelt. See DMV Web site for requirements regarding child safety seats.
- Motorcyclists must wear a helmet.
- Many of California's heavily traveled freeways have car pool or "diamond lanes" identified by small black-and-white signs and by diamonds painted on the roadway. To legally drive in a car pool lane, you must comply with posted guidelines.
- It is against the law to write, send, or read text-based communication on an electronic wireless communications device, such as a cell phone, while driving a motor vehicle in California. Drivers must also use a hands-free device when speaking on a cell phone while driving (except in medical or traffic emergency). Additionally, cell phone usage is outlawed for all drivers under the age of 18.
- California has enacted strict drinking and driving laws that may affect you and apply even if you hold an out-of-state license.

LODGING

Reserve a Room Today: It's important to reserve a hotel, motel, or military lodge room well in advance of your move to ensure you have a place to stay when you get here. Obtaining a room in San Diego at the last minute may be difficult, especially during summer months. Early reservations will ensure you have accommodations while you search for permanent housing.

Navy Gateway Inns & Suites:
With locations on five San Diego Navy bases, Navy Gateway Inns & Suites (NGIS), offers a number of award-winning convenient locations. For reservations call 877-NAVY-BED or visit www.dodlodging.net. When traveling on PCS orders, reservations at NGIS facilities can be made up to one year in advance.

Navy Lodge:
Another cost effective hotel option is the Navy Lodge located on Naval Base San Diego and Naval Air Station North Island. Here you will find family accommodations and business class rooms. Reservations are available at 1-800-NAVY-INN, or www.navy-lodge.com. If the Navy Lodge is not available, lodge staff can provide referrals to local hotels. Check with your Disbursing Office to determine how much Temporary Lodging Expense (TLE) you may be eligible to receive.

Hotel Voucher Program:
Enjoy savings at non-military hotels with MWR's Hotel Voucher Program. Contact your nearest San Diego Navy Base MWR Tickets and Travel office for a list of hotels participating in the program. Expect to save from fifteen to twenty percent off the hotel rate. For current rates visit - www.mwrtoday.com/Sandiego/itt.htm and click on "San Diego ticket price list". For a listing of San Diego Ticket Office locations, see page 24 for MWR's Facility Directory.

Pet-Friendly Lodging:
There are hotels and motels in the San Diego area that welcome pets, though some may require a non-refundable deposit upon check-in. The Naval Base San Diego Navy Lodge is the only military lodge in San Diego that accepts pets (certain restrictions on type and size of animals may apply). Plan in advance to ensure you have adequate accommodations for your pets.

Navy Gateway Inns & Suites

Naval Base San Diego
Naval Base Coronado
Naval Base Point Loma

NGIS Reservations
877-NAVY BED
www.dodlodging.net

Navy Lodge San Diego

Naval Base San Diego
www.navy-lodge.com
Pets welcome

Navy Lodge North Island

Naval Air Station North Island
619-435-0191

Miramar Inn

Marine Corps Air Station Miramar
858-271-7111
800-628-9466

Military Value Program

www.hotelsatperdiem.com

Pet-Friendly Civilian Lodging

www.petfriendlytravel.com
www.pet-friendly-hotels.net
www.petswelcome.com
www.tripswithpets.com
www.doginmysuitcase.com

NOTE: The Department of the Navy does not endorse these Web sites; they are offered for informational purposes only.

Housing

With more than 9,000 Navy housing units located throughout San Diego County, there are many options available to families who desire to live in privatized Navy housing. For current Basic Allowance for Housing (BAH) rates visit **www.defensetravel.dod.mil/perdiem/** to help you choose.

Lincoln Military Family Housing:
Lincoln manages all military housing areas in San Diego County. For a complete list of housing properties, downloadable maps, and additional information, visit www.lincolnmilitary.com/Installations/naval-complex-san-diego.

San Diego Military Housing Welcome Center Navy Region Southwest offers a full range of housing services and support. Visit their Web page at https://www.cnic.navy.mil/CNRSW/ or call (619) 556-8443. Additional information can be found at www.move.mil.

Automated Housing Referral Network (AHRN):
The AHRN Web site is a resource for locating housing in the civilian community. AHRN is sponsored by the Department of Defense. Find BAH calculators and other options to target places that fit your needs and budget. If you are renting, buying, selling, or looking for civilian housing, visit www.ahrn.com. For additional information and assistance contact the Housing Welcome Center.

Single Sailor Housing Options:
Pacific Beacon is the nation's first large-scale privatized housing community. It is generally open to all qualifying E-4 and above. Contact Pacific Beacon leasing staff at 619-231-3400 for eligibility. To learn more about this resort-like opportunity onboard Naval Base San Diego visit www.pacificbeacon.com.

Before You Sign That Lease:
We recommend that you take contracts or leases to the Navy Legal Services Office (NLSO) for FREE review. NLSO also offers valuable information on renters' rights, wills, power of attorney, the Service Member's Civil Relief Act (SCRA), debt/creditor matters, family law, adoptions, and more. Call Naval Base San Diego at 619-556-2439; Naval Base Coronado at 619-545-6437, or visit www.jag.navy.mil/contact.htm.

San Diego Utilities and Services:
The Navy Exchange (NEX) Military Moving Center is a fast, free, and easy way for military members and families to setup TV, internet, phone, electricity, natural gas, and more in their new home. Visit www.militarymovingcenter.com for more information or contact your FFSC for help.

Personal Property Shipping Office (PPO):
Upon arrival to San Diego, contact the PPO to coordinate delivery of your Household Goods (HHG). If you are not in permanent housing, the government will store your HHG free of charge for up to 90 days. For more information call PPO at 619-556-MOVE (6683), or visit www.sd.fisc.navy.mil/hhg.

Traveling Inbound From Overseas Locations:
Cargo shipments may take up to two months to arrive and the government does NOT loan furniture. Plan your HHG shipments accordingly.

CHILD *Care*

The demand for childcare in San Diego is very high, so start your search and signup online as soon as you receive orders. The following resources can help you find the perfect place for your children.

Navy Child & Youth Programs (CYP):
Navy professionals are extensively trained to provide high quality, enriching child care for our military families. To get signed up or for more information about the CYP services listed below visit ***https://qol2.navyaims.net/cypweb or call 619-556-8491, DSN 526-8491, toll free 877-235-6002 or email ccrr@mwrsw.com.***

- Navy Child Development Centers (CDC) are conveniently located on base and throughout the community. CDC programs serve ages 6 weeks to 5 years.
- Child Development Homes (CDH) provide care to infants, toddlers, pre-school and school-age children in the certified provider's home. Providers are subject to the same high-quality standards for childcare as the Child Development Centers.
- Hourly care is also available, ***call 619-556-8491 to make arrangements or visit ccrr@mwrsw.com.***
- School Age Care serves military children from kindergarten to 12 years of age before and after school. Full-day programs are offered during summer and holiday breaks.
- The Youth Recreation Program is a year-round recreation and sports program serving youth from kindergarten to twelfth grade. Activities are designed to foster social interaction, fitness, and skills development. Youth Recreation Centers are conveniently located in eight San Diego military housing areas. ***For details visit www.mwrtoday.com.***
- Respite Child Care is a special program that provides free care for children 4 weeks to 12 years of age during a time of need. This program is available for children of Exceptional Family Member Program families. ***For more information, call 619-556-6114.***

YMCA Childcare Resources:
Call 800-481-2151 or visit www.ymcacrs.org for income-sensitive programs.

Head Start:
Call 888-873-5145 for more information on income-sensitive programs for ages 0-5 years.

Childcare Subsidies:
Reduced rates or subsidies available to those who qualify.
Call 800-793-0324 x341 or visit www.naccrra.org/MilitaryPrograms for more information.

Additional Family Programs

- **Women, Infants & Children (WIC) Program:**
  WIC is an income-sensitive supplemental food program that issues vouchers and provides nutritional information for expectant moms and parents with children 5 years and under. Call 800-500-6411 or visit www.sdarc.org for information and on-base locations.

- **New Parent Support Program:**
  Call 619-767-1786 for information on in-home parenting support, resource referrals and classes for new parents.

CHOOSING
Schools

School Liaison Officer:
If you're new to San Diego, finding the right school can be challenging. With the help of a School Liaison Officer (SLO), who is familiar with the area, you can build a positive academic environment and ensure the growth and success for military school-age children. SLOs provide military families, educators, and installation commanders with resources as they work together in providing a supportive and positive educational environment for children of military families. Visit http://www.schoolliaisonsw.com for SLO contact information and more resources.

School Districts and Boundaries:
San Diego County has more than 40 school districts to choose from and not all school districts and city boundaries are close to Navy installations. For free comprehensive resource support and assistance in choosing the best school for you, contact a School Liaison Officer.

Year-round or a Traditional School Schedule:
Not all schools in San Diego start in early September and end in the middle of June. There are some, including high schools, that operate on a year-round or staggered schedule. School Liaison Officers can help with information about school calendars, facilities, curriculum, resources, graduation requirements, extracurricular activities and other information that differs from district to district.

Student Online Achievement Resources (SOAR):
SOAR is a program for military families and the school districts that serve them. It aims to address the unique challenges facing military children in our nation's public schools, while benefiting the overall student population.

As an interactive tool, students take an online assessment aligned to state standards and are then directed to individualized FREE tutorials to develop skills as needed. Parents can monitor their children's progress, while receiving resources. For more information on this incredible resource for military families visit www.soarathome.org.

The Interstate Compact Educational Opportunity for Military Children:
Ensures that the children of military families are afforded the same opportunities for educational success as other children and are not penalized or delayed in achieving their educational goals by inflexible administrative and bureaucratic practices. Contact a School Liaison Officer for more information.

Navy Region Southwest
School Liaison Officers (SLO)
in San Diego County

Regional/Program Manager:
619-532-4251

San Diego Metro SLO 1
(San Diego Unified)
619-991-2509

San Diego Metro SLO 2
(Coronado, South Bay, Chula Vista)
619-247-9109

San Diego Metro SLO 3
(Lemon Grove, La Mesa, El Cajon)
619-247-9082

San Diego Metro SLO 4
(San Diego Unified, West of 805/Coastal)
858-431-6482

Additional Resources

For area school information and school report cards check out the following Web sites:

San Diego County Office of Education:
www.sdcoe.k12.ca.us

Great Schools
www.greatschools.net

School Wise Press
www.schoolwisepress.com

California Education Data Partnership
www.ed-data.k12.ca.us

California Association of Independent Schools
www.caisca.org

Military Youth on the Move
http://apps.mhf.dod.mil/pls/psgprod/

Military Child Education Coalition
www.militarychild.org

Facebook
www.facebook.com/pages/Navy-School-Liaison-Officer/148752244220

Tutor.com
(free for military families)
www.tutor.com

EDUCATION
Resources

NAVY COLLEGE:
The Navy College helps Sailors earn college degrees by providing academic credit for Navy training, work experience, and off-duty education. Visit the installation Navy College Office for information on the following services:

- Education Counseling – available to assist service members and their families with choosing colleges or classes.
- Testing – GED, Graduate Record Exam (GRE), College Level Examination Program (CLEP), Defense Activity for Non-Traditional Education Support (DANTES), Excelsior College Examinations (ECE), SAT and ACT testing is available, as well as test preparation classes. Fees may apply.
- Tuition Assistance benefits – up to $4,500 per fiscal year for college and vocation programs for active duty service members.
- SMART Transcript – American Council on Education (ACE) college credit recommendations for military training and experience.

Education counselors are available on a walk-in basis. For locations and contact numbers, visit https://www.navycollege.navy.mil/ncp/findnco.cfm.

San Diego Area Colleges:
Navy College can also provide a list of online and classroom education opportunities and in-state tuition waiver eligibility guidelines for military family members.

Regional Occupational Program (ROP):
Offers FREE occupational training programs to anyone age 16 and older. More than 265 courses are offered per year. Courses taken for college credit may require payment to a local community college. Visit www.sdcoe.k12.ca.us/rop/ for more information.

EXCEPTIONAL FAMILY MEMBER (EFM)

Resources

The Navy's Exceptional Family Member Program (EFMP) addresses the special needs of a Sailor's family members during the assignment process. Special needs include medical, dental, developmental/educational requirements, mental health, wheelchair accessibility, adaptive equipment needs or assistive technology devices and services.

Contact the following special needs resource services for more information.

EFMP Coordinator is located at Naval Medical Center, San Diego.
For more information call 619-532-8586; or the duty cell at 619-988-5586.

Fleet & Family Support Center (FFSC) EFMP Orientations provide valuable resource information.
Visit FFSC at www.cnic.navy.mil/navylifesw for contact information.

Armed Services YMCA:
Call 858-751-5755 or visit www.militaryymca.com to learn about monthly support groups available for EFM families.

Exceptional Family Resource Center:
Provides education and support for San Diego and Imperial Counties.
Call 619-594-7416 or access www.efrconline.org for more information.

San Diego City Schools Special Education Ombudsperson:
Call 619-725-8187 for referrals, information, and advocacy regarding public education special needs.

San Diego Learning Disabilities Association:
Find information on Workshops, community events, local support groups, and resources.
Call 858-467-9158 or visit www.LDASanDiego.org for more information.

San Diego Regional Center:
Provides many services to people with developmental disabilities and their families including, caseworkers, funding for qualifying individuals, and early intervention programs.
Call 858-576-2996 or visit www.sdrc.org to learn more.

Specialized Training for Military Parents:
Offers workshops and resources for military families with special needs. For information on relocation, working with schools, and legal information ***call 800-5-PARENT or visit www.stompproject.org.***

Team of Advocates for Special Kids:
Offers free workshops that detail the Individualized Education Plan (IEP) process for parents of kids with special needs.
For more information, call 866-609-3218 or visit www.taskca.org.

MEDICAL & DENTAL

Information

MEDICAL

Naval Medical Center San Diego (NMCSD):
Nicknamed "Balboa, the Pride of Navy Medicine," NMCSD is the most technologically advanced Navy medical treatment facility in the world. NMCSD operates a network of clinics located at area military installations and offers families several TRICARE Outpatient Clinics throughout the County.
For driving directions, full list of services and other information, visit www.med.navy.mil/sites/nmcsd, or call:
- ***NMCSD One-Stop Appointment Line: 619-532-7848 / 877-262-6476***
- ***Quarterdeck: 619-532-6400***

TRICARE/TRIWEST:
TriWest Healthcare Alliance administers the TRICARE program for military service members and their families in the 21-state western region. Once you're in California call 888-TRI-WEST (874-9378) to register with TRIWEST, update your address and find a provider. TRICARE offers three programs: Prime, Extra, and Standard.
For more information about TRICARE or TriWest, visit www.tricare.mil/mybenefit/ or www.triwest.com

DENTAL

Active Duty Dental Care:
Branch Dental Clinics serve active duty only. See your command for information on how to book an appointment.

Family Member Dental Care:
Locate contracted civilian dentists through the United Concordia TRICARE Dental Program at www.tricaredentalprogram.com. You must enroll in TRICARE Dental separately from TRICARE Medical, and premiums apply.

TRICARE Coverage for Activated Reservists:
If you are a reservist who is activated (called or ordered to active duty) for more than 30 consecutive days you become eligible for health care coverage under one of the following TRICARE Prime options:
- TRICARE Prime
- TRICARE Prime Remote
- TRICARE Prime Overseas
- TRICARE Global Remote Overseas

For more information visit www.tricare.mil/RESERVE/

FAMILY
Employment

If you're a military family member looking for employment, the following resources can help:

Fleet & Family Support Center (FFSC) Career Resources: Military family members can access employment listings, use computer labs, make copies, and send faxes for free at the FFSC Career Center. Work & Family Life Consultants can help you create the perfect resume and cover letter or practice your interviewing techniques. FFSC also offers many valuable employment workshops. ***Visit www.cnic.navy.mil/navylifesw for more information or to sign up.***

Adecco Staffing: Adecco Staffing is a temporary employment agency that has partnered with the Navy to offer military spouses an easy transition. Adecco visits the FFSC Career Center at Naval Base San Diego every other Friday to meet with prospective employees. ***Contact the FFSC Career Center at 619-556-9866 for more information.***

San Diego Workforce Partnership: This local organization funds job training programs to meet the region's demand for qualified workers. The programs benefit local employers, unemployed and recently laid-off adults, at risk youth ages 14 to 21 and local military spouses. ***Contact them at 619-228-2900 or visit www.SanDiegoAtWork.com, for more information.***

Spouse Employment Resources: Visit the Military Spouse Career Network at ***www.mscn.org*** or the Department of Labor's Career One Stop at ***www.careeronestop.org/militaryspouse/*** for spouse education and career development resources.

TRAVELING
with Your Pets

There are many things to consider when taking your pet with you to a new home. Here are some of the basic things to know including information on safe travel, pet-friendly lodging options in San Diego, veterinary services, and fun places to take pets.

Be Aware of Species Restrictions:
Before bringing an exotic pet to San Diego, check the California Department of Food and Agriculture Web site for a list of permitted and restricted species: www.cdfa.ca.gov/ahfss/Animal_Health/Permits.html.

Traveling with Pets:
Have a copy of the following items with you to insure your pet's safe and secure travel.

- **Photos:**
  A recent photograph of your pet, in case he/she is lost.

- **Identification:**
  Your pet should have a collar with an ID tag and rabies tag, if required (birds may be identified by leg bands).The ID tag should include pet's name, your name, and the destination address.

- **Pet Information:**
  Health/immunization records, certificates, and permits (if required).

Vaccinations, Licensing and Registration:
For the most current and comprehensive information on required vaccinations, licensing, registration, and all other aspects of responsible pet ownership in San Diego, contact the County of San Diego Animals Services Department at 858-694-3900 or www.sddac.com/.

Military Veterinary Services:
MCAS Miramar offers pet health care services on a space-available basis. For more information, call 858-577-6552.

Dog Parks and Beaches:
San Diego has many dog-friendly areas for your pet to romp. Visit www.sandiego.gov/park-and-recreation/general-info/dogs.shtml for locations, hours, and directions.

MILITARY

Commissaries & Exchanges

Defense Commissary Agency:
The Defense Commissary Agency (DeCA) operates commissaries in the San Diego metro area to provide groceries to military personnel, retirees and their families. Commissary patrons purchase items at cost plus a five percent surcharge, which covers the construction of new commissaries and the modernization of older stores. A family of four can save $2,000 a year or more shopping at the commissary. For information on hours, locations, coupons, sales and scholarship information visit www.commissaries.com.

Navy and Marine Corps Exchanges (NEX and MCX):
Shopping at the NEX or MCX can be a big money saver. Military members and their families save an average of 23 percent on all the products they purchase (not including sales tax).

Base Uniform Shops And Mini-Marts:
Uniform and convenience store purchases can be made at NEX/MCX mini-marts, which are located on most San Diego military bases and at major military housing areas.

For locations, hours and merchandise available visit https://www.navy-nex.com or www.usmc-mccs.org/shopping.

The following is information on the three largest military commissaries and exchanges in San Diego.

MAIN Commissary & NEX/MCX Locations:
In San Diego, a paired main commissary, Navy Exchange (NEX) and Auto Port are located onboard **Naval Air Station North Island** and **Naval Base San Diego**. There is also a main commissary and Marine Corps Exchange (MCX) located onboard **Marine Corps Air Station Miramar.**

MAKING
Ends Meet

In addition to the money you can save shopping at military commissaries and exchanges, you may be able to stretch your dollar even more using services offered by the following organizations.

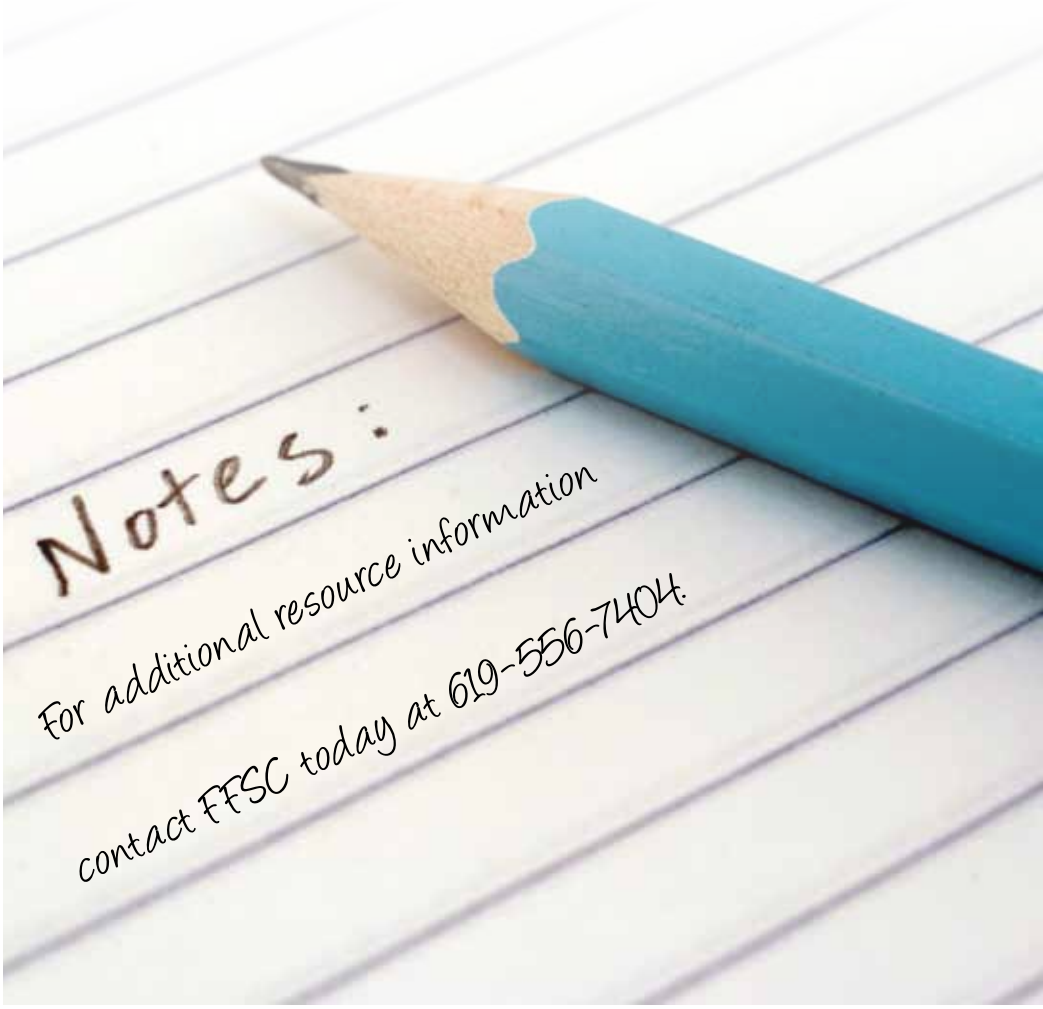
Navy-Marine Corps Relief Society (NMCRS):
NMCRS services include scholarships, financial counseling, a Budget for Baby Workshop, financial assistance and thrift shops. NMCRS also offers interest-free loans to qualifying individuals. For a free budget review to enhance your financial portfolio ***call 619-556-8283 or visit www.nmcrs.org for a list of services and locations.***

San Diego Military Outreach Ministries (SDMOM):
Receive FREE food and furniture for E-5 and below (others may qualify based on their circumstances). ***Call 619-461-4164 or visit www.sandiegomom.org for more information.***

Operation Homefront:
Qualifying military families can get information on car repair, computers, moving cost, childcare cost, and commissary vouchers when available. ***Call 866-424-5210 or see www.operationhomefront.net for information on eligibility and restrictions.***

Armed Services YMCA:
ASYMCA provides in-home social work visits, emergency food, Virtual Food Pantry Program and a variety of other family and outreach programs. ***Call 858-751-5755 or visit www.militaryymca.com for more information.***

USO FREE Tuesday Night Dinners:
Free to all active duty and dependents. Dinner is served from 6-6:30 pm at the USO San Diego Downtown Center, 303 A Street. ***Call 619-235-6503 or visit www.usosandiego.org for more information.***



Fleet and Family Support

is Here for YOU

Navy Region Southwest Fleet & Family Support Centers (FFSC) welcome ALL military members and their families to San Diego. FFSC is located in multiple locations on and off base to serve you where you work and live including; Naval Base San Diego, Naval Base Coronado, Naval Base Point Loma, and in the Navy housing areas of Murphy Canyon, Village at Serra Mesa and Bayview Hills.

Our services include Deployment Readiness programs, Return & Reunion briefings, and Ombudsman training to each command. All FFSC programs and services are free and confidential.

IA/GSA Program Support
- Command IA/GSA Coordinator meetings
- IA/GSA Deployment Readiness briefs
- IA/GSA Family Connection
- Homecoming workshops
- Returned IA/GSA workshops

Information & Referral
- Spouse workshops
- Military & civilian resources
- Resource Training (Fleet Liaison Orientation)
- Family Care Plan support
- Active Duty Pregnancy Resources workshop
- Exceptional Family Member Orientation

Ombudsman Support
- Ombudsman Basic & Advanced Training and resource assistance
- Area Ombudsmen roster
- Assistance to commands with recognition, recruitment, and program information
- Family Readiness Group training

Financial Management
- Individual financial counseling
- Financial management workshops
- Investment assistance workshops
- Home buying workshop
- Car buying seminar
- Million Dollar Sailor class

Relocation Assistance Program (RAP)
- Worldwide relocation information
- Transferring workshops (CONUS) and (OCONUS/overseas)
- Sponsor Coordinator and Sponsor training
- Welcome to San Diego information
- Welcome Aboard Packages
- Lending Locker
- Command Indoctrination briefs, by request

Sexual Assault Prevention and Response (SAPR)
- Support for victims of sexual assault
- Sexual assault prevention workshops and command briefs
- Commander Toolkit Training
- Advocate, Liaison, Point of Contact (POC), and Data Collection Coordinator Training

Transition Assistance Management Program (TAMP)
- Career and vocational assessment
- Transition
- Employment counseling
- Educational information
- Job search preparation workshops
- Job listings: local, state, and federal
- Worldwide and local computerized job bank and referral service
- Transition Assistance Program (TAP) classes
- Career fairs
- Career Options and Navy Skills

Evaluation Program (CONSEP) classes
Volunteer Support
- Database of area volunteer opportunities

Clinical Counseling
- Individual, marital and group counseling
- Crisis counseling and support groups
- Free, confidential services

Deployment Services
- Deployment readiness briefs and fairs
- Family Readiness for Deployment workshops
- Command Representative Program
- Pre and Mid-deployment fairs and classes
- Return and Reunion Program

Family Advocacy Program (FAP)
- Parenting classes
- New Parent Support Program
- Child abuse and domestic violence prevention education
- Command Family Advocacy Representative (CFAR) Training
- Executive Leadership FAP Training
- Victim Advocates

Family Employment Readiness Program (FERP)
- Résumé and interview assistance
- Volunteer opportunities
- Job search preparation classes
- Employment counseling
- Job listings for local area employers
- Educational information

General Life Skills Education
- Effective communication, self-esteem, and Assertiveness classes
- Stress & anger management workshops
- Command briefs
- Suicide Prevention briefs
- Operational Stress Control (OSC)

One Call Serves All!
For clinical counseling, relocation assistance, resumé assistance and financial consultation appointments at a Navy Region Southwest Fleet & Family Support Center, call the Centralized Scheduling Center at the 24-hour toll free number 1-866-923-6478. You can also register online for most classes at: www.cnic.navy.mil/navylifesw.

Bringing Support to Your Neighborhood:
In addition to workshops and services available on base and in military family housing community centers, San Diego has added the Family Readiness Express (FRE). This RV-style vehicle brings Fleet and Family support to military family housing areas in San Diego County, including locations miles away from Navy installations. The FRE is a traveling resource and referral vehicle that visits military housing areas and special events – stop by if you see us in your neighborhood.

Fleet & Family Support is a one-stop shop for all your quality of life needs

Naval Base San Diego
3005 Corbina Alley
Bldgs 259 & 263
San Diego, CA 92136
619-556-7404

Naval Base Coronado
Naval Air Station North Island
Saufley Road, Bldgs 243 & 318
San Diego, CA 92135
619-545-6071

Naval Base Point Loma
SUBASE
140 Sylvester Road
Bldgs 211 & 212
San Diego, CA 92106
619-553-8306

Fleet & Family Support
Counseling Services
Naval Base San Diego
3135 Dolphin Alley, Bldg 261
San Diego, CA 92136
(619) 556-8809

Murphy Canyon Branch
4867T Santo Road
San Diego, CA 92124
858-277-4259

Bayview Hills Branch
1967 Sky Harbor Rd
San Diego CA 92139
619-556-1275

The Village at
Serra Mesa Branch
3141 Afton Road
San Diego CA 92123
619-556-1277

MWR
– Recreation, Amusements and Activities

Welcome to the world of Morale, Welfare and Recreation (MWR) at Navy Region Southwest, where the goal is to bring you the widest variety of recreational and leisure activities.

Here in San Diego you can enjoy year round events and opportunities for fun available through MWR programs. Metro San Diego MWR is more than the many services you'll find on board its five installations. You'll discover we offer everything you need to fill your leisure hours and to enjoy San Diego's outstanding weather while exploring its diverse beaches, mountains and deserts.

Think of MWR for fun and relaxing options from exercise and fitness programs with state-of-the-art equipment to modern recreation centers and dining facilities to golf, bowling, sailing, aquatics, scuba, and more! Sign your youngster up for one of the many youth activities, find childcare, and take advantage of the free special events and activities offered throughout the year.

The following is a snapshot highlighting just some of what MWR has to offer. For locations, phone numbers, and hours of operation see the MWR Facility Directory on pages 23-24.

Athletics and Fitness

Staying fit and healthy can be challenging, but MWR can keep you on track with exercise classes, fun runs and personal trainers. MWR's state-of-the-art fitness centers are complete with nautilus, stairmasters, lifecycles, and other fitness equipment. Need a jump start to your workout? Sign up to work with a qualified exercise expert who will help you design an exercise routine to meet your fitness needs; whether it's weight loss, toning, pumping iron or jumping into a water workout at one of MWR's seven pools.

Naval Base San Diego (NBSD) Athletics
program offers racquetball courts and several tennis courts. Enjoy open-play basketball or a jog around the quarter-mile track. Be sure to ask about the leagues, tournaments, runs and other sporting events. NBSD Raquetball Courts feature a Family Friendly Fitness room*.

The Olde Gym NBSD
is fully loaded with free weights, cardiovascular equipment, a full-size basketball court, sauna, and a fitness station featuring aerobic classes. Massage Therapy is available.

Naval Air Station North Island (NASNI) Sports Warehouse
features two basketball courts, a volleyball court and a boxing area. Sports Warehouse features a Family Friendly Fitness room*.

NASNI Main Fitness Center
holds group exercise classes along with "fitness incentive" programs to enhance workout routines. Massage therapy is also available here. On North Island there are state-of-the-art softball fields, along with racquetball, squash, tennis, basketball courts and two swimming pools.

The Naval Amphibious Base (NAB) Gym
offers a multi-purpose court for basketball and volleyball. Also available are outdoor basketball courts, a sand volleyball court, racquetball and tennis courts, locker rooms and saunas. Special programs include intramural sports leagues and massage therapy.

NAB's Peak Physique Fitness Center
features free-weights, selectorized equipment and cardiovascular machines. Special programs include personal fitness instruction, fitness classes and blood pressure screenings, as well as a Family Friendly Fitness room*.

The SUBASE Fitness Center
is equipped with free weights, selectorized equipment and cardiovascular machines. Qualified staff members are available for personal fitness instruction and, by appointment, for computerized Health and Fitness assessments. Other special programs include blood pressure screenings and massage therapy. Additional base facilities include racquetball, basketball and volleyball courts, and a 25-meter outdoor pool with sauna.

Naval Mine & Anti-Submarine Warfare Command, Point Loma, (NMAWC) Fitness Complex
offers athletic/fitness facilities with cardiovascular equipment, free weights and selectorized equipment, racquetball, basketball, tennis and saunas. Also offered are group exercise classes. Personal trainers are available by appointment to tailor a workout that meets your fitness and health goals.

Third Fleet Fitness Center Point Loma
features free-weights, selectorized equipment, cardiovascular machines and locker rooms. Certified fitness instructors offer instruction and personal training appointments can be scheduled to assess health and fitness goals. Group exercise classes are also available.

Family Friendly Fitness Rooms
A specially-designed exercise room with an enclosed child area. Get a great workout and keep an eye on your kids… it's a win-win!

www.mwrtoday.com

Water Workouts with MWR Aquatics

There are endless options for water adventures with MWR including Master's Swim Programs, year-round lap swim, private swim lessons and water aerobics classes. Swimming lessons for all ages, taught by Red Cross certified staff and beginning and advanced scuba lessons through the MWR Aquatics program are also available. Find MWR pools near picnic areas, and ocean exercising at Breakers Beach on Coronado.

Be the Captain of your own (rented) MWR sailboat with sailing lessons from The U.S. Navy Sailing Center Point Loma and Fiddler's Cove Marina, Near Naval Amphibious Base, Coronado.

Youth Activities

The Navy Region Southwest Child & Youth Programs staff has a plan to keep you and your family entertained. Designed for maximum fun and low budgets, Military Youth Recreation Centers, located in the housing areas, offer a multitude of activities for children of all ages: dancing, gymnastics, tae kwon do, karate and jazzercise to name a few. Tiny Tots and School Age Care programs take the worry out of childcare.

Year-round youth sports programs, swim lessons, field trips and community events keep the kids moving and the parents cheering. MWR also hosts the annual Family Spring Festival and Family Holiday Party. Both are free events chock full of fun during holiday seasons.

Picnics, Playgrounds and Recreational Vehicle (RV) Parks

Picnics and playgrounds are a popular venue for families and friends, and there are acres of picnic areas at Naval Base San Diego, Naval Air Station North Island, Naval Amphibious Base (NAB), Naval Mine & Anti-Submarine Warfare Command (NMAWC) and SUBASE. Plan an RV vacation at Fiddler's Cove RV Park, located along the scenic Sliver Strand Highway just south of NAB and enjoy a beautiful view of San Diego Bay from your home-on-wheels.

For more RV adventures, visit the Admiral Baker RV Park and Recreation Area located in the heart of Mission Gorge near Friars Road and I-15. Here you'll find picnic grounds, outdoor swimming pool with slide and plenty of room to have a summer cookout. MWR picnic areas have playgrounds, barbecue pits, sports fields, courts, picnic tables and cabanas for the perfect family gathering.

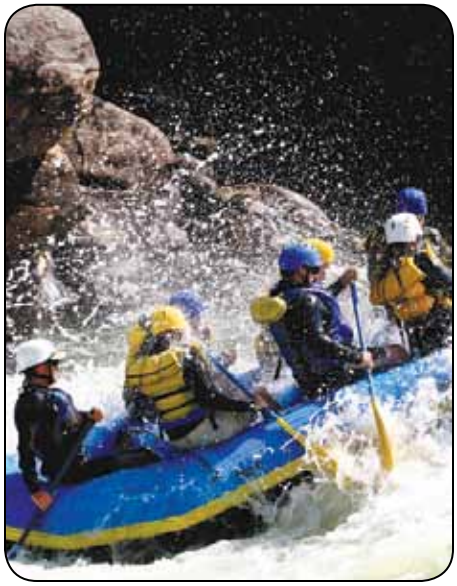
MWR

– Recreation, Amusements and Activities

Bowling, Billiards, Bingo and a whole lot more!

The Sea 'N Air Lanes on Naval Air Station North Island and the Admiral Robinson Recreation Center on Naval Base San Diego offer automatic scoring, bumpers for the kids, and television monitors on each bowling lane.

Active duty bowl for free from 11 am-1 pm every Monday at Sea 'N Air Lanes and every Tuesday at Admiral Robinson. Both Bowling Centers handle parties for all occasions and have several party packages to choose from. Sign up for a bowling league, play bingo or just unwind at the food courts, sports lounges, and game arcades.



Adventures Outdoors

Rent camping gear, sporting equipment, tables, chairs, coolers, ski and snow boarding equipment, BBQs, baseball gear and more at MWR's Outdoor Adventure Center located right next door to the Admiral Robinson Center, on Naval Base San Diego. Find everything you need for fun in the sun.

MWR Golf – Learn, Practice, Play

If you'd like to learn or practice the game of golf, the Naval Base San Diego Golf Performance Center has the tools you need including golf instruction for those just getting started. The facility offers a driving range, putting greens and a pro shop for all the latest golf gear plus snacks and beverages.

Golf enthusiasts and beginners alike can test their skills at Sea 'N Air Golf Course located at Naval Air Station North Island and Admiral Baker Golf Course located off Friars Road near Qualcomm Stadium.

Fix it Yourself!

Don't let car repair costs set you back. Save money, get it done right and have the satisfaction of knowing you did it yourself at the Naval Base San Diego or Naval Air Station North Island Auto Skills Center.

The Auto Skills staff will help you analyze your engine or set your car up on the lube rack. You can buy or order the parts you need at the center's Auto Skills Shop or find what you need at the well-stocked resale shop. If they don't have an item in stock, they'll make every effort to find it for you. They'll supply the tools and "know how," you provide the labor.

Lunch Buffets, Sunday Brunches, Fun Clubs & Dining Facilities

After a busy work day or week, treat yourself to one of the many fine dining and casual eating spots aboard the five Navy bases in San Diego as well as the Admiral Baker recreation area. Plan that perfect birthday, retirement, anniversary or special event party with the help of the MWR Catering staff and make your party dreams come true.

From The $5 Meal at the Pierside Café to all-you-can-eat buffets during the week and fancy Sunday Brunches on the weekend, think of MWR dining facilities. Serving more than food, many facilities have lots of free stuff including Internet, billiards, Wi-Fi, game computers, Wii, and, at the new Waterfront Recreation Center, there's even a movie room.

San Diego and Beyond with MWR Tickets and Travel

Ready to test the waters off base? MWR's six ticket offices offer the perfect launching point. Discount tickets and specials are available for most Southern California attractions such as Disneyland, Universal Studios, SeaWorld, San Diego Zoo, Legoland, local theaters, fishing boats, harbor cruises, sporting events and many other local attractions. The ticket offices also have coupon books for local restaurants, retail outlets and events.

See the MWR Facility Directory on page 22 for facility locations, hours and phone numbers.

MWR

– Recreation, Amusements and Activities

Liberty

MWR has many choices to fill your leisure hours. For the single enlisted Sailor, MWR's five Liberty Centers boast free and low-cost activities every day, including pool, video games, wide-screen TVs, the latest videos, board games and more. Free Internet access, multiple game stations including Playstations and X-boxes, personal laptop WI-FI hot spots, music rooms equipped with guitars, drums, keyboard and recording equipment, movie theaters, an outdoor batting cage, BBQ grills, sand volleyball pits and a miniature golf course.

Challenging (and humorous) contests are held frequently and mini tours to local attractions or far away outdoor adventures are offered through each center almost every weekend. San Diego Sailors have mountain biked in the Sierras, climbed rocks in the Cleveland National Forest, communed with wild beasts at the San Diego Zoo and Wild Animal Park, and visited dozens of other area attractions. Transportation to most events is free of charge and discount tickets are often available through the MWR Ticket Offices.

For up-to-the-minute MWR information, find ***WaveWinds Magazine*** *or our* ***MWR This Week Newsletter*** *online at* ***www.mwrtoday.com****.*

MWR information is also printed weekly in the "Navy Dispatch" newspaper and at www.navycompass.com.

MWR - Here for YOU today and everyday.

www.mwrtoday.com

San Diego Facility Directory

San Diego Base Legend

Naval Base San Diego (NBSD)
San Diego, CA 92136

Naval Air Station North Island (NASNI)
Coronado, CA 92118

Naval Amphibious Base (NAB)
Coronado, CA 92155

NBPL, Main Base
(Point Loma) San Diego, CA 92106

NBPL, NMAWC (Naval Mine and Anti-Submarine Warfare Command)
(Point Loma) San Diego, CA 92147

All phone numbers are 619 area code unless otherwise noted.

AQUATICS

Admiral Baker Pool
MISSION GORGE - Ph: 556-5504
Bldg. 17
Open Memorial Day-Labor Day
Sat, Sun & Hol: Rec Swim
Noon-6 pm
Wed-Fri: Noon- 5 pm

Admiral Prout Field House, Outdoor Pool
NBSD - Ph: 556-8659
Bldg. 3279
Mon-Fri: Lap Swim:
5-8 am, 11 am-1 pm
Rec Swim: 1-6:45 pm
Sat-Sun: Rec Swim 11 am-3:45 pm

Balboa Athletic Complex Pool
NMCSD - Ph: 532-5218
Bldg. 12
Mon-Fri: Lap Swim: 5:30-8:30 am
Closed: 8:30-10 am
Lap Swim: 10 am-7 pm
Rec Swim: Sat, Sun & Hol:
12:30-4:30 pm

Breakers Beach
LIFEGUARD TOWER
NASNI - Ph: 545-7221
(In front of the Navy Lodge)
Lifeguards on duty daily,
9 am-6 pm Memorial Day-Labor Day
Red flag=No Lifeguard on Duty

Crews Pool
NASNI - Ph: 545-2880, Bldg. 400
Mon-Fri: Lap Swim; 5:30-7:30 am
11 am-1 pm & 3:30-6 pm
Sat, Sun, Hol: 10 am-5:45 pm

Indoor Pool
NBSD - Ph: 556-8659, Bldg. 153
Mon-Fri: Lap Swim: 5-7 am

Island Club Pool
NASNI - Ph: 545-7228, Bldg. 579
Rec Swim: 11 am-6 pm
Memorial Day-Labor Day

NMAWC Pool, Point Loma
NMAWC - Ph: 524-6987
Memorial Day-Labor Day
Tue & Thu: Lap Swim Only:
5:30-8:30 am
Mon-Fri: Rec Swim: 3-7 pm
Closed Sat & Sun

NPBL, Main Base Pool, Naval Base Point Loma
Ph: 553-0934, Bldg. 1,
140 Sylvester
Mon-Fri: Lap Swim: 5:30-9:30 am
Closed: 9:30-10:30 am
Lap Swim: 10:30 am-1 pm
Rec Swim: 1-7 pm
Kiddy Pool: 11 am-6 pm
Sat, Sun & Hol: Rec Swim
10 am-5 pm

ATHLETICS & FITNESS

Admiral Prout Field House
NBSD - Ph: 556-7443/7444
Bldg. 3279
Mon-Fri: 5 am-9 pm
Sat, Sun, Hol: 9 am-5 pm
Athletics Office
Mon-Fri: 8 am-4:30 pm

Balboa Athletic Complex
NMCSD - Ph: 532-8516
Bldg. 12
Mon-Fri: 5:30 am-8 pm
Sat, Sun & Hol: Noon-5 pm

Balboa Fitness Center
NMCSD - Ph: 532-7260
Bldg. 26, Floor 1B
Mon-Thu: 5 am-9 pm
Fri: 5 am-8 pm

Fitness Station
NBSD - Ph: 556-8471
Bldg. 3417 (across from Medical)

Harborside Sports and Fitness Complex
NBSD - Ph: 556-2064
Bldg. 3477 (Near Pier 12)
Basketball Court hours:
Mon-Fri: 5:30 am-9 pm
Sat-Sun: 9 am-5 pm
Fitness Center hours:
Mon-Fri: 5:30 am-5:30 pm

Health and Fitness Assessments
NBSD - Ph: 556-7444
Bldg. 3279
Admiral Prout Field House
NBPL, Main Base
Ph: 553-7553, Bldg. 1
By Appointment

Leagues & Sports Offices
NMAWC - Ph: 524-5465
Bldg. 17A
NBPL, Main Base
Ph: 553-6457, Bldg. 1
NBSD - Ph: 556-7444, Bldg. 3279
NASNI - Ph: 545-2876, Bldg. 651
NAB - Ph: 437-3066, Bldg. 162

Main Fitness Center
NASNI - Ph: 545-2877, Bldg. 281
Mon-Fri: 4 am-10 pm
Sat-Sun: 8 am-8 pm
Group exercise class info: 545-2877

MUSSEL'S
NRSW - Ph: 532-1341, Bldg. 1
Ground Floor
Mon-Fri: 5:30 am-5:30 pm

NAB Gymnasium
NAB - Ph: 437-2186, Bldg. 162
Mon-Fri: 5 am-9 pm
Sat-Sun & Hol: 8 am-4 pm

NMAWC Fitness Center
Office - NMAWC, Ph: 524-0720
Ph: 524-4833, Bldg. 30/Bldg. 57
Mon-Thu: 5 am-9:30 pm
Fri: 5 am-9 pm
Sat-Sun: 10 am-6 pm

Third Fleet Fitness Center
Ph: 553-8525 - NBPL
24-hour facility*
Staffed Mon-Fri: 5:30 am-2 pm
*Security code pin# required for access during unstaffed hours. Visit facility to obtain code.

Peak Physique Fitness Center
NAB - Ph: 437-2984, Bldg. 170
Mon-Fri: 5 am-9 pm
Sat-Sun & Hol: 8 am-4 pm

Racquetball Courts
NAB - Ph: 437-2186, Bldg. 162
Mon-Fri: 5 am-9 pm
Sat-Sun & Hol: 8 am-4 pm
Key required for check out at Bldg. 162.
NASNI - Ph: 545-2876, Bldg. 478
(near the NEX/Commissary)
Open daily, 24 hours.
Open play, first come, first play
NASNI - Ph: 545-2876, Bldg. 286
(across from Liberty.Rec)
Open play, first come, first play
NBSD - Ph: 556-7452
Bldg. 3317 (near softball fields)
Mon-Fri: 9 am-7 pm
Sat & Sun: 9 am-4 pm
Call for reservations.

San Diego Facility Directory
San Diego Facility Directory
San Diego Facility Directory

NMAWC - Ph: 524-4833, Bldg. 30
Key required for check out at Bldg. 30. Reservations required except from 11 am-1 pm.

SHAPE Program Office
NBSD - Ph: 556-7897, Bldg. 3279

Sports Warehouse (Sports & Fitness)
NASNI - Ph: 545-0237, Bldg. 651
Mon-Thu: 5 am-12 am
Fri: 5 am-10 pm
Sat-Sun & Hol: 8 am-8 pm

NPBL, Main Base Fitness Center
SUBASE - Ph: 553-7552/7553
Bldg. 1
Fitness Office: 553-4259
Mon-Fri: 5 am-8 pm
Sat-Sun: 9 am-6 pm

Tennis/Basketball Courts
NMAWC - Ph: 524-5465
(next to Main Gate)
Reservations available.
NBSD - Ph: 556-7452
(near Bldg. 3317 Indoor Racquetball Courts)
Tennis courts only. Lighted until 9 pm. Reservations available.
NASNI - Ph: 545-0237
(Next to Bldg. 277)
First come, first served.
NAB - Ph: 437-2186
Lighted courts. Reservations available.

The Olde Gym Fitness Complex
NBSD - Ph: 556-7450
Bldg. 223
Mon-Fri: 5:30 am-10 pm
Sat-Sun: 8 am-6 pm
Closed Holidays

AUTO SKILLS

Auto Skills Shop
NBSD - Ph: 556-7008/7009
Bldg. 3234
Wed-Fri: 11:30 am-7 pm
Sat-Sun: 9 am-4:30 pm
Lock Out Service
Call for availability.

Auto Skills Shop
NASNI - Ph: 545-7235, Bldg. 825
Sat-Sun & Hol: 9 am-5 pm
Long-Term Parking
Ph: 545-7235

Car Wash
NBSD - Ph: 556-7486
Bldg. 3459
Daily, 24 hours
NBPL, Main Base - adjacent to Bldg. 546
Daily, 24 hours
NAB - Ph: 437-3028, Bldg. 1211
Daily, 24 hours
NASNI - Ph: 545-7235
Daily, 24 hours

BOWLING

Admiral Robinson Recreation Center
NBSD - Ph: 556-7486,
Bldg. 3223
7 days a week: 9 am-Midnight
Corner Pin Café
Mon-Thu: 6 am-10:30 pm
Fri: 6 am-11:30 pm
Sat: 8:30 am-11:30 pm
Sun: 8:30 am-10:30 pm
Lounge: Mon-Sun: 4-11 pm

Sea 'N Air Lanes
NASNI - Ph: 545-7240, Bldg. 772
Mon-Thu: 10 am-11 pm
Fri-Sat: 10 am-Midnight
Sun & Hol: Noon-11 pm
Mon Hol: 10 am-11 pm
Food Court
Mon-Thu: 10 am-9 pm
Fri-Sat: 10 am-10 pm
Sun: Noon-9 pm
Hol: Noon-8 pm
Lounge
Mon-Thu:10 am-10 pm
Fri-Sat: 10 am-11 pm
Sun: Noon-10 pm
Hol: Noon-9 pm
Hours may occasionally be extended to better serve our patrons.

CATERING

Admiral Baker Clubhouse
NBSD – Ph: 487-0026
Bldg. 3604
Mon-Thu: 8:30 am-5 pm
Fri-Sat: 9:30 am-6 pm
Appointment Recommended

Admiral Kidd Catering & Conference Center
NMAWC
Ph: 524-6287/0372/0218/0280
Bldg. A-3
Mon-Thu: 8:30 am-5 pm
Fri-Sat: 9:30 am-6 pm
Appointment Recommended

Anchors Catering & Conference Center
NBSD – Ph: 556-7788
Bldg. 3210
Mon-Thu: 8:30 am-5 pm
Fri-Sat: 9:30 am-6 pm
Appointment Recommended

Breakers Beach House
NASNI – Ph: 545-9199, Bldg. 764
Reservations made through the Island Club, NASNI, Bldg. X
Mon-Thu: 8:30 am-5 pm
Fri-Sat: 9:30 am-6 pm
Appointment Recommended

Harbor Inn Catering & Conference Center
NBPL, Main Base, Bldg. 530
Conference reservations call 524-6287.
All other event reservations are made through the Admiral Kidd Catering & Conference Center, NMAWC, Bldg. A-3
Mon-Thu: 8:30 am-5 pm
Fri-Sat: 9:30 am-6 pm
Appointment Recommended

I-Bar Courtyard/Lobby
NASNI – Ph: 545-9199
Catering available through the Island Club.

Island Club Catering
NASNI – Ph: 545-9199, Bldg. X
Tue-Thu: 8:30 am-5 pm
Fri-Sat: 9:30 am-6 pm
Appointment Recommended

Surfside Conference Center
NASNI – Ph: 545-9199
Catering available through the Island Club.

The Oceanview Room
NBPL, Main Base, Point Loma
Ph: 524-6287, BOQ, Bldg. 501
Reservations made through the Admiral Kidd Catering & Conference Center, NMAWC, Bldg. A-3
Mon-Thu: 8:30 am-5 pm
Fri-Sat: 9:30 am-6 pm
Appointment Recommended

Sea 'N Air 19th Hole Restaurant & Lounge
NASNI – Ph: 545-9199, Bldg. 800
Reservations made through the Island Club, NASNI, Bldg. X
Mon-Thu: 8:30 am-5 pm
Fri-Sat: 9:30 am-6 pm
Appointment Recommended

Waterfront Recreation Center
(Budweiser Brew House)
NBSD – Ph: 556-9598
Bldg. 45, Pier 2

CHILD & YOUTH PROGRAMS

Resource & Referral
NBSD - Ph: 556-8491
DSN: 526-8491
1-877-235-6002, Bldg. 3639
E-mail: ccrr@mwrsw.com
www.mwr.navy.mil
Call Resource & Referral for child placement in all Metro Child Development Centers, School-Age Care Programs, and Child Development Homes.
Mon-Thu: 7:30 am-5 pm
Fri: 7:30 am-4 pm

Child Development Home Programs

Child Development Home Childcare Offices
NBSD - Ph: 556-7394
Bldg. 3639
MCAS Miramar - Ph: 858-577-4145
Mon-Thu: 7:30 am-5 pm
Fri: 7:30 am-4 pm

Child and Youth 24/7 Center
NASNI - Ph: 545-5617/767-1172
Bldg. 607
Daily: 24 hours

Child Development Centers

Child Development Center
Murphy Canyon
Ph: 556-0031, Bldg. 3295
Mon-Fri: 5:30 am-6 pm

Child Development Center
NBPL, Main Base - Ph: 553-0765
Bldg. 377
Mon-Fri: 5:45 am-5:45 pm

Child Development Center
MIRAMAR - Ph: 858-577-4144
Bldg. 2740
Mon-Fri: 5:30 am-6 pm

Miramar Infant & Toddler Center
MIRAMAR - Ph: 858-577-7891
Bldg. 2741 & 2742
Mon-Fri: 5:30 am-6 pm

Child Development Center
NBSD - Ph: 556-3522, Bldg. 3653
Mon-Fri: 5:30 am-6 pm

Child Development Center
MCRD - Ph: 524-4430, Bldg. 638
Mon-Fri: 6 am-6 pm

Child Development Center
Naval Medical Center
Ph: 532-7977, Bldg. 15
Mon-Fri: 5:30 am-6 pm

Child Development Center
Naval Medical Center
Children's Waiting Room
Ph: 532-6665, Bldg. 2, 1st Floor
Mon-Fri: 7:30 am-4:30 pm

Child Development Center
Chollas Heights
6205 College Grove Way
Ph: 556-0540/0541
Mon-Fri: 5:30 am-6 pm

Child Development Center
NASNI - Bldg. 605
Ph: 545-0259/5609
Mon-Fri: 5:30 am-6 pm

Child Development Center
NAB Coronado - Bldg. 503
Ph (Info): 556-8491
Mon-Fri: 5:30 am-6 pm

Child Development Center
Patrick Wade CDC at
Liberty Station, Point Loma
2843 Hornet Way,
San Diego, CA 92106
Ph: 222-3400/3401
Mon-Fri: 5:30 am-6 pm

Youth Centers

Admiral Hartman Community Center
4649 Donaldson Dr.
Ph: 553-5145
Mon-Thu: 6 am-6 pm
Fri: 6 am-7 pm

Bayview Hills Community Center
1876 Sky Harbor Rd.
Ph: 556-0771
Mon-Fri: 9 am-7 pm
Sat: Noon-4 pm

Chesterton Community Center
7427 Linda Vista Rd.
Ph: 556-5045
Mon-Fri: 6 am-6 pm

Gateway Village Community Center
2741 Mendonca Dr.
Ph: 225-5628
Mon-Fri: 6 am-7 pm
Sat: 11 am-3 pm

Murphy Canyon Kids Connection
3493 Santo Rd. Ph: 556-0719
Mon-Fri: 5:30 am-6 pm

Murphy Canyon Youth Center
4867 Santo Rd., Ph: 556-6165
Mon-Fri: 5:30 am-8 pm
Sat: 9 am-3 pm

Silver Strand Community Center
1302 Leyte Road, Ph: 435-5056
Mon-Fri: 6:30 am-6 pm

Village at Serra Mesa Community Center
8420 1/2 Krenz St.
Ph: 858-571-3853
Mon-Fri: 6 am-6 pm

Youth Sports
4867 Santo Rd. - Ph: 556-6167
Mon-Fri: 9 am-5 pm
Sat: 9 am-5 pm

School Liaison Officers
www.mwrtoday.com/slo

San Diego Metro

NB Coronado
Ph: 247-9109
Serving: Coronado, South Bay

Point Loma
Ph: 858-431-6482
Serving: Coastal area west of the 805

NB San Diego
Ph: 991-2509
Serving: Murphy Canyon area, San Diego City

NB San Diego
Ph: 247-9082
Serving: South San Diego, Lemon Grove, La Mesa/Spring Valley, Chula Vista, Sweetwater

Marine Corps School Liaison Officers

MCAS Miramar
Ph: 858-577-8625
www.miramar.usmc.mil/slo/schoolliaison.asp

MCRD
Ph: 524-8032/0916
www.mccsmcrd.com/FamilyCare/SchoolLiaison/index.html

Camp Pendleton
Ph: 760-763-7385/7386/7387
www.pendleton.usmc.mil/services/SchoolLiaison.asp

CLUBS & RESTAURANTS

Clubs are All Hands for Lunch

Admiral Baker Clubhouse Café & Bar
MISSION GORGE
Ph: 487-0090, Bldg. 3604
Café and Lounge open daily
Winter: 6 am-5 pm
Summer: 6 am-8 pm
Sunday Brunch: 10 am-1 pm
Reservations: 487-0016

Anchors Catering & Conference Center
NBSD - Ph: 556-7788
Bldg. 3210
Lunch: Mon-Fri: 11 am-1 pm

Bayside Deli
NAB - BOQ 504
Mon-Thu: 10:30 am-2 pm

Budweiser Brew House at Waterfront Rec Center
NBSD - Bldg. 45, Pier 2
Mon-Thu: 10 am-10 pm
Fri: 10 am-Midnight
Sat, Sun, Hol: 12:30-8:30 pm
To Go Orders: 556-9498 (before 10:30 am & after 1 pm)

Carrier Bar
NASNI - Bldg. 2005
Mon-Fri: 4-9 pm

Corner Pin Café
Admiral Robinson Center
NBSD - Ph: 556-9083
Bldg. 3223
Mon-Thu: 6 am-10:30 pm
Fri: 6 am-11:30 pm
Sat: 8:30 am-11:30 pm
Sun: 8:30 am-10:30 pm
Lounge (Full-service Bar)
Mon-Sun: 4-11 pm

CPO Cantina
NASNI - Ph: 767-1576, Bldg. F
Mon-Thu: 3-10 pm
Fri: 11 am-12:30 am
Closed Saturday, Sunday & Holidays

The Oceanview Room
NBPL, Main Base - Ph: 221-1541
Bldg. 501
Lunch Buffet:
Tue-Thu: 11 am-1 pm

Pierside Café
NBSD - Ph: 556-0248
Bldg. 548, near Pier 6
Mon-Fri: 10 am-8:30 pm

Pizza Parlor Recreation Center
NASNI - Ph: 545-7229, Bldg. 614
Mon-Fri: 10 am-8 pm
Sat, Sun: 1-8 pm
Delivery available: 3 pm-8 pm

Sea 'N Air 19th Hole Restaurant & Lounge
NASNI - Ph: 545-9660, Bldg. 800
Café: Daily 6 am-2 pm
Lounge: Daily 11 am-6 pm
Hours may occasionally be extended to better serve our patrons.

Sea 'N Air Lanes Food Court
NASNI - Ph: 545-7240, Bldg. 772
Mon-Fri: 10 am-9 pm
Sat: 10:30 am-10 pm
Sun & Hol: 12:30-8 pm
Sports Corner Lounge
Sea 'N Air Lanes
NASNI - Ph: 545-7242
Mon-Thu: 10 am-10 pm
Fri-Sat: 10 am-11 pm
Sun: Noon-10 pm, Hol: 2-10 pm
Hours may occasionally be extended to better serve our patrons.

San Diego Facility Directory
San Diego Facility Directory
San Diego Facility Directory

Starbucks
NBSD - Bldg. 45, Pier 2
Mon-Fri: 4:30 am-5 pm
Sat & Hol: 6 am-1 pm

Waterfront Rec Center Budweiser Brew House
NBSD - Bldg. 45, Pier 2
Mon-Thu: 10 am-10 pm
Fri: 10 am-Midnight
Sat, Sun, Hol: 12:30-8:30 pm
To Go Orders: 556-9498 (before 10:30 am & after 1 pm)

Welldeck Pizza Parlor
NBSD - Ph: 556-2356
Bldg. 454
Mon-Fri: 6 am-9 pm
Sat-Sun: 10 am-5:30 pm
ATM machine on site

World Famous "I" Bar
NASNI - Ph: 545-0120, BOQ I
Mon-Thu: 3:30-9 pm, Fri: 1-10 pm
Closed Saturday, Sunday & Holidays
Call 545-9199 for special events.

DANCE CLASSES

Ballroom Dance Social
Fridays: 8-11 pm

Group Dance Classes
Sundays: 6 & 7 pm
NBSD - Ph: 556-7486
Bldg. 3223

DEPLOYED FORCES SUPPORT

REGIONAL OFFICE
(formerly Fleet Recreation)
NBSD - Ph: 556-5570, Bldg. 71

FLEET & FAMILY SUPPORT

Fleet & Family Support Centers
San Diego - Ph: 556-7404
Coronado - Ph: 545-6071
Point Loma - Ph: 553-8306
Murphy Canyon -
Ph: 858-277-4259
Bayview Hills - Ph: 556-1275
Village at Serra Mesa
Ph: 556-1277

Fleet & Family Support Appointments
Call our 24-hour toll free number for clinical counseling, relocation assistance, resumé assistance and financial consultation appointments at 866-923-6478.

GOLF COURSES

Admiral Baker Golf Course
MISSION GORGE AREA
2400 Admiral Baker Road, #3604
San Diego, CA 92120-2344
Ph: 487-0090
Open daily. Call for a tee time!
Mon-Fri: 6 am-dusk*
Sat, Sun & Hol: 5:30 am-dusk*
*call for specific closing hours

Naval Base Golf Performance Center
NBSD - Ph: 556-7502, Bldg. 348
Daily: 8 am-dusk
Call for closing hours

Sea 'N Air Golf Course
NASNI - Ph: 545-9659, Bldg. 800
Open daily. Call for a tee time!
Mon-Fri: 6 am-dusk*
Sat, Sun, Hol: 5:30 am-dusk*
*call for specific closing hours

LAUNDRY FACILITIES
Free and open to active duty only.
NASNI - Bldg. 2002
Midway Landing; Open 24 Hours
NASNI - Bldg. 2003
Langley Landing; Open 24 Hours

LIBERTY CENTERS

The HUB
NBPL, Main Base - Ph: 553-9138, Bldg. 546
Daily: 10 am-10 pm
Hol: 10 am-8 pm

Liberty Center
NMCSD - Ph: 532-8909
Bldg. 26, Floor 1B
Mon-Fri: 10:30 am-9 pm
Sat & Sun: 11 am-9 pm
Hol: 11 am-6 pm

Liberty Hall
NMAWC - Ph: 524-6587, Bldg. 51
Daily: 10 am-10 pm
Hol: 10 am-8 pm

Liberty.Rec
NASNI - Ph: 545-2878, Bldg. 2000
Sun-Thu: 10 am-10 pm
Fri-Sat: 10 am-Midnight
Hol: 10 am-8 pm

Q-Zone
NAB - Ph: 437-5135/3190
Bldg 337
Daily: 10 am-10 pm
Hol: Noon-8 pm
Resource Center
Tue-Sat: 10:30 am-6:30 pm
Closed Holidays

The RECYARD
NBSD - Ph: 556-5085/5078
Bldg. 221
Mon-Thu: 11 am-11 pm
Fri: 11 am -Midnight
Sat: 9 am-Midnight
Sun: 9 am-11 pm

LODGING

Bay View Cottages
NBPL, NMAWC
Reservations: 524-5382

Family Housing Referral
Office Ph: 556-8443

Housing (CBH & Family)
Ph: 556-8144/8443

Navy Gateway Inns & Suites
www.donlodging.org

North Island Beach Cottages
NASNI - Ph: 435-1227

Pacific Beacon/Palmer Hall
Ph: 619-231-3400
www.pacificbeacon.com

MARINAS

Fiddler's Cove Marina
1st exit south of NAB Coronado
Ph: 522-8680, Fax: 522-7969
Daily: 8 am-6 pm

Navy Yacht Club
Fiddler's Cove Marina
Ph: 437-0320, Fax: 437-0329

U.S. Navy Sailing Center Point Loma
NMAWC - Ph: 524-6498, Bldg. 606
Daily: 9 am-5 pm

MASSAGE THERAPY
Appointments recommended
NBPL, Main Base
Ph: 553-7552, Bldg. 1
NAB - Ph: 437-2186, Bldg. 162
NASNI - Ph: 545-2877, Bldg. 281
NBSD - Ph: 556-7450, Bldg. 223
Call for appt. Walk-ins available.

MOVIE THEATERS
Movie listings are at:
www.mwrtoday.com

Base Theater
NBSD - Ph: 556-5568, Bldg. 71

Lowry Theater
NASNI - Ph: 545-8479, Bldg. 650

Q-Zone Theater
NAB - Ph: 437-5487, Bldg. 337
Wed-Fri: 7 pm
Thu: 9 am & 7 pm
Sat: 4 & 7 pm

OUTDOOR ADVENTURE CENTER

Outdoor Adventure Center
NBSD - Ph: 556-7493, Bldg. 3223
Mon-Fri: 8:30 am-5 pm
Sat: 9 am-2 pm

Outdoor Gear Rental Point Loma
NMAWC Sailing Center
Ph: 524-6498, Bldg. 606
Daily: 9 am-5 pm

GEAR RENTAL/OUTDOOR RECREATION

Party Rentals
NMCSD - Ph: 532-8466
Bldg. 26, Floor 1B
Mon-Fri: 7 am-3:30 pm

PICNIC AREAS

Admiral Baker Picnic Area
MISSION GORGE
Friars Rd. East near I-15
Ph: 487-0090
Daily: 9 am-5 pm

Breakers Beach Cabanas & B710 Deck
NASNI - Ph: 545-9203
Open from dawn to 11 pm
Lifeguards on duty: 9 am-6 pm
Memorial Day-Labor Day
Reservations required. Call Mon-Thu 7 am-5:30 pm for reservations.

Gator Beach Cabanas
NAB - Ph: 437-3028

NAB Turner Field
NAB - Ph: 437-3065
Bougainville Rd & Eniwetok

NMAWC Picnic Area
NMAWC - Ph: 524-5465
Reservation/approval required.
Forms and information available at Bldg. 17A, NMAWC

Picnic Area Reservations
NBSD - Ph: 556-7444
Athletic Complex
Next to Fitness Station
Bainbridge Park
Corner of Bainbridge & Kalbfus Streets (wetside)
Harborside
Next to Harborside Fitness Center
Mariner Park
Across street from NEX/Commissary
Snyder Hall
Norman Scott Road

Playing Fields
NMAWC - Ph: 524-5465
NASNI - Ph: 545-2876
NBSD - Ph: 556-7444

Smuggler's Cove
NBPL, Main Base - Ph: 553-6457
Reservation/approval required.
Forms and information available at Bldg. 1, NBPL, Main Base.

Vandergrift Field
NMAWC - Ph: 524-5465

REC CENTERS

Pierside Café
NBSD - Ph: 556-0248, Bldg. 548
Mon-Fri: 10 am-8:30 pm

Pizza Parlor Recreation Center
NASNI - Ph: 545-7229, Bldg. 614
Mon-Fri: 10 am-8 pm
Sat-Sun: 1-8 pm

Waterfront Recreation Center
NBSD - Ph: 556-9597
Bldg. 45, Pier 2
Mon-Thu: 10 am-10 pm
Fri: 10 am-Midnight
Sat, Sun & Hol: Noon-8:30 pm

Welldeck Recreation Center
NBSD - Ph: 556-2356
Bldg. 454
Mon-Fri: 6 am-9 pm
Sat-Sun: 8 am-9 pm

RV PARKS

Admiral Baker RV Park
MISSION GORGE
Friars Rd. East near I-15
Ph: 487-0090
Daily: 9 am-5 pm

Fiddler's Cove RV Park
1st exit south of NAB Coronado
Ph: 522-8681, Fax: 522-7969
Daily: 8 am-5 pm-Open for dry camping only while under renovation.

SCUBA
For information on lessons check out www.mwrtoday.com or to sign up: 424-6547
ibdivers@ibdivers.com

STORAGE

Lock & Leave Storage
NAB - Ph: 437-3028, Bldg. 337
Mon-Fri: 8:30 am-5 pm
NAB Marina - Ph: 522-8680
Mon-Fri: 8 pm-4:30 pm

Lock & Leave Storage
NASNI - Ph: 522-9460, Bldg. 650
(Lowry Theater Bldg.)
Mon-Fri: 8 am-4 pm

Lock & Leave Storage Point Loma
NMAWC Sailing Center
Ph: 524-6498, Bldg. 606
Daily: 9 am-5 pm

MWR Personal Storage
NBSD - Ph: 556-3320, Bldg. 3654
Mon-Fri: 8 am-5 pm

TICKETS & TRAVEL

MWR Ticket Office
NMAWC/NBPL, Main Base
Liberty Station Maxi Mart
Ph: 221-1005
Tue-Sat: 9 am-5 pm
Closed Holidays

MWR Ticket Office
NAB - Bayside Village, Bldg. 337
Ph: 437-3018
Mon-Fri: 9 am-4 pm
Closed Holidays

MWR Ticket Office*
Navy Exchange Mall
NASNI - Ph: 545-9576
Mon-Sat: 9 am-7:30 pm
Sun/Hol: 9 am-4:30 pm

MWR Ticket Office*
NBSD - Waterfront Rec Center
Ph: 556-2174
Bldg. 45, Pier 2
Mon-Fri: 8 am-6 pm
Closed Holidays

MWR Ticket Office
Admiral Robinson Recreation Center
NBSD - Ph: 556-2180
Bldg. 3223
Mon-Fri: 9 am-5 pm
Sat: 9 am-2 pm
Closed Holidays
Ticketmaster location - closes one half hour before ticket office.

MWR Ticket Office*
Naval Base Exchange
Ph: 556-7498, Bldg. 3379
Mon: 9 am-5 pm
Tue-Fri: 9 am-7 pm
Sat: 9 am-5 pm
Sun & Hol: 9 am-2 pm
Cruise & Tour Desk: 556-6441
***CLIA - Certified Cruise Office**

MWR Ticket Office
NBSD - Ph: 556-9992
Pierside Café, Bldg. 548
Mon-Fri: 10 am-5:30 pm
Closed Holidays

MWR Ticket Office
NMCSD - Ph: 532-7255
Bldg. 2
Mon-Fri: 9 am-4:30 pm

VEHICLE STORAGE
NBSD - Ph: 556-3320, Bldg. 3654
Mon-Fri: 8 am-5 pm
NASNI - Ph: 545-7235, Bldg. 825
Daily: 9 am-3 pm
NAB - Ph: 437-3028, Bldg. 337
Mon-Fri: 8:30 am-5 pm
POINT LOMA - Ph: 524-6498
NMAWC Sailing Center, Bldg. 606
Daily: 9 am-5 pm

WOOD HOBBY
NASNI - Ph: 545-7235, Bldg. 825
Sat-Sun: 9 am-5 pm
Staffed on a volunteer basis.
First time users mandatory safety training, Saturdays 9-10 am.

OTHER RESOURCES

Regional NAF Human Resources Office
NBSD - Ph: 556-8916
Bldg. 3210
Mon-Fri: 8 am-4 pm

MCRD Library
Open 7 days a week.
Ph: 619-524-1849

Miramar Library
Ph: 858-577-1261

Veterinary Treatment Facility
MCAS Miramar
Ph: 858-577-6552, Bldg. 6360

Information is current as of September 2011 and is subject to change.

MWR
Celebrating 100 Years of Naval Aviation

Fleet & Family Support Programs

1 Call Serves All!

Meeting your needs. At Home. At Sea.

The Fleet & Family Support Center

Navy Region Southwest

Serving our active duty military, recalled reservists, military retirees and their families.

For clinical counseling, relocation assistance, resumé assistance and financial consultation appointments at any Navy Region Southwest FFSC call our Centralized Scheduling Center.

24-hour toll free number:
1-866-923-6478

E-mail: cnrsw_ffcp.censch@navy.mil

San Diego County
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Escondido
San Marcos
Carlsbad
Encinitas
Rancho Santa Fe
Solana Beach
Del Mar
Carmel Valley
Rancho Penasquitos
Poway
Ramona
Mira Mesa
Scripps Ranch
Miramar Marine Corps Air Station
Santee
Lakeside
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