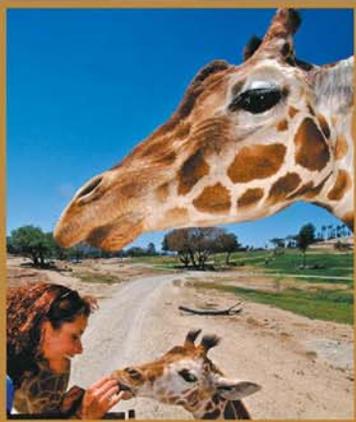


*Welcome Aboard*

# SAN DIEGO

2015-2016 Newcomers' Guide



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2226 Otay Lakes Rd.  
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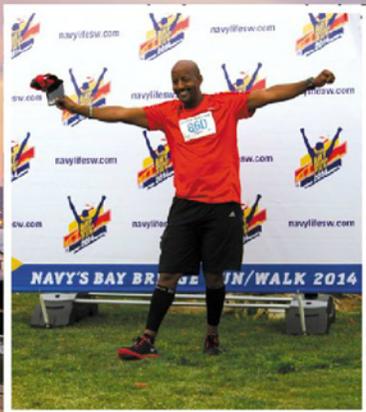
Matt Benedict, President, CEO



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# Welcome Aboard San Diego



**Congratulations on receiving orders to sunny San Diego, where you'll find miles of beaches, famously pleasant weather and friendly people.**

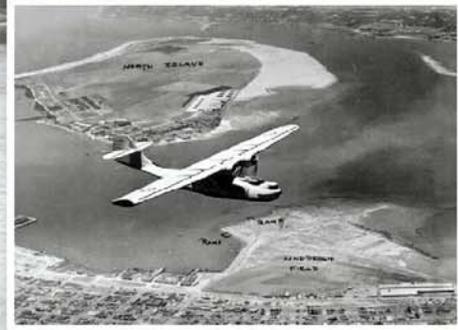
To make your move as worry-free as possible, Navy Region Southwest Fleet & Family Readiness has created this booklet to help acquaint you with San Diego and the surrounding areas.

You'll enjoy our wonderful climate. The average San Diego daytime temperature is 70 degrees and most days are sunny. If you prefer it a bit warmer just move inland a few miles from our natural air conditioner, the Pacific Ocean. Either way, and even in summer, the humidity is generally low. You will find that planning outdoor activities here is a snap because the average annual rainfall is less than 10 inches and most of it falls between December and March.

The San Diego metropolitan area encompasses all of San Diego County and is home to three Navy installations comprising five Navy bases in addition to the Naval Medical Center. In the following pages we have included a variety of information to help you find your way around. If you're looking for something to do around town, we've done the research and listed information on San Diego attractions and points of interest as well.

We hope the information and resources in the following pages will help you and your family enjoy a smooth move. You can visit us online at [www.cnrc.navy.mil/regions/cnrsw/ffr.html](http://www.cnrc.navy.mil/regions/cnrsw/ffr.html). To make an appointment with our Relocation Assistance Team, call our toll-free number at 866-923-6478.





San Diego dates back to the nomadic Indian tribes who once inhabited the area. Juan Rodriguez Cabrillo, a Portuguese navigator hired by Spain, explored the coast of California and in September 1542, sailed into the harbor of San Diego. He named the port San Miguel since their arrival coincided with the eve of the feast of St. Michael the archangel. What he found was an excellent harbor for shipping, a temperate climate and an abundance of fertile soil.

The name San Diego came from Sebastian Vizcaino, who found the harbor and surrounding area to be unnaturally beautiful. He renamed the port San Diego de Alcala after a saint from Madrid. At this time the area remained virtually undeveloped and still retained its Indian presence.

Not until Father Junipero Serra began his first mission, San Diego de Alcala, did the Spanish first begin to take hold of the locality. The original site of the mission is present-day Presidio Park, but with a lack of water and poor soil, the site was later moved 5 miles east. Father Serra went on to form more missions up the southern California coast, but it must be remembered that he started here.

In 1812, California underwent a change when Mexico finally gained its independence from Spain. San Diego was still regarded as an agricultural center rather than an aspiring city such as Los Angeles, located 100 miles to the north. Not until 1850, when the United States finally gained control of California, did both the cities of San Diego and Los Angeles become incorporated.

Growth continued to be slow with more people attracted to fledgling-city Los Angeles rather than to San Diego. One of the most influential people who helped build San Diego into what it is today was Alonzo E. Horton. He first arrived in 1867 and bought 1,000 acres, on which now rests present-day downtown. He looked toward the future with hopes to create a city on the bay. With the first development of those 1,000 acres, a gradual change shifted from Old Town to the area near the water. Businesses and people gradually moved from the Old Town area to the acreage closer to the bay. But it was not until a fire destroyed a major building in Old Town that the change became permanent.

Today you can see what Horton's vision has accomplished: one of America's most beautiful coastal cities serving as the foundation for aspiring towns around the country.

# Getting Around



*Photo by Ramunas Bruzas*

The California Department of Motor Vehicles website is the best source for all of your vehicle-related questions. Visit [www.dmv.ca.gov](http://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.

For California Highway Patrol rules, regulations and other information, visit their website at [www.chp.ca.gov](http://www.chp.ca.gov). To contact CHP for a nonemergency, call 800-TELL-CHP (835-5247).

## **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 and fares, call 800-COMMUTE or visit [www.sdcommute.com](http://www.sdcommute.com) for more information.

## **VEHICLE REGISTRATION**

Out-of-state vehicle registration for military personnel is valid until its regular expiration date. Upon expiration, the vehicle registration may be renewed in your home state or an application can be made for a California vehicle registration.

The DMV will request the out-of-state title, last issued registration and the license plates. Contact the DMV for more information.

Unregistered vehicles in the name of the service member assigned to duty in the state must apply for California registration. Fees, taxes and a smog impact fee are due if the vehicle was not built to state emission standards. A smog certificate and proof of car insurance is also required to register vehicles and obtain a base decal. This applies whether your vehicle is registered in California or out of state. An odometer disclosure is required to register or transfer a motor vehicle. The law authorizes the DMV to refuse to register, renew or transfer a vehicle when the odometer reading is not provided.

## **DRIVER'S LICENSE**

Active-duty personnel arriving in California may legally drive with a valid and unexpired driver's license from another state. Family members are afforded the same privilege, but may find that their status is not as clearly defined. Check the DMV regarding the regulations as applied to your individual case.

First-time license applicants will need to provide the DMV with proof of legal U.S. residency before a license can be issued. A military identification card meets this requirement.

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have to be hard work!



Find a commute that is  
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save money, recapture  
time, and reduce stress

## The Navy's Transportation Incentive Program (TIP) and iCommute can help you leave your solo commute behind

### TIP offers substantial monthly subsidies to active duty and civilian employees:

- Applicants can commute for little or no out of pocket cost
- Applies to vanpools and all public transit

### iCommute offers these FREE services:

- Online ridematching to find carpools and vanpools
- Vanpool subsidy of up to \$400 per month
- Transit trip planning
- Guaranteed Ride Home Program in case of an emergency or unscheduled overtime
- Regional bike map and resources
- Monthly prize drawings for tracking alternative commutes

Sign up for TIP at  
<https://tips.navy.mil>

To learn more, visit  
[iCommuteSD.com/military](https://iCommuteSD.com/military)

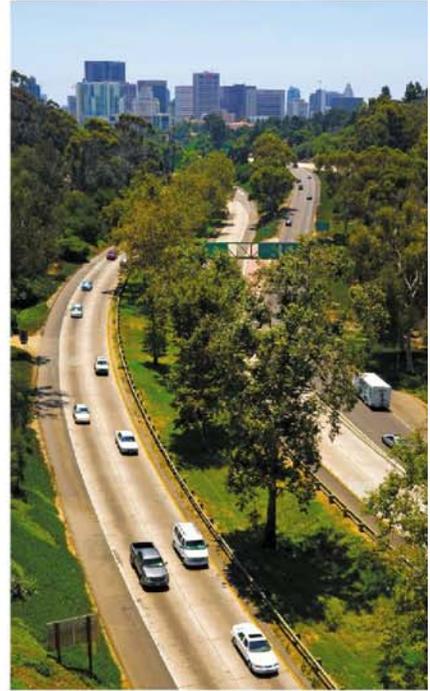
### MOTORCYCLE SAFETY

If you ride a motorcycle on military installations, you must wear an ANSI-approved helmet with the chin strap firmly fastened, shoes or boots with leather sides and hard rubber or leather soles, full-finger gloves, full-length trousers and a long-sleeve shirt or jacket. A yellow or orange reflective vest with a 1.5- to 2-inch-wide vertical or horizontal reflective stripe in front and back must be worn as an outer garment. You must also have the headlight on.

All on-base motorcycle drivers must attend a motorcycle safety course. Temporary decals, valid for 30 days, may be obtained if the rider has written proof they registered for the safety course.

### BICYCLE SAFETY

Helmets are required for on-base bicyclists.



# The Navy in San Diego



## COMMANDER, NAVY REGION SOUTHWEST

As the naval shore installation management headquarters for the Southwest region (California, Arizona, Nevada, Utah, Colorado and New Mexico), Navy Region Southwest provides coordination of base operating support functions for operating forces throughout the region. This includes providing expertise in areas such as housing, environmental, security, family services, port services, air services, bachelor quarters, supply, medical and logistical concerns for the hundreds of thousands of active-duty, Reserve and retired military members in the area.

The command also serves as the regional coordinator for the Commander, U.S. Pacific Fleet, headquartered in

Hawaii, coordinating support for bases in Southern California and Nevada.

Navy Region Southwest strives to be the best at efficiently delivering the right level of shore support services that meets our customer's mission requirements, reduces risk and ensures our operational forces are ready to take the fight to the enemy. For additional information about Navy Region Southwest, visit [www.cnrc.navy.mil/regions/cnrsw.html](http://www.cnrc.navy.mil/regions/cnrsw.html).



## NAVAL BASE CORONADO

Naval Base Coronado (NBC) is one of the largest consortiums of military installations in the Navy. It is comprised of Naval Air Station North

Island, Naval Amphibious Base Coronado, Naval Outlying Landing Field Imperial Beach, Naval Auxiliary Landing Field San Clemente Island, Silver Strand Training Complex (SSTC), Remote Training Site Warner Springs (RTSWS), Camp Michael Monsoor and Camp Morena. These eight geographically separate complexes account for more than 60,000 acres, combining three airfields, three ports, multiple training ranges and more than 1,400 buildings. NBC supports more than 30,000 military and civilian personnel across 142 tenant commands. NBC accommodates the requirements of 23 squadrons, two aircraft carriers, four SEAL teams, Coastal Riverine squadrons and other air, surface and subsurface commands.

NBC provides stewardship for one of the highest concentrations of federally listed species among Department of Defense installations to include

31 marine and terrestrial federally listed species. NBC is committed to environmental stewardship and continues to receive recognition for its outstanding environmental programs. In 2013, NBC won the secretary of the Navy's environmental award for natural resources conservation for a large installation. This award recognized NBC's remarkable success in supporting the military readiness mission while sustaining natural resources. NBC also recently earned the U.S. Fish and Wildlife Service Military Conservation Partner Award, and the chief of naval operations Natural Resources Conservation Environmental Award.

In the area of energy and water conservation, NBC continues its aggressive management program to leverage new technologies, change usage habits and achieve Navy conservation goals. NBC's renewable energy systems exceeded 2,000 watts and the base is producing more than 3 million kilowatt hours annually. NBC's energy and water conservation efforts have resulted in recognition by the secretary of the Navy with the platinum-level Energy and Water Management Award.

Additionally, NBC provides support to our Sailors and their families by providing programs to enhance personal

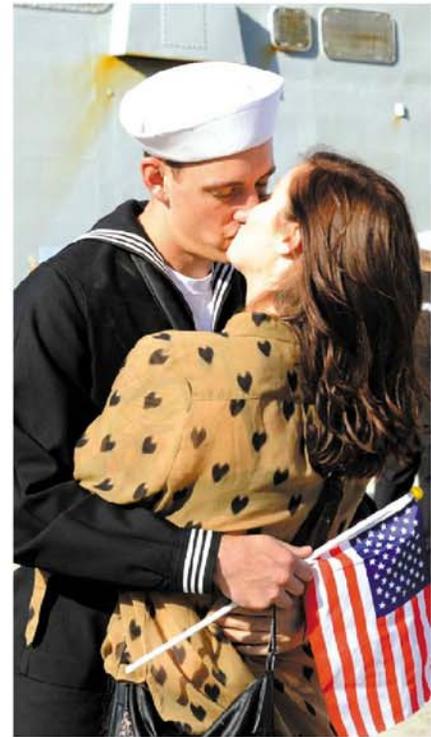
and family readiness, recreational options, housing units, two commissaries, multiple Navy Exchanges, and medical and dental facilities, and is home to the largest Navy Lodge in the world. NBC empowers families to meet the unique challenges of the military lifestyle by providing them the highest quality of support and service. For additional information about Naval Base Coronado, visit [www.cnrc.navy.mil/regions/cnrsw/installations/navbase\\_coronado.html](http://www.cnrc.navy.mil/regions/cnrsw/installations/navbase_coronado.html).



### NAVAL BASE POINT LOMA

The Point Loma peninsula is home to the Naval Base Point Loma (NBPL) Main Base Complex, Cabrillo National Monument, Veterans Affairs' Fort Rosecrans National Cemetery, Point Loma Nazarene University, U.S. Coast Guard and Point Loma Wastewater Treatment Plant. Together in partnership they help preserve the habitat and cultural resources of this historical location, which includes three endangered species, two prehistoric aboriginal sites, Spanish heritage sites, World War I and World War II military forts, bunkers and two National Register-eligible historic districts.

Spread beyond Point Loma and throughout the county of San Diego, Naval Base Point Loma maintains six complexes and several special areas, comprising 1,869 acres of land to include the Main Base Complex, Naval Mine Antisubmarine Warfare Complex, Commander 3rd Fleet Complex, Fleet Intelligence Training Center Complex, Old Town Complex, Taylor Street Complex and Mount Soledad. With over 71 tenant commands, NBPL supports a variety of fleet, flag headquarters, training and systems commands and has a total population of 17,000. NBPL is considered the technical hub of San Diego's naval activity, hosting



some of the nation's premier research centers for communications and weapons technology, including Command, Control, Communications, Computers, Intelligence, Surveillance and Reconnaissance (C4ISR) at SPAWAR Systems Center Pacific. Additionally, NBPL is the primary home of fast attack submarines on the West Coast, homeporting all six of Squadron 11's SSN submarines, as well as their entire shore support requirements of logistics, maintenance and ordnance handling, which includes the floating dry dock, for depot-level repairs. NBPL also provides the largest fuel supply center and the only magnetic silencing field in the Pacific, which supports the requirements of the surface Navy.



### NAVAL BASE SAN DIEGO

As the Navy's premier Pacific Fleet surface force installation, Naval Base San Diego (NBSD)



provides comprehensive fleet support for 54 homeported ships and more than 150 shore tenants. NBSD is comprised of the main naval base on the San Diego Bay, as well as the Broadway Complex, the Naval Medical Center San Diego (NMCSD) Complex, and the Adm. Baker Golf Course and Recreation Center. The base also oversees 18 housing areas, including the large Murphy Canyon housing complex, providing nearly 5,000 homes for Navy families.

NBSD is the home to naval units that are serving major roles around the world, including the Navy's efforts to relieve suffering through disaster relief and humanitarian outreach deployments. Many of the ships stationed at NBSD, including the hospital ship USNS Mercy (T-AH 19), take part in disaster relief and humanitarian missions such as Pacific Partnership and

Continuing Promise. NBSD serves as an ambassador for the Navy and nation, hosting successful port visits with ships from around the world. Since the base was established by the Acting Secretary of the Navy Theodore Roosevelt Jr. in 1922, it has undergone many name changes, but its mission remains the same: to support the fleet, fighter and family.

Respectful of the natural beauty of San Diego, NBSD continues to emphasize protecting our environment and conserving our energy. The base employs a permanent booming system around the piers and surrounds every ship in port with booms to contain inadvertent oil spills. As a key component in the Navy's effort to be at the forefront of environmental initiatives, NBSD has several renewable energy projects that include photovoltaic systems and several buildings with



the latest energy and water conservation technology. NBSD has saved an estimated 44 million gallons of water a year by ensuring the latest techniques, as well as tenant education, are employed to use water efficiently. For its efforts, NBSD has won two consecutive Secretary of the Navy Energy and Water Management Blue awards.

The base is engaged in the local community, working with city leaders in San Diego's Barrio Logan community and National City to ensure the concerns of the community are heard and respected. In the last year, NBSD personnel, their family and friends volunteered over 4,000 man-hours in a variety of major community service projects. While providing outstanding support to the fleet, fighter and family, Naval Base San Diego is a good neighbor and valued member of the national defense establishment and the local community.

### NAVY CHAPLAINS

Religious services are offered or facilitated for most faiths on military installations throughout San Diego. Area chaplains offer a wide range of religious programs. These programs provide several daily, weekly and special religious services, including High Holy Days, as well as sacramental ministry, pastoral counseling and religious education. If your spouse's squadron or ship is deployed, contact the command chaplain assistance team at 619-556-8478 and Command Religious Enrichment Development Operation retreats at



619-532-1437. Contact your respective command or squadron chaplain's office for a listing of available services.

### COMMISSARIES AND 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 5 percent surcharge, which covers the construction of new commissaries and 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](http://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 and MCX mini-marts, which are located on most San Diego military bases and at major military housing areas.

### Commissary and NEX/MCX Locations

In San Diego, a paired main commissary, Navy Exchange and Autoport are located aboard Naval Air Station North Island and Naval Base San Diego. There is also a main commissary and Marine Corps Exchange located aboard Marine



Corps Air Station Miramar. For information on hours and available merchandise, visit [www.navy-nex.com](http://www.navy-nex.com) or [www.mycx.com](http://www.mycx.com).

### NAVY LEGAL SERVICES OFFICE

The Naval Legal Services Office provides a wide range of comprehensive legal support to service members, their family members, retirees and other eligible personnel in the San Diego area. The command is divided into two departments: defense and legal assistance. Each department specializes in specific areas of law and provides a wide range of legal services to the San Diego military community.

The Defense Department provides representation to Navy, Marine Corps and Coast Guard personnel before general courts-martial, special courts-martial, UCMJ Article 32 investigations, pretrial confinement proceedings, NCIS and CID investigations, administrative boards and other

adversarial administrative proceedings. The Defense Department is located on the second floor in Building 56 at Naval Base San Diego. Walk-ins may see a defense counsel 8 to 9 a.m. Tuesday, Wednesday and Thursday.

The Legal Assistance Department provides legal assistance services for personal civil legal matters. Persons eligible for legal assistance services include: active-duty personnel, including Reservists and members of the National Guard on active duty for 30 days or more; family members of active-duty personnel and family members of personnel who died while on active duty; retired military personnel and their family members; family members of deceased retired members; and other eligible persons as specified by the JAGMAN Section 0706. Additional information and forms may be obtained by visiting [www.jag.navy.mil](http://www.jag.navy.mil).



# Housing



## TEMPORARY LODGING

Temporary Navy and Marine Corps lodging is readily available in San Diego to support you during your transition to the area. We recommend that you make advance reservations in order to ensure you have a place to stay while seeking permanent housing.

### NGIS Locations:

- Naval Amphibious Base.. 619-437-3860
- Naval Air Station
  - North Island ..... 619-545-9551
- Naval Base San Diego..... 619-556-8672
- Naval Base Point Loma,
  - Main Base ..... 619-553-9380
- Naval Base Point Loma,
  - Naval Mine and Anti-Submarine Warfare Command..... 619-524-0557

## Navy Gateway Inns & Suites

NGIS provides quality, on-base lodging facilities and services at reasonable rates for military travelers. There are 77 NGIS facilities worldwide with more than 20,000 rooms. Each of the five San Diego naval installations has an NGIS facility. NGIS is committed to bringing you world-class customer service and provides clean, comfortable, secure accommodations that are comparable to commercial hotels. The entire staff at NGIS is thoroughly trained in hotel operations. The NGIS on-base hotels are available to all military and civilian employees on business or personal travel. Reservations can be made online at [www.dodlodging.net](http://www.dodlodging.net) or by calling 877-Navy-Bed.

## Navy and Marine Corps Lodges

Navy Lodges are located at Naval Base San Diego and Naval Air Station North Island. A Marine Corps

Lodge is located at Marine Corps Air Station Miramar. Reservations can be made online at [www.dodlodging.net](http://www.dodlodging.net) or by calling 800-Navy-Inn. The San Diego Navy Lodge has some pet-friendly rooms.

## Navy Getaways

Navy Getaways provides exciting recreational experiences throughout San Diego. Locations include the North Island Beach Cottages, Adm. Baker RV Park and Fiddler's Cove RV Park. The North Island Beach Cottages are located right on the amazing beaches of Coronado. Navy Getaways are the ideal places to play, rest, relax and recharge. For reservations, call 877-Navy-Bed or visit [www.dodlodging.net](http://www.dodlodging.net).

## Military Value Program (MVP)

The MVP offers hotel discounts for military guests. Call the San Diego Housing Welcome Center for information: 619-556-8443.

**Hotel Voucher Program**

Enjoy savings at nonmilitary hotels with MWR’s Hotel Voucher Program. Contact your nearest San Diego Navy Base MWR ticket office for a list of hotels participating in the program. Expect to save 15 to 20 percent off the regular hotel rate. Visit [www.navylifesw.com/sandiego](http://www.navylifesw.com/sandiego) for a current price list and for ticket office locations.

**Pet-friendly Lodging**

There are hotels and motels in the San Diego area that welcome pets, though some may require a nonrefundable deposit upon check-in. The Navy Lodge on Naval Base San Diego is the only military lodge in the area that accepts pets (breed and size restrictions may apply).

**FAMILY AND UNACCOMPANIED HOUSING**

The Navy Region Southwest (NRSW) housing program provides modern, comfortable housing units that reflect the Navy’s commitment to quality of life. A variety of on- and off-base housing is available to meet the specific needs of Sailors and their families.

**Unaccompanied Housing**

Unaccompanied (“Bachelor”) Housing includes both permanent party and visitors’ quarters facilities. Units are periodically updated to reflect the latest features. Naval Base San Diego has both government-owned and privatized bachelor quarters. It is home to the Navy’s first bachelor housing Public-Private Venture (PPV) project, which includes Palmer Hall and Pacific Beacon. Palmer Hall houses junior enlisted

services members in a two-bedroom unit with kitchenette and common area. It is situated next door to Pacific Beacon, a modern market-style apartment complex that features dual master suites with full kitchens and living rooms, computer lounges, a swimming pool, state-of-the-art fitness centers and numerous resident activities. To learn more, visit [www.pacificbeacon.com](http://www.pacificbeacon.com).

**Naval Base Coronado**

Naval Air Station  
North Island.....619-545-7545

**Naval Base San Diego**

Office.....619-556-1077

**Naval Base Point Loma**

Naval Mine and Anti-Submarine Warfare Command.....619-524-1597  
Main Base.....619-553-7530

**Naval Medical Center San Diego**

Office.....619-532-7920  
Quarterdeck.....619-532-6282

**Family Housing**

Lincoln Military Housing (LMH) manages the Public-Private Venture (PPV) housing in Navy Region Southwest. With more than 9,000 family housing units across 35-plus communities in the San Diego metropolitan area, Navy families have a wide variety of military housing options ranging from one-bedroom apartments to five-bedroom, single-family homes. Many LMH neighborhoods also offer community amenities and complimentary resident appreciation events throughout the year. Visit [www.lincolnmilitary.com](http://www.lincolnmilitary.com) or [www.navylifesw.com](http://www.navylifesw.com) for more information.

**HOUSING SERVICES**

In addition to providing military family and unaccompanied housing accommodations, the Housing Service Center (HSC) provides a variety of services to military members and their families. The HSC offers personalized home-finding assistance to locate temporary or long-term, on-base or off-base, community or PPV rentals.



**WHY CHOOSE MILITARY FAMILY HOUSING?**

- Military Family Housing provides service members and their families with many benefits over living in civilian housing:
- Your BAH covers your rent, a substantial portion of your utilities, \$10,000 renters insurance coverage, and all of the amenities and services of the community.
- There are no credit checks or deposits required to live in military housing.
- Lincoln strives to create vibrant neighborhoods, attractive homes and a variety of services and amenities to provide the ideal setting for military families to thrive.
- You are provided with free 24-hour maintenance, roadside assistance, children and family events, courtesy patrols (where available), free Internet in all communities and free wireless Internet in some communities, household alarm systems, recreation centers, gyms, pools and other community amenities.
- Activities specifically designed for military lifestyles, including social gatherings, children and youth activities, and resident services, are provided in our privatized housing.
- Many housing areas feature Youth Recreation Centers and MWR activities.

**HOW TO APPLY FOR MILITARY FAMILY HOUSING**

All officers and enlisted personnel with accompanying dependents are eligible to apply. To obtain a housing application packet, visit [www.lincolnmilitary.com/apply-now/?i=san-diego-naval-complex](http://www.lincolnmilitary.com/apply-now/?i=san-diego-naval-complex). Applications must be processed through:

Housing Service Center  
2625 Le Hardy St., Building 3544  
San Diego, CA 92136  
Tel: 619-556-8443  
Fax: 619-556-8012  
email: [web.housing@navy.mil](mailto:web.housing@navy.mil)

For additional military family housing information, including neighborhood profiles, visit [www.lincolnmilitary.com](http://www.lincolnmilitary.com), click on California and choose San Diego (Naval Complex).

Other services include local area orientation and homebuying counseling. All military personnel, unaccompanied and accompanied, their families and DOD employees are eligible for these services. Services offered include:

#### Home-finding Services

The HSC provides free rental listing information. Referral specialists provide current information on current rental costs, deposit fees, location, public transportation availability, crime rates, school statistics and other facts about civilian housing in San Diego. A counselor will interview you to help you determine your personal and family needs regarding affordable housing in San Diego. The HSC also provides lease services, including lease review and explanation of lease terms.

#### Homebuying Assistance

Homebuying and real estate counseling services are also available at the San Diego HSC for personnel interested

in purchasing or selling a home. Information on topics such as veteran assistance and Cal-Vet Home Loan Programs, homebuying workshops and first-time homebuyer assistance are available. Local market and lending information is also available to help families understand the homebuying and financing process. For more information, call 619-556-9970 or DSN 526-9970.

#### Tenant-Landlord Issue Resolution

In an effort to maintain good community relations while assisting military personnel and their families, the HSC assists in resolving tenant and landlord issues. Housing counselors are available to help you better understand your rights and responsibilities as a renter. This is often helpful in preventing legal action.

#### PERSONAL PROPERTY SHIPPING OFFICE

The Fleet and Industrial Supply Center San Diego (FISCSD) Personal Property Shipping Office is located in

Building 3376, Naval Base San Diego, next to the Military Family Housing Office, up the hill from the commissary. Business hours are 7:30 a.m. to 4 p.m. Monday through Thursday and 7:30 a.m. to 2 p.m. Friday (excluding holidays). Call 619-556-6683 or toll free 888-216-5733 to schedule an appointment. Personal Property Offices are also located at Marine Corps Air Station Miramar (858-577-1044) and Marine Corps Recruit Depot (619-524-5360).

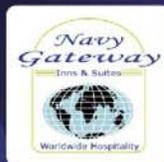
#### VEHICLE PROCESSING CENTER

The full-service Vehicle Processing Center (VPC) located at 4334 Sheridan Lane, San Diego, CA 92120, will accept and process both inbound and outbound POVs. Directions to the VPC location as well as information regarding vehicle transport status, turn-in requirements, vehicle storage status, storage removal and FAQs can be found at <https://www.wherismypov.com>. Or call 619-563-6321 for more info.



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# Fleet & Family Support Center



Fleet & Family Support Center, San Diego (FFSC) welcomes all military members and their families to San Diego. FFSC is located in multiple locations on and off base to serve you, including: Naval Base San Diego, Naval Base Coronado and Naval Base Point Loma, and in the Navy housing areas of Murphy Canyon, the Village at Serra Mesa, Bayview Hills, Gateway Village and Santee.

FFSCs operate at each base and in four military housing areas as well as in East Lake to provide information and referral services, education and training classes, personal financial management, employment assistance for family and transitioning service members, deployment support, ombudsman support, and counseling for retired and active-duty Sailors and family members. All FFSC programs and services are free and confidential.

FFSC staff are selected and trained for their subject matter expertise in the programs in which they work. Counselors who provide individual, marital, and family counseling and family advocacy services are licensed social workers, marriage and family therapists, and psychologists with the same professional training and credentials as TRICARE and local community mental health counselors. They also have special training and experience to assist Sailors and family members in meeting the unique challenges of the military lifestyle.

FFSC educational and training programs are focused on resource awareness and life skills education (couples communication, relationship skills, parenting skills, stress management), with an emphasis on helping military personnel and families adapt to the lifestyle they have chosen.

## FLEET & FAMILY SUPPORT CENTER PROGRAMS

The following are some of FFSC's most utilized programs.

**Personal Financial Management (PFM)** stresses proactive, long-range financial education and training aimed at preventing financial crisis and ensuring financial success. It is imperative that we teach Sailors financial responsibility at every stage of their careers. Establishing a life cycle approach for Sailors and families will form a continuum from recruitment through retirement. This preventative and educational approach to PFM allows Sailors to focus on mission needs and will ultimately increase retention and readiness for our Navy.

The **Deployment Support Program** is designed to help service members and their families successfully manage the challenges of all phases of a deployment. From pre-deployment planning

to mid-deployment support and homecoming information about effectively reintegrating as a family, FFSC is here to help. Understanding that each deployment is different, FFSC believes that by helping service members and their families to better anticipate and understand the physical and emotional demands associated with deployment, a more realistic expectation occurs. Before a deployment, the FFSC provides Sailors and their families with information and education to help them anticipate and deal with the physical, emotional and spiritual needs of the family during the weeks before the impending deployment. During deployment, FFSC offers services to support family needs. Individual Augmentees (IAs) and their families have access to a wide range of support for every stage of their deployment cycle as well through the FFSC.

**Individual and Family Counseling** services are offered for situational adjustment problems, which may be excluded from coverage under TRICARE behavioral health plans. The goal is to provide professional assistance early, before more significant problems develop. Individual, marriage, family and child counseling and referrals are available as well.

The **Family Advocacy Program** addresses the prevention, identification, intervention, follow-up and reporting of child abuse and domestic violence. Licensed professionals provide assessment and intervention services. A variety of prevention and education classes are available to active-duty members and their families.

**Family Employment Readiness Program:** The Navy recognizes that frequent relocations associated with the military lifestyle create career challenges for military spouses. The Family Employment Readiness Program addresses those challenges in basic workshops, career planning, resume writing, interview techniques, federal employment information, self-assessments, goal setting and vocational tests. Resources available include

libraries, computer job search assistance, and available job listings locally and nationwide. The Family Employment Readiness Program also provides employment support and educational referrals for military family members as they relocate due to reassignment.

The **Sexual Assault Prevention and Response Program (SAPR)** provides a comprehensive, standardized and victim-sensitive system to prevent and respond to sexual assault. The key components of SAPR are sexual assault awareness and prevention education, victim advocacy and data collection.

**Transition Assistance Management Program (TAMP):** Changing careers is a stressful undertaking, perhaps even more so for those leaving military service after many years. TAMP offers a full-service approach to effectively manage career change and discover all employment opportunities.

**Relocation Assistance Program:** One constant in the life of the military member and their family is change. FFSC offers information on the moving process, entitlements and new duty stations, as well as tips for success. Additionally, welcome aboard packages and other information is available to military members and their families who are new to the area. From access to basic household items via our lending locker to individual consultations and workshops, the FFSC supports every aspect of the relocation process.

**Retired Activities Office:** The purpose of this program is to support and enrich the lives of retired military personnel and their families. The Retired Activities Office, which is staffed by volunteers, provides the link between retirees, local military communities and other government agencies that provide assistance to retirees and their families.

### ONE CALL SERVES ALL!

For clinical counseling, relocation assistance, resume assistance and financial consultation appointments at a Navy Region Southwest Fleet & Family Support Center, call the Centralized

### FLEET & FAMILY SUPPORT CENTER A One-Stop Shop for All Your Quality-of-Life Needs

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

**Naval Base Point Loma, Main Base**  
140 Sylvester Road  
Buildings 211 & 212  
San Diego, CA 92106 ..... 619-553-8306

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

**Bayview Hills Branch**  
1967 Sky Harbor Road  
San Diego, CA 92139 ..... 619-556-1275

**Gateway Village Branch**  
3207 Rosecrans Place  
San Diego, CA 92110 ..... 619-222-5548

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

**Santee Branch**  
8120 Arlette St.  
Santee, CA 92071 ..... 619-571-4868

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

Scheduling Center at the 24-hour, toll-free number 866-923-6478. You can also register online for most classes at [www.navylifesw.com/SanDiego/families/ffsc](http://www.navylifesw.com/SanDiego/families/ffsc).

### FFSC SUPPORT IN 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 & 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.



# Parenting Resources



This section highlights parental resources for the many stages of childhood: infant to toddler, to kindergarten, transitioning into primary and secondary education, and finally preparation for higher education options. As a military family, you have many resources available to support you and your family throughout these many stages.

## CHILD CARE

**Navy Child and Youth Programs (CYP)** professionals are extensively trained to provide high-quality, enriching child care for our military families. To sign up or for more information about the following CYP services, visit [www.navylifesw.com](http://www.navylifesw.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, and preschool and school-age children in the certified provider's home. Providers are subject to the same high-quality standards for child care as the Child Development Centers.

**Hourly Care** is also available; contact your local Child Development Center for space availability, or for hourly care in one of our Child Development Homes, visit [www.militarychildcare.com](http://www.militarychildcare.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 **Navy Youth Recreation Program** is a year-round recreation and sports program serving youth from kindergarten to 12th 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.navylifesw.com](http://www.navylifesw.com).

**Respite Child Care** is a special program for children of Exceptional Family Member Program families. For more information, call 619-553-8280.

## YMCA Child Care Resources

Call 800-481-2151 or visit [www.crs.ymca.org](http://www.crs.ymca.org) for income-sensitive programs.

## Head Start

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

## Child Care Subsidies

Reduced rates or subsidies are available to those who qualify. Call 800-793-0324, ext. 341 or visit [www.naccra.org/military-families](http://www.naccra.org/military-families) for more information.

### Give Parents a Break Program (GPAB)

The GPAB program is designated for families experiencing duress due to a deployment, a sponsor's TDY status, recent transfer, family illness, caring for a child with special needs, or other unique circumstances. These families are eligible for up to 16 hours of free hourly child care each month for child(ren) of identified families, depending on space availability. Navy Child and Youth Programs (CYP) understands the challenges and stress military families may experience and supports families by meeting these unique child care needs. The installation CYP will accept a completed certificate for eligibility of child care (certificates are available at your local CYP facility). Referrals may only be made by commanding officers, executive officers, command master chiefs, medical doctors, Fleet & Family Service Program (FFSP) personnel, chaplains and installation CYP directors. Children must be eligible for CYP enrollment in order to receive this service. A staff member from CYP will meet with the family to complete the registration process and provide availability of center care or identify potential care providers. This program is not a substitute for regularly scheduled child care and may be used at the discretion of the parent at a minimum of two-hour increments. To learn more about the GPAB program, please contact your local CYP facility director.

### BASIC MEDICAL INFORMATION

#### Insurance

UnitedHealthcare/TRICARE is the insurance provided for active-duty service members and their dependents. Contact TRICARE to confirm your enrollment status. They will provide the medical facility information available to you. Call the TRICARE Service Center at 877-988-9378 or visit [www.uhcilitarywest.com](http://www.uhcilitarywest.com) to find out more about your options.

**Naval Medical Center San Diego, Pediatric Department** offers health

education support to local families. Please visit the NMCS D website for the most up to date information: [www.med.navy.mil/sites/nmcsd](http://www.med.navy.mil/sites/nmcsd).

### NEW PARENT SUPPORT

**Navy New Parent Support** is designed to help you with your transition into parenthood. New Parent Support staff will help inform you about pregnancy, childbirth and the postpartum phase, as well as teach child growth and development and parenting skills. Please contact New Parent Support at 619-767-1786.

The **Budget for Baby Program** offered through the Navy-Marine Corps Relief Society is operated entirely by volunteers. This program is designed to serve new or prospective parents who want to learn about the impact that a new baby can have on the financial situation of the family. Clients learn about variations in pay and increased expenses, common consumer pressures targeted to new parents, and entitlements available through both government and private sources.

A **Layette, "Baby's First Sea Bag,"** is given to any eligible recipient who attends a Budget for Baby workshop or receives individual counseling. It consists of a coordinated set of bedding and clothing, a baby book and a handmade gift from a society volunteer, packed in an environmentally sensitive tote. To receive a layette, eligible clients should contact the Navy-Marine Corps Relief Society to register for our Budget for

Baby class or make an appointment to see a caseworker. Visit their website at [www.nmcrs.org](http://www.nmcrs.org).

**First 5 San Diego** provides parents with a no-cost Kit for New Parents filled with resources and information about pregnancy and early childhood. The kit comes with a baby book, a DVD with advice for new parents, a guidebook about the first five years of development and more. To order your free kit, call 888-5FIRST5 (534-7785). For more information about First 5 San Diego, visit [www.first5sandiego.org](http://www.first5sandiego.org).

### TODDLER RESOURCES

**Navy Tiny Tots Program** is offered to children ages 3 and 4 years old. This part-time program provides an open environment where your child can participate in arts and crafts, music and rhyme, story time, movements and more. Contact Navy Child and Youth Programs to find out more information regarding this program at [www.navylifsw.com](http://www.navylifsw.com).

**Playgroups** offer both young children and their parents the opportunity to enjoy playtime with other children and meet other parents. These playgroups are offered at several housing locations through SAY San Diego, a community agency. Through a program called Healthy Start Military Family Resource Center, military families have access to these playgroups and many more resources. For more information regarding Healthy Start, call 858-496-0044.



# School Days



Photo by Jeffrey Worthington

## SCHOOL LIAISON SERVICES

Navy Region Southwest employs School Liaison Officers (SLOs) who serve as liaisons between the Navy installation commander, military agencies and schools by providing assistance in matters pertaining to student education. The SLOs also implement the Navy's Strategic Planning for Education Advocacy K-12 recommendations in order to ensure Navy families have access to quality educational opportunities. SLOs level the playing field for military children by ensuring maximum educational opportunities for academic success. Visit [www.navylifsw.com/sandiego/families/cyp/schoolliaison](http://www.navylifsw.com/sandiego/families/cyp/schoolliaison) for more information. The San Diego Metro Navy SLO Team is comprised of one regional SLO and four installation SLOs. The installation SLOs are each assigned an area in San Diego in which they actively engage with the military families, school districts and their installation commanding officer.

Every SLO maintains an office located on their assigned installation and is actively engaged in school districts with high concentrations of enrolled military children. If you are new to San Diego, deciding on what district and school site your children will attend can be overwhelming. Your installation SLO can assist you in locating and provide information regarding your neighborhood school district. Please visit [www.navylifsw.com/sandiego/families/cyp/schoolliaison](http://www.navylifsw.com/sandiego/families/cyp/schoolliaison) for more information or review the following Navy installation SLOs' area of responsibility.

### Navy School Liaison Officers in San Diego County

- Navy Region Southwest**  
..... 619-532-1034
- Naval Base Coronado**  
Serving: Coronado, South Bay, Imperial Beach  
..... 619-991-2509

### Naval Base Point Loma

Serving: Coastal area west of Interstate 5  
..... 858-431-6482

### Naval Base San Diego

Serving: Murphy Canyon, Downtown, Naval Medical Center  
..... 858-349-7678

### Naval Base San Diego and Naval Air Facility El Centro

Serving: East County, Lemon Grove, Chula Vista, Santee, El Centro  
..... 619-247-9082

## SCHOOL OPTIONS

San Diego County has 42 independent school districts that provide educational programs for elementary and secondary school children. Each school district is governed by a locally elected board of education. School district and city boundaries are not necessarily contiguous and not all school districts are close to Navy installations.

The San Diego County Office of Education is located at 6401 Linda Vista Road, San Diego, CA 92111. Their website, [www.sdcoe.net](http://www.sdcoe.net), will provide you with an overview of services and resources they provide to the 42 independent school districts. Contact with an individual school district is the best way to learn about school calendars, facilities, curriculum, graduation requirements, extracurricular activities and other areas that differ from district to district.

In San Diego County, academic instruction provided to students in grades preschool through 12th varies district to district. A unified school district provides academic instruction to students in grades preschool through 12th. Other school districts will offer academic instruction to students enrolled strictly in a particular grade level, such as an elementary, middle or high school. In some cases the academic instruction provided by the district will be a combination of grade levels, such as an elementary/middle school or a middle/high school. All school districts offer basic education programs, as well as special programs and services.

Additionally, some public school districts offer alternative school options such as magnet schools, charter schools, virtual schools or even home schooling to parents who might not feel their neighborhood school is a proper fit for their children. It is important to note that not all school districts in the San Diego County have all of these options. Private schools do not fall within the policies and procedures of a public school district and often require tuition fees. General descriptions regarding these school options are listed in the following paragraphs.

1. Magnet schools serve as a public school choice and offer unique opportunities for in-depth studies in specific areas of study while meeting rigorous California state curriculum standards.
2. Charter schools are public schools that are created when a group of

parents, teachers and community leaders petition a local school board or county board of education for a charter to open an independent school in their community. To find out more information about charter schools, here is a list of helpful links: [www.charterschoolcenter.org](http://www.charterschoolcenter.org) provides information about charter schools in general, along with information about laws and additional resources for parents; [www.sdcoe.net/business-services/financial-services/Pages/charter-schools-san-diego-county.aspx](http://www.sdcoe.net/business-services/financial-services/Pages/charter-schools-san-diego-county.aspx) provides a listing of all the charter schools in San Diego County.

3. Private schools offer many different types of programs and activities that public schools may not. They may be religious or secular and use various methods of instruction. Search online for private schools that are members of the California Association of Independent Schools at [www.caisca.org](http://www.caisca.org).
4. Home schooling laws differ from state to state. It is recommended that parents review the laws in the state of California to be fully aware of the requirements for home schooling. The correct home schooling curriculum and support groups can help provide the best, most enriching home schooling

experience for your child. The following are websites to provide you with more information regarding home schooling: the Home School Legal Defense Association has information about state laws as well as other important resources. Find out more at [www.hsllda.org](http://www.hsllda.org). If you are new to home schooling or are just looking for more resources and curriculum ideas, the home schooling website can help: [www.homeschool.com](http://www.homeschool.com).

5. Online schools are becoming more popular as family schedules become tighter. Online schools are a great way for you to offer your child the best of public school curriculum and combine it with the intensity of home schooling. Most online programs are no cost and are generally organized as charter schools. This is an option that many military families prefer as the programs are more flexible than traditional schooling options.

### SCHOOL CALENDARS, HOURS AND SCHEDULES

Due to the school districts in the San Diego County being independent of one another, the school calendars will also vary by district. Not all schools in San Diego start in early September and end in the middle of June. There are some districts, including high school



districts, that operate on a year-round or staggered schedule. Hours will also vary by district and might also vary by school site within the same district.

### **MILITARY INTERSTATE CHILDREN'S COMPACT COMMISSION**

This program 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, and please visit [www.mic3.net](http://www.mic3.net) for more information.

### **SCHOOL DISTRICTS**

#### **Murphy Canyon, Point Loma and Bay View Area**

The San Diego Unified School District is the eighth-largest urban school district in the country and provides a variety of educational programs and options for students in kindergarten through high school. The district serves most of the metropolitan area within the city limits of San Diego.

Parents also have the option to send their children to schools outside the neighborhood by enrolling eligible students in the district's magnet programs or the School Choice Program. Magnet programs in 45 schools offer specialized curriculum the district cannot afford to provide in all schools. Programs range from a strong emphasis on science, math and computers to creative and performing arts, from foreign language to Montessori.

The School Choice Program provides enrollment options for students who reside within the district boundaries and who wish to attend a school other than the school of residence. Although some schools in the district are operating at capacity and cannot accept SCP students, others have space available for interested families. The district does not provide transportation for this program.

The district also operates an extensive program for students with exceptional needs, including programs for academically gifted students and programs for students with special needs. For more information, visit [www.sandi.net](http://www.sandi.net).

#### **Coronado Unified, South Bay and Imperial Beach**

Coronado Unified School District is comprised of roughly 3,100 students spread across five schools: Coronado High School, Palm Academy, Coronado Middle School, Silver Strand Elementary and Village Elementary. There is also a preschool program for 3- to 4-year-olds, as well as adult education classes. For more information, visit [www.coronadousd.net](http://www.coronadousd.net).

South Bay Union School District is an elementary (pre-K and up) school district. The district is comprised of nine K-6 schools, two charter schools and one preschool. South Bay Union School District feeds into Sweetwater Union High School District. The Sweetwater Union High School District consists of 32 campuses and encompasses Chula Vista, Imperial Beach, National City, San Ysidro and South San Diego.

#### **East County**

The East County of San Diego is comprised of the Lemon Grove School District, La Mesa Spring Valley School District, Lakeside Union School District, Santee School District and Cajon Valley Union School District. These five independent school districts, which consist of 74 elementary and middle school sites, provide academic instruction to students in pre-K through eighth grade. Students attending high school enroll in the Grossmont Union High School District. The Grossmont Union High School District consists of nine comprehensive high schools, two charter schools, one continuation high school, two alternative education sites, four special education facilities, a middle college high school program, a Regional Occupational Program (ROP) and an adult education program.

#### **South Bay**

Chula Vista Elementary School District consists of 45 schools to include five dependent charter schools and two independent charter schools. National City School District consists of 11 schools that provide instruction to



students in pre-K through sixth grade. Both the Chula Vista Elementary and National City School districts' students attend middle school and high school in the Sweetwater Union High School District. The Sweetwater Union High School District consists of 32 campuses and encompasses Chula Vista, Imperial Beach, National City, San Ysidro and South San Diego.

#### Online Area School Information

- San Diego County Office of Education: [www.sdcoe.net](http://www.sdcoe.net)
- Great Schools: [www.greatschools.org](http://www.greatschools.org)
- School Wise Press: [www.schoolwisepress.com](http://www.schoolwisepress.com)
- California Education Data Partnership: [www.ed-data.k12.ca.us](http://www.ed-data.k12.ca.us)
- California Association of Independent Schools: [www.caisca.org](http://www.caisca.org)
- Military Youth on the Move: <http://apps.militaryonesource.mil/MOS/f?p=MYOM:HOME2:0>
- Military Child Education Coalition: [www.militarychild.org](http://www.militarychild.org)
- Facebook: [www.facebook.com/pages/NAVY-SLO/144612695576942](https://www.facebook.com/pages/NAVY-SLO/144612695576942)
- Tutor.com: [www.tutor.com](http://www.tutor.com) (free for military families)

#### STARTING PUBLIC SCHOOL

Upon enrolling your child in any school site, parents must present the following documentation:

1. Proof of residency. This can be a utility bill, rental agreement, mortgage document or Lincoln Military Housing Agreement.
2. Proof of immunizations against polio, measles, mumps and rubella (MMR), diphtheria, whooping cough and tetanus, or a permanent medical exemption or personal beliefs exemption.

**Students new to California must also provide:**

Proof of immunization against chickenpox or proof of having had chickenpox.



#### Kindergarten and first-grade students new to the district or attendance area:

1. Must provide a copy of a birth certificate, baptismal certificate or passport.
2. Must present proof of vaccination against hepatitis B and chickenpox.
3. Children must be 5 years of age or older, on or before Sept. 1, to be eligible to attend kindergarten.

A **transitional kindergarten** is the first year of a two-year kindergarten program that uses a modified kindergarten curriculum that is age and developmentally appropriate. Pursuant to law (EC 48000[c]), a child is eligible for transitional kindergarten if a child will

have his or her fifth birthday between Sept. 2 and Dec. 2. For more information on transitional kindergarten in the state of California, go to [www.cde.ca.gov/ci/gs/em/kinderfaq.asp#E3](http://www.cde.ca.gov/ci/gs/em/kinderfaq.asp#E3).

#### All first-grade students:

1. Must provide proof of recent physical examination.
2. Must be at least 6 years old by Sept. 1 of the school year.

#### All seventh-grade students:

Must provide proof of vaccination against chickenpox, hepatitis B and a second MMR vaccination. (This can be turned in at registration for new students or on the first day of school for continuing students.)





## TUTORING OPTIONS AND ASSISTANCE

Tutoring and academic assistance for military children enrolled in San Diego schools is available through several programs. These programs are not available at every school site, so please consult your school to find out what tutoring options are available for your child.

**Operation Hero Program (Armed Services YMCA)** is an after-school program that targets children, ages 6 to 12, who have been identified by school personnel as having difficulty adjusting both academically and socially in the school environment. Curriculum is designed to help children cope with the challenges of military life, provide tools for a successful education, and promote a positive self-image. Operation Hero Program can be contacted at 858-751-5755 or visit [www.asymca.org](http://www.asymca.org).

**“Everyone a Reader” Volunteer Tutor Program** provides trained volunteers who will read one-on-one with students in first through third grade. The students who participate are those identified by teachers as those who need extra practice and special assistance with reading. To gain further information regarding this program, please contact 800-711-READ or visit [www.sdcoe.net/ITS/solutions/lms/Pages/Everyone-a-Reader.aspx](http://www.sdcoe.net/ITS/solutions/lms/Pages/Everyone-a-Reader.aspx).

[sdcoe.net/ITS/solutions/lms/Pages/Everyone-a-Reader.aspx](http://www.sdcoe.net/ITS/solutions/lms/Pages/Everyone-a-Reader.aspx).

**Navy Knowledge Online (NKO) Library** offers resources for all children ages 3 and up. Kids have access to a live tutor, videos and e-books, as well as Academic Skills Question Banks for grades six through 12. NKO also offers College-Level Examination Program tests, Peterson’s study guides, and GED and AP exams prep for children preparing for college. You must register as an NKO user and create a password. Once you sign in to NKO, click on the reference tab in the navigation bar. Look for the Tutor.com box in the right column and click on the links Kids and Teens or Adults to get a tutor. You are eligible as active-duty military families, USNA midshipmen, DEP personnel, and DON civilians and contractors. Visit <https://www.nko.navy.mil> for more information.

**Got Homework?** The San Diego Public Library can help! Free online help for classroom assignments is as close as your computer. Kids and adults can access online resources remotely from any computer at home, at school or at the library. The following is a list of available resources through the San Diego Public Libraries.

- **Library Catalog** — Find books, videos, music and more at the San Diego Public Library: <https://sddp.sirsi.net/uhtbin/cgiirsi/x/x/0/49>.
- **Kid’s Corner** — [www.sandiego.gov/public-library/kidsandteens](http://www.sandiego.gov/public-library/kidsandteens).
- **Services for Children, Teens and Young Adults** — [www.sandiego.gov/public-library/kidsandteens](http://www.sandiego.gov/public-library/kidsandteens).
- **Searching the Internet: Guide to the best Web resources** — [www.sandiego.gov/public-library/services/specialresources/internet](http://www.sandiego.gov/public-library/services/specialresources/internet).

**After-school Academic Support Programs** initiated by your local schools: Some schools offer tutoring and after-school academic support programs. Inquire at your neighborhood school to find out if there are after-school academic support programs.

## AFTER-SCHOOL AND YOUTH PROGRAMS

Once you decide on the type of schooling for your child, you may be looking for enrichment programs and after-school programs. There are many different types of programs to choose from; some of them are specifically for military kids.

**Navy Child and Youth Programs** offer before- and after-school care, day camps, teen programs, youth sports and recreational activities for youth 5-18 years of age. Check online at [www.navylifsw.com](http://www.navylifsw.com) for further information.

**School Age Care (SAC)** is offered at most Navy housing locations. This is a before- and after-school program designed to meet the needs of school-aged kids (5 to 12 years old). Kids enrolled in the program are walked to the neighborhood school and picked up after school. They are able to participate in organized activities, receive homework help, join clubs and more. Services are provided at low cost, depending on rank and income.

The **Youth Sports Program** emphasizes participation for all players. Sports leagues, skills, clinics, fitness classes and special sporting events are

planned throughout the year. Sports offered include: basketball, indoor soccer, T-ball, softball, tennis, flag football and cheerleading.

A **Day Camp/Intercession Program** is offered for youth between the ages of 5 and 12 and is conducted during school holidays, summer vacation and intercession periods. Day camp activities include arts and crafts, sports, games, swimming, field trips, outdoor recreation, cultural programs and special events.

An **Open Recreation Program** is available for youth 10-18 (18 if still in high school) to entertain themselves with billiards, board games, movies, tournaments, arts and crafts projects, and special events. Open recreation is available at your local recreation or youth centers located in military housing.

The **Teen Program** is designed for middle and high school-age youth. Activities include special development programs and community involvement. The programs are offered at your local housing youth and recreation centers.

Check your local school district to find out if they offer before- and

after-school programs and the eligibility criteria. Before- and after-school programs here in San Diego are sometimes called Extended Day Programs (EDP), PrimeTime or 6-to-6 programs.

**Boys & Girls Clubs** offer many different types of youth and child programs in local neighborhoods. Go to their website, [www.sdyouth.org](http://www.sdyouth.org), to find the location nearest you, or call 866-SDYOUTH.

The **YMCA** offers many different types of youth and child programs in local neighborhoods. Go to their website to find a location near you: [www.ymca.org](http://www.ymca.org).

### COLLEGE BOUND — FINANCING OPTIONS

Scholarships, student loans and the GI Bill are some ways in which students can financially pay for college. We have listed several websites regarding financial assistance for students interested in attending college. Usually in the fall, San Diego school districts will host a resource fair in which several college representatives are on hand to answer questions regarding their schools.

- Scholarships for Students: [www.scholarships4students.com](http://www.scholarships4students.com)
- United States Department of Veterans Affairs: [www.va.gov](http://www.va.gov)
- California Student Aid Commission: [www.csac.ca.gov](http://www.csac.ca.gov)
- San Diego Foundation: [www.sdfoundation.org/Scholarships.aspx](http://www.sdfoundation.org/Scholarships.aspx)
- DECA Scholarship: [www.deca.org/high-school-programs/scholarships](http://www.deca.org/high-school-programs/scholarships) or [www.militaryscholar.org](http://www.militaryscholar.org)
- Navy/Marine Corps ROTC Scholarship: [www.navy.com/joining/college-options/nrotc.html](http://www.navy.com/joining/college-options/nrotc.html)
- Marine Corps Scholarship Foundation: [www.mcsf.org](http://www.mcsf.org)
- Navy League: [www.navyleague.org](http://www.navyleague.org)
- Navy Officers' Spouses' Club: [www.noscsandiego.com/Default.aspx?pageId=1435990](http://www.noscsandiego.com/Default.aspx?pageId=1435990)
- Miramar Officers' Spouses' Club: [www.miramarowc.org/giving-back/scholarships](http://www.miramarowc.org/giving-back/scholarships)
- Scholarships for Military Children: [www.militaryscholar.org](http://www.militaryscholar.org)



# Family Resources



## MOVING SCHOOL-AGE CHILDREN

Navy Region Southwest military School Liaison Officers specialize in creating connectivity between military installations, local school administrations and military families. With the average military family moving every 2.9 years, School Liaison Officers provide such services as school transition, deployment support, postsecondary preparation and special needs navigation to assist with the unique challenges facing military children. Find your School Liaison Officer at [www.navylifsw.com/slo](http://www.navylifsw.com/slo).

**Military Installations** can provide many different types of resources, especially when you are preparing to move. Plan My Move is available here, which helps you create a detailed checklist to prepare you for your move. Visit [www.militaryinstallations.dod.mil](http://www.militaryinstallations.dod.mil) and click Plan My Move to take charge of your move.

The **Operation Autism** website is dedicated to providing information to military families with children with autism. Here you can find tips on PCS moves and much more. Visit [www.operationautisonline.org](http://www.operationautisonline.org) and click on "Tips for PCS Moves & Other Transitions."

## DEPLOYMENT SUPPORT PROGRAMS AND AGENCIES FOR KIDS

**Operation Bigs** is a program that provides mentors to children of military families through a Big Brothers Big Sisters school-based program. Volunteers meet with children at their schools on base and provide quality one-to-one friendship time that is so important to a child whose parent is deployed, will deploy or is just returning from a deployment. Check with your school to find out if Operation Bigs is offered on campus. For more information, visit [www.sdbigs.org](http://www.sdbigs.org).

**Command Ombudsmen** are volunteers appointed by the commanding officer to serve as an information link between command leadership and Navy families. While they are not professional counselors, they are trained to listen to questions or problems and to refer to professionals who can help. Please visit [www.ffsp.navy.mil](http://www.ffsp.navy.mil) to gain further information regarding command ombudsmen.

**Armed Services YMCA (ASYMCA)** is an organization that offers many different types of programs for military children, including camps, special events and support groups. For more information, call 858-751-5755 or visit [www.asymca.org](http://www.asymca.org).

**Military OneSource** provides counseling, parenting, financial and other types of information available online and by telephone. For further information, please go to [www.militaryonesource.mil](http://www.militaryonesource.mil).

## FAMILIES WITH EXCEPTIONAL NEEDS

The **Exceptional Family Member Program (EFMP)** identifies family members with special medical or educational needs. Assignment coordination is the primary function of the program. During the detailing process, every effort is made to ensure that family members are located where their special needs can be met. Children with special needs have many resources available in San Diego to assist with support and guidance to help navigate the special education system through the many school districts. A list of both military and civilian resources that are available to you is outlined in the following paragraphs.

EFMP is a mandatory program requiring enrollment of all dependents that reside with their active-duty sponsor and have special needs. For additional information or resources, contact your EFMP office at [efm@mwrsw.com](mailto:efm@mwrsw.com).

**EFMP Family Connection:** Would you like to meet other EFMP families to network, share information and learn about resources? Contact [efm@mwrsw.com](mailto:efm@mwrsw.com) for more information about this family-friendly group.

**Flourishing Families:** Flourishing Families is the parent resource guide for children with special needs. It contains over 650 resources in San Diego County. Read informative articles that offer help and encouragement to families with special needs at [www.SNRFSD.org](http://www.SNRFSD.org).

**San Diego Regional Center (SDRC):** SDRC provides a variety of services to persons with developmental disabilities, their families and the community. These services are in addition to those provided within the health, education and social services systems. Contact [www.sdrc.org](http://www.sdrc.org).

**Military OneSource** provides information and workshops for EFMP families. On this website, parents can download a DOD Special Needs Parent Toolkit. The toolkit provides comprehensive information and tools that are geared toward helping military families

with special needs children navigate the maze of medical and special education services, community support, and benefits and entitlements. Visit [www.militaryonesource.mil](http://www.militaryonesource.mil).

## FREE CLASSES FOR MILITARY FAMILIES

**Families Overcoming Under Stress (FOCUS)** provides resiliency training to military families. It teaches families practical skills so that they can meet the challenges of multiple deployments, frequent moves, and the wear and tear of operational stress. This prevention program is open to Navy and Marine Corps families, as well as families of the Army and Air Force, both active and reserve. FOCUS includes the entire family and is customized to suit its specific needs. It helps a family to tell its story and teaches family members how to talk together. In FOCUS, families develop a shared understanding of how their own deployment experience creates a unique story. Throughout multiple family sessions, structured activities help the family bridge communication

gaps and develop their own personal “tool box” of coping skills to maximize strengths. San Diego FOCUS locations include: NBSD, 619-556-6075; NAB, 619-522-7674; and MCB Camp Pendleton, 760-859-6079. Visit [www.focusproject.org](http://www.focusproject.org).

**Parenting Classes** are offered by **Fleet & Family Support Centers (FFSC)** on a wide variety of parenting topics, programs and trainings to support you and your family. There are Fleet & Family Support Centers at every Navy installation and within some military housing locations, as well as with the Family Readiness Express (FRE).

**New Parent Support, Life Skills and One-on-One Support** can be accessed through centralized scheduling available at 866-923-6478.

**Dads Corps**, offered by Healthy Start Military Family Resource Center, targets the unique challenges to parenting as a military service member. This workshop is a place where military dads can talk, listen and learn about being the best dad they can be. Call 858-496-0044 for more information.





### ADULT EDUCATION RESOURCES

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

**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.

**Joint Services Transcript:** American Council on Education (ACE) college credit recommendations for military training and experience.

**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.net/lls/cte](http://www.sdcoe.net/lls/cte) for more information.

### MAKING ENDS MEET

Sometimes there's more month left than paycheck. You may be able to stretch your dollar by 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](http://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](http://www.sandiegomom.org) for more information.

**Armed Services YMCA:** ASYMCA provides in-home social work visits, emergency food, the Virtual Food Pantry Program, and a variety of other family and outreach programs. Call 858-751-5755 or visit [www.asymca.org](http://www.asymca.org) for more information.

The **USO's Downtown Center**, at the corner of Third and A streets, is open 11 a.m. to 9 p.m. every day of the year to give active-duty military personnel and their families a "home away from home" where they may watch television, play pool, email friends, read, or just relax and hang out. The 18,000-square-foot center offers a complimentary Tuesday night dinner to active-duty military and their families, a nine-station cyber canteen with free Internet access, special holiday events, a children's playroom, two flat-panel televisions with surround sound, a DVD movie library, PlayStation 3, great activities and helpful information about San Diego. It also features a spacious social hall for parties and meetings, available for use at no cost to the military. Call 619-235-6503 or visit [www.usosandiego.org](http://www.usosandiego.org) for more information.



## WOUNDED WARRIOR — SAFE HARBOR

Navy Wounded Warrior (NWW) — Safe Harbor coordinates the nonmedical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, and provides resources and support to their families. Through proactive leadership, NWW offers individually tailored assistance to ensure enrollees' successful recovery, rehabilitation and reintegration.

NWW's goal is to return Sailors and Coast Guardsmen to duty and, when that is not possible, to work collaboratively with federal agencies and state and local organizations to ease them back into their communities.

### Case Management

NWW nonmedical care managers work with wounded warriors and their families to identify their goals and develop plans to achieve them. Non-medical care managers also anticipate enrollees' daily nonmedical needs and resolve any issues that surface during the recovery process.

### Nonmedical Care

NWW nonmedical care managers tailor support to each enrolled service member's needs. Support includes:

- Comprehensive recovery plan.
- Adaptive athletic reconditioning.
- Pay and personnel issues.
- Invitational travel orders.
- Lodging and housing adaptation.
- Child and youth care.
- Transportation needs.
- Education and training benefits.
- Commissary and Exchange access.
- Respite care.
- Transition assistance.

For more information, call 855-628-9997 or visit [www.navylifefsw.com/sandiego/families/wounded-warrior-safe-harbor](http://www.navylifefsw.com/sandiego/families/wounded-warrior-safe-harbor).

## NAVY GOLD STAR

Navy Gold Star (NGS) Program is a comprehensive Navy Survivor assistance program designed for families of Service Members who died while on active duty. The program provides long-term assistance and support to Navy Survivors. Coordinators assist Survivors to ensure they are not forgotten and can remain a part of the Navy Family for as long as they desire. Coordinators will work with Survivors of all branches of service to build resilience and offer continued support as they work to establish a new normal.

NGS coordinators help connect Survivors to support group and grief counselors, provide information on life skills education, help with benefits and milestone management, and are a resource for information and referral services from both government and nongovernment organizations. Most importantly, NGS coordinators provide Survivors with safe and compassionate support. Individuals eligible to receive support through NGS include the widow or widower, children, parents and the next-of-kin of deceased Service Members.



# Health Care



## TRICARE/UNITEDHEALTHCARE

TRICARE/UnitedHealthcare Military & Veterans administers the TRICARE program for military service members and their families in the 21-state western region. Once you're in California, call 877-988-9378 to register with UnitedHealthcare, update your address and find a provider. TRICARE offers three programs: Prime, Extra and Standard. For more information about TRICARE or UnitedHealthcare, visit [www.tricare.mil/mybenefit](http://www.tricare.mil/mybenefit) or [www.uhcmilitarywest.com](http://www.uhcmilitarywest.com).

**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. For more information, visit [www.tricare.mil/reserve](http://www.tricare.mil/reserve).

**Family Member Dental Care:** TRICARE Dental Benefits — MetLife is proud to offer the TRICARE Dental

Program (TDP) to family members of active-duty personnel, National Guard and Reserve members, and their families. Take advantage of the cost-effective dental coverage and convenience of having access to more than 180,000 MetLife network locations. Join the 2 million beneficiaries who are already taking advantage of the program. Learn more about the benefits of the TDP so you can be better prepared for the unexpected.

For more information, call CONUS 855-638-8371 or OCONUS 855-638-8372.

You must enroll in TRICARE Dental separately from TRICARE Medical, and premiums apply.

## NAVAL MEDICAL CENTER SAN DIEGO

Naval Medical Center San Diego (NMCS D) provides the highest-quality medical care across the full spectrum

of patient needs, emphasizing safety, service, teamwork, effectiveness and efficiency. The 6,200 military, civilian, contract and volunteer staff members serve a beneficiary population of about 100,000 active-duty and retired personnel, and their families.

Facilities include a 268-bed, multi-specialty hospital, along with 11 primary care clinics and 10 free-standing dental clinics extending from San Clemente Island to El Centro. For driving directions, a full list of services and other information, visit [www.med.navy.mil/sites/nmcsd](http://www.med.navy.mil/sites/nmcsd), or call the NMCS D One-Stop Appointment Line at 619-532-7848/877-262-6476 or the quarterdeck at 619-532-6400.

The **Comprehensive Combat and Complex Casualty Care (C5)** program provides medical care, rehabilitation, family support and transition services for wounded, ill and injured service members from all military branches.

The **Balboa Career Transition Center (BCTC)** provides benefit and claims assistance, vocational rehabilitative services, career guidance and employment assistance to wounded, ill and injured service members.

NMCS D's **Graduate Medical Education (GME)** programs are nationally recognized for their quality by the Accreditation Council on GME, offering 25 postgraduate training programs for doctors, in areas ranging from emergency medicine to anesthesia, in addition to programs for dentists, pharmacists and psychologists. NMCS D also has affiliations with 19 civilian nursing schools to help address the national nursing workforce shortage by training more than 400 students per year in their clinical rotations.

### DENTAL CARE

The Branch Dental Clinic, located on Naval Base San Diego, provides consultative services and specialty treatment to eligible beneficiaries from throughout Southern California. After normal working hours, the duty section provides emergency treatment for patients in pain. The primary objective of this treatment is



to relieve discomfort and to stabilize the patient's condition. After emergency care, the patient may be referred the following day to the dental facility where they usually receive treatment or to a specialist.

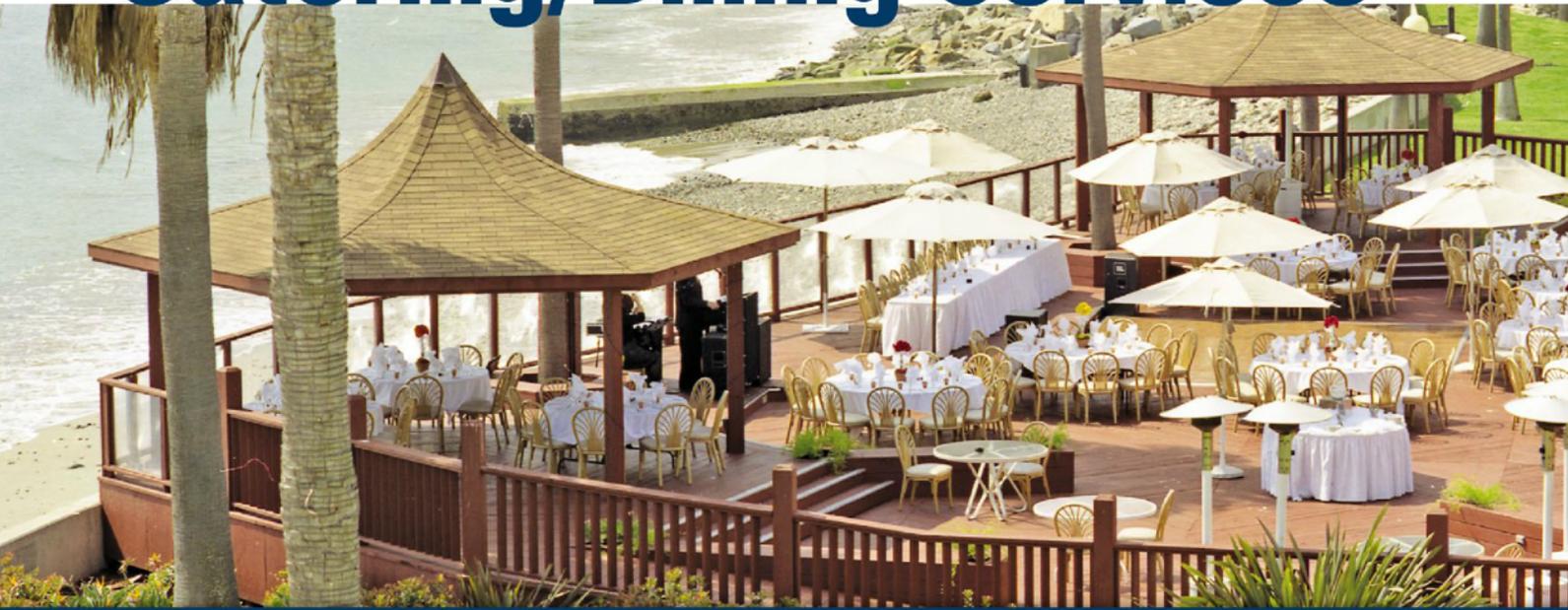
For driving directions, a full list of services and other information, visit [www.med.navy.mil/sites/nmcsd](http://www.med.navy.mil/sites/nmcsd), or call the NMCS D One-Stop Appointment Line at 619-532-7848/877-262-6476 or the quarterdeck at 619-532-6400.

### VETERINARIAN SERVICES

Marine Corp Air Station Miramar's U.S. Army Veterinary Treatment Facility offers veterinarian and technician appointments for routine wellness exams and vaccinations for pets of military personnel. Minor sick call appointments are also available. Appointments are made by phone or in person. The facility is open daily for retail sales (flea and heartworm prevention, oral care). Prescription refills are available only for pets that have been diagnosed by a military veterinarian within the year and specify that refills are appropriate via faxed patient records. Heartworm prevention will be fulfilled only with a valid heartworm test within the past year. Health certificates are provided at no cost for PCS moves. Call 858-577-6552 for appointments and more information.



# Catering/Dining Services



## CATERING YOUR IDEAL EVENT

*Invite your guests to an event they will remember warmly. Trust our full-service catering & event planning professionals to take care of all your catering needs.*

*We have just the right venue for your event: an outdoor wedding, formal reception, retirement ceremonies, family reunions, picnics in the park and more.*



**ADMIRAL BAKER CLUBHOUSE IN MISSION GORGE** is a beautiful clubhouse offering panoramic views in an early California-style architecture. Its Mission Valley location allows for easy access to non-military guests. The Presidio Ballroom's chandeliers, soft arches and dark wood beams will surround your event in rich style. The dining room opens to the Presidio Patio overlooking two lush green 18-hole golf courses. The Admiral Baker Clubhouse can accommodate groups up to 300. 619-487-0016 or 619-487-0017



**ANCHORS CATERING & CONFERENCE CENTER** is conveniently located at Naval Base San Diego just outside the Main Street Gate. It allows for easy access to non-military guests. The full-service catering and conference facility is available for command events, Hail and Farewells, luncheons, dinners, wedding receptions, birthdays and anniversaries. Rooms are available for groups of up to 300 guests with two large banquet rooms and break-out rooms. Each room is equipped with state-of-the-art audiovisual systems. The main banquet room has a stage, hardwood dance floor and a bridal changing room. 619-556-7788



**I-BAR LOBBY & COURTYARD** The many officers from around the world who have frequented the I-Bar on Naval Air Station North Island have fond memories of good times with great friends. The adjacent patio can be utilized with the lobby to host your special event. Many Commands book this area for their Wetting Downs, Change of Commands, and Retirements and as a nice place to spend time with friends. 619-545-9199



**19TH HOLE RESTAURANT & LOUNGE** is nestled against the lush green background of the Sea 'N Air Golf Course on Naval Air Station North Island. The Spanish-style building is a perfect location for a small, private ceremony, party or reception. The facility has a large room, a patio and dance floor to accommodate up to 150 guests. The lush green of the course and the quietness of the area make the 19th Hole Restaurant & Lounge a sure choice for any event or meeting. 619-545-9199



**ADMIRAL KIDD CATERING & CONFERENCE CENTER** This modern building is virtually surrounded by the splendor of the San Diego Bay and downtown skyline. The Admiral Kidd Catering & Conference Center boasts a view available only to the city's most exclusive hotels and restaurants. Choose from six indoor catering spaces, along with a lovely lawn setting and a deck overlooking the bay. The facility can accommodate groups up to 500 guests. The Center is located at the Naval Mine and Anti-Submarine Warfare Command (NMAWC) on Harbor Drive. 619-524-6287 or 619-524-1996



**OCEAN VIEW AT BALLAST POINT** is located on the Main Base in Point Loma. The Ocean View's beautiful interior is complemented by its magnificent view of the Pacific. Its large wooden deck overlooks the water. Imagine the rhythmic lull of waves splashing against the rocks below as your party enjoys a mouth-watering menu on the deck. The elegant dining area and bar match the exterior splendor. The dining room and deck can accommodate guest lists of up to 300. 619-524-6287 or 619-524-1996

**CATERED OUT** Let us come to you! We can facilitate a multitude of different events on all Naval bases throughout San Diego. Special pricing is provided for Command Events and Military Events. Ask your catering manager for details or email [catering@mwrsww.com](mailto:catering@mwrsww.com)

*Our catering facilities and services can be sponsored by active duty, retired military, reservist, or a DoD employee. Please contact your location of choice to arrange an appointment for a tour and help with planning your event.*

# ON-BASE RESTAURANTS

OUR TRADITION OF FINE CUISINE AND  
EXTRAORDINARY SERVICE CONTINUES...



## RIVER'S EDGE CAFÉ & BAR AT ADMIRAL BAKER CLUBHOUSE

Celebrated as much for its fine Californian cuisine as its fantastic view, River's Edge is the perfect gathering spot for friends and families. Located in Mission Gorge at Admiral Baker Golf Course, River's Edge is open to the public. Join us for breakfast, a hot lunch from the buffet, or one of our many menu temptations. Sunday Brunch is one of San Diego's finest, offering an array of fresh foods for the whole family to enjoy. The café and lounge are open daily. 619-487-0090



## ANCHORS WEEKDAY LUNCH BUFFET AT NAVAL BASE SAN DIEGO

It's the hottest ticket in town – our great all-you-can-eat buffet – affordable, fast and high quality. Anchors Catering & Conference Center's weekday lunch buffet includes soup, salad bar, soft drinks, daily entrée specials, and desserts. Easily accessible "outside the gate" at Naval Base San Diego, Anchors is open to the public and convenient for command meetings and events. Open 11 am–1 pm, Mon-Fri. Call 619-556-7788 or visit us online for current buffet specials.



## BUDWEISER BREW HOUSE AT NAVAL BASE SAN DIEGO

Located in the Waterfront Recreation Center near Pier 2, the Budweiser Brew House has a new look and new menu, with specials of the week. Come in and enjoy the relaxing atmosphere and great food! And the Brew House now delivers on Naval Base San Diego. Call 619-556-9498 or visit [DineOnTheGo.com](http://DineOnTheGo.com) to place your order for pizza, salads, sandwiches and more. FREE delivery with a \$10 minimum.



## THE CORNER PIN CAFÉ AT NAVAL BASE SAN DIEGO

Try our mouth-watering burger and sandwich combos served with fries and a fountain drink! Known for our "Bowler Burger," the Corner Pin Café is a great place for a quick, short-order meal from hamburgers to daily home-cooked specials. Open daily, the Corner Pin Café is located inside the Admiral Robinson Bowling Center. The adjacent lounge features a full-service bar. Free Wi-Fi is available. 619-556-9083



**AT NAVAL BASE SAN DIEGO & NAVAL AIR STATION NORTH ISLAND** Coffee? Espresso? Frappuccino®? Tea? MWR operates two on-base, full-service Starbucks® locations. We have all your Starbucks favorite beverages, pastries, snacks, mugs, bagged coffee, gift items and FREE Wi-Fi. Stop by for a break or a great "take away." Located in the Waterfront Recreation Center at Naval Base San Diego and on the Quay across from Carrier Pier Lima at Naval Air Station North Island.



**THE 19TH HOLE AT SEA 'N AIR GOLF COURSE, NAVAL AIR STATION NORTH ISLAND** The 19th Hole Restaurant & Lounge is the place for a full breakfast, great lunch specials and a menu that offers a variety to meet your appetite and taste. Our restaurant and lounge is open daily – we keep golfers' hours. Enjoy lunch on our patio overlooking our lush, green course with a San Diego skyline backdrop. 619-545-9656 or 619-545-9660



**THE PIZZA PARLOR AT NAVAL AIR STATION NORTH ISLAND** Are you in the mood for a great pizza? The Pizza Parlor, near the movie theater, offers a great selection of pizza, pasta, salads and more! Bring the family in on the weekend for a special Family Meal Deal. And the Pizza Parlor now delivers on Naval Base Coronado. Call 619-545-7229 or visit [DineOnTheGo.com](http://DineOnTheGo.com) to place your order. FREE delivery with a \$10 minimum.



**10 PIN CAFÉ & LOUNGE AT NAVAL AIR STATION NORTH ISLAND** Located inside the Sea 'N Air Bowling Center, the 10 Pin Café offers a variety of food that will satisfy your taste buds. Choose from our selection of menu items or our daily specials. 619-545-8709



**THE I-BAR AT NAVAL AIR STATION NORTH ISLAND** Possibly one of the last old-fashioned military aviation officers clubs left, the I-Bar is a cozy little place with the heart of an old-style English pub. Stop in for a drink, peruse the Naval Aviation memorabilia and share a few tall tales. Open weekday late afternoons and evenings, on Fridays we open at 11:30 am. 619-545-9199



**CLUBHOUSE CAFÉ AT NAVAL BASE PT LOMA, MAIN BASE** Located in the Clubhouse Community Recreation Center, up the hill from the Autoport, the Clubhouse Café is a cozy recreation center with great lunch and snack food. Enjoy pizza, burgers, hot dogs, smoothies and more alongside a cold one! 619-553-4475

Visit us at [NavyLifeSW.com](http://NavyLifeSW.com) for current hours and menu items. Don't stand in line, order online at [DineOnTheGo.com](http://DineOnTheGo.com).

# Morale, Welfare and Recreation



Welcome to the world of Morale, Welfare and Recreation (MWR) at Navy Region Southwest, where our 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. MWR is more than the many and diverse services you'll find aboard our Navy bases. You'll discover we offer just about 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, six Single Sailor Liberty Centers, youth programs, child care, bowling, two spectacular golf courses, the Naval Base Golf Performance

Center and a variety of special events throughout the year.

The following is a snapshot highlighting the many possibilities MWR has to offer for filling your leisure time with fun. Visit [www.navylifefsw.com](http://www.navylifefsw.com) for up-to-the-minute opportunities.

## AQUATICS

There are endless options for a water adventure through MWR's aquatics program, which features Olympic-sized pools, a master's swim program, lap swim, private swim lessons and water aerobics classes offered throughout the year. Additionally, swimming lessons for all ages are taught by Red Cross-certified staff. Beginning and advanced scuba lessons are also available. The Adm. Baker Pool, located near the Murphy Canyon military housing area, is open during the summer months for recreational swimming

and lessons. The pool features a large, 40-foot waterslide, a heated outdoor pool and a wading pool for infants and smaller children. Saturday swim lessons, pool parties and pool rentals are also available.

## AUTO SKILLS

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 and Naval Air Station North Island Auto Skills centers. 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.

## BEACH FUN

The most pristine beach in town is on Naval Air Station North Island, right next door to Coronado Beach, and was voted the best beach in California. Military surfers, swimmers and sunbathers flock to Breakers Beach, which offers a breathtaking view of Point Loma and is lifeguarded year-round. If you're looking for a large, wide-open beach area with swimming, surfing, grills, bathrooms, showers, cabanas and fire rings, Breakers Beach is the place.

## BOWLING

MWR bowling is available at full-service recreation centers at Naval Base San Diego and Naval Air Station North Island. Both centers offer automatic scoring, bumpers for the kids and television monitors on each bowling lane. Active-duty personnel bowl for free 11 a.m. to 1 p.m. every Tuesday at Naval Air Station North Island and Naval Base San Diego.

The centers host parties for all occasions and have several party packages. Satisfy your hunger at the food court with great food and low prices. If you're looking to relax, stop by the sports lounge and quench your thirst. There's also a game arcade for the young and old and automatic bingo for adults.

## DEPLOYED FORCES SUPPORT

This program provides professional staff, equipment and supplies needed to offer recreation and fitness opportunities to active-duty personnel stationed aboard ships. Staff members also coordinate trips, tours, and sporting and special events for fleet Sailors when visiting a port. These programs are very important to morale and physical readiness.

## FITNESS PROGRAM

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, Life-cycles and other fitness equipment. A

qualified exercise expert will help you design a workout 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.

MWR fitness centers offer group classes, including aerobics, martial arts, spinning and yoga. Family-friendly fitness areas and classes are available for patrons with children in attendance. The aquatics program provides swimming facilities, training and programs to authorized patrons. Recreational swimming, lap (fitness) swimming, swim lessons, swim teams (meets) and special events are organized by trained and certified staff.

## GEAR RENTAL/ OUTDOOR RECREATION

Outdoor Recreation introduces Sailors and family members to outdoor activities by offering equipment rentals and expertise for activities and programs like whitewater rafting, rock climbing, hiking, fishing and camping. Recreation equipment such as tents, sleeping bags, skis and snowboards, kayaks, stand-up paddle boards,

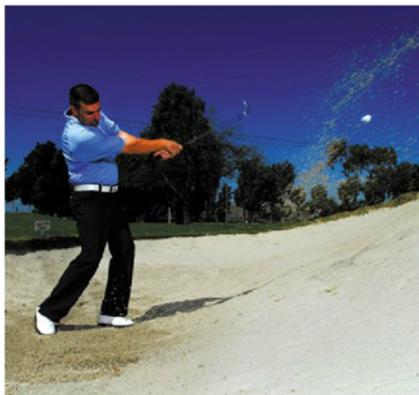
backpacks, bicycles and fishing poles are available for checkout.

## GOLF

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 Adm. Baker Golf Course, located off Friars Road near Qualcomm Stadium.

Adm. Baker Golf features two spectacular 18-hole golf courses covering 12,000 yards of beautiful vistas. The two 18-hole courses are surrounded by rolling slopes, beautiful lakes, a variety of birds, plus an occasional glimpse of a deer or fox. Cross the Coronado Bay Bridge to Naval Air Station North Island where you can play 18 holes of beachside golf at MWR's Sea 'N Air Golf Course. If you're looking for new clubs, gloves or other golf gear, visit





the fully stocked pro shops for the latest golf equipment and attire. Both clubhouses feature relaxing lounges and restaurants for breakfast, a quick snack, a leisurely lunch and 19th hole refreshments.

### LIBERTY CENTERS

MWR has many choices to fill your leisure hours. For the single enlisted Sailor, MWR's six Liberty Centers boast free and low-cost activities every day, including billiards, video games, wide-screen TVs, the latest videos, board games and more.

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 Safari 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. MWR's Liberty Centers are alcohol- and tobacco-free facilities.

### MOVIES

The most popular ticket in town is free — free, first-run movies are shown daily at both the Naval Base San Diego and Naval Air Station North Island theaters, with a number of movies offered in 3-D. Both theaters offer two showings nightly, matinees on weekends,

frequent sneak previews and occasional studio premieres. Bring the family and enjoy reasonably priced concessions in our comfortable theaters. Current listings are always available at [www.navylifew.com/sandiego/movies](http://www.navylifew.com/sandiego/movies).

### NAVY GETAWAYS RV PARKS

Plan an RV vacation at Fiddler's Cove RV Park, located along the scenic Silver Strand, or at Adm. Baker RV Park and Recreation Area in the heart of Mission Gorge. MWR's RV parks accommodate full hookups to dry campers. Fiddler's Cove is on the bay and enjoys marina access including the mini-mart. Adm. Baker RV Park is in the midst of a lush park area with a swimming pool and picnic grounds and is adjacent to two 18-hole golf courses.

### PICNICS AND PLAYGROUNDS

Picnics and playgrounds are a popular venue for families and friends, and there are acres of picnic areas at each of our bases and the Adm. Baker Recreation Area located in the heart of Mission Gorge near Friars Road and Interstate 15. MWR picnic areas have playgrounds, barbecue pits, sports fields, courts, picnic tables and cabanas, perfect for a family gathering.

### SPORTS

The sports program offers male and female team and individual sports competitions at the base level. Tournaments

and leagues are offered on a year-round basis and include softball, flag football, basketball, volleyball, soccer, tennis, racquetball, running and swimming. Skill development clinics are also offered.

### TICKET OFFICES

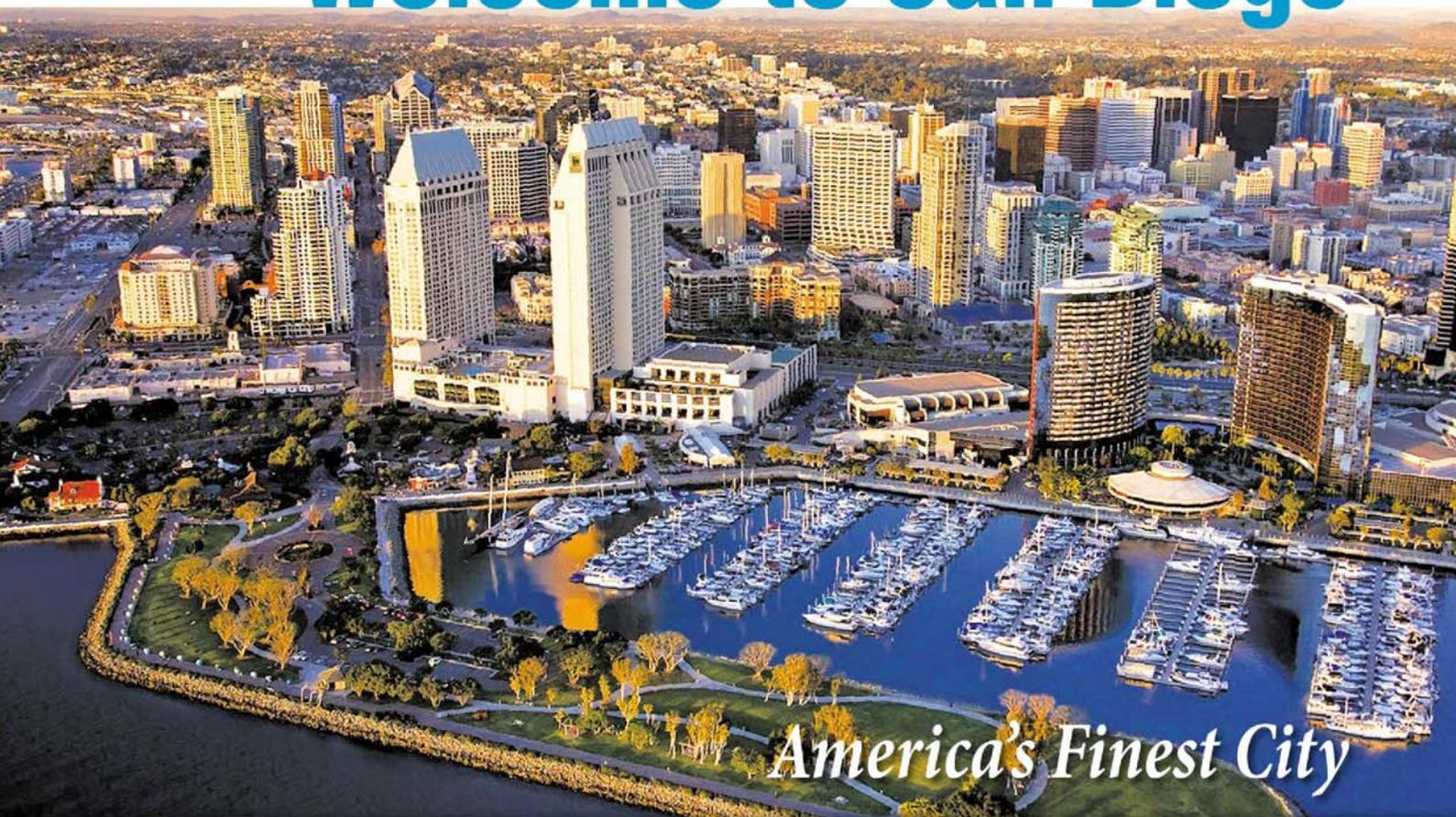
Are you ready to test the waters off base? MWR's seven ticket offices offer the perfect launching point. Discount tickets and specials are available for most Southern California attractions, such as Disneyland, Universal Studios, SeaWorld, San Diego Zoo, LEGOLAND, local theaters, fishing boats, harbor cruises, sporting events and many other local attractions. The ticket offices have coupon books for local restaurants, retail outlets and events. The MWR ticket offices also offer discounts on cruises, hotels and resorts for authorized military patrons.

### YOUTH CENTERS

MWR has a plan to keep you and your family entertained. Designed for maximum fun and low budgets, MWR Youth Recreation Centers, located in military housing areas, offer a multitude of activities for children of all ages: dancing, gymnastics, taekwondo, karate and jazzercise to name a few. Year-round youth sports programs, swim lessons, field trips and community events keep the kids moving and the parents cheering.



# Welcome to San Diego



*America's Finest City*

Welcome to San Diego, California's second-largest city, where blue skies keep watch over 70 miles of beaches and a gentle Mediterranean climate means paradise every day. Bordered by Mexico, the Pacific Ocean, the Anza-Borrego Desert and the Laguna Mountains, San Diego County's 4,200 square miles offer immense options for business and pleasure. It can take years to discover all this diverse area has to offer — following are some of the highlights. Remember to check for MWR discount tickets to attractions and theme parks; current pricing is available at [www.navylifesw.com/sandiego](http://www.navylifesw.com/sandiego).

## VISITOR INFORMATION

For visitor information, maps, brochures and visitor guides, stop at the International Visitor Information Center, an official visitor center of the San Diego Tourism Authority. Located at 1140 N. Harbor Drive, the visitor center

is open 9 a.m. to 4 p.m. daily October through May and 9 a.m. to 5 p.m. daily June through September. Call 619-236-1212 or visit [www.sandiego.org](http://www.sandiego.org) for more information.

## PLACES OF INTEREST

### Embarcadero

Start your exploration on Harbor Drive at the foot of Pacific Highway near downtown. Stroll along the waterfront through bustling Seaport Village, where you'll find an eclectic mix of bistros and boutiques, live music and talented street performers. Past the historic fish market heading north is the USS Midway Museum where you can experience life at sea without leaving port by visiting this historic naval aircraft carrier museum. Less than a block away on Broadway Pier you can take a harbor excursion or a ferry across to Coronado. Next is the Cruise Ship Terminal, where cruise ships dock when calling on San Diego.

Further along the Embarcadero, see one of the world's top collections of historic ships at the Maritime Museum of San Diego. Ships include the ferryboat Berkeley, built in 1898; the luxury yacht Medea, built in Scotland; and the Star of India, the oldest acting sailing ship, built in 1863. Visit [www.portofsandiego.org](http://www.portofsandiego.org) for more information about the Port of San Diego.

### Gaslamp Quarter

Located in the heart of the city, the Gaslamp Quarter has become the hub of cultural activities. Encompassing 16 blocks, the Gaslamp Quarter has a predominantly Victorian feel among the skyscrapers surrounding the district. With more than 200 restaurants, shops, galleries and clubs, and music ranging from jazz to country and western, this locality promises quality time in a quality setting. Visit [www.gaslamp.org](http://www.gaslamp.org) for more information.



### Balboa Park

Balboa Park is one of the largest urban cultural parks in the U.S. It was named for the Spanish explorer Vasco Nunez de Balboa, who discovered the Pacific Ocean in 1513. Many buildings in the park are Spanish Colonial Revival architecture, constructed for the Panama-California Exposition (1915-1916), and used for the California Pacific International Exposition in 1935. The cultural heartland of the city, it is home to the world-famous San Diego Zoo, 15 major museums, art galleries, the Reuben H. Fleet Science Center, the Tony Award-winning Old Globe theater, one of the nation's largest outdoor organ pavilions and the iconic California Tower. Visit [www.balboapark.org](http://www.balboapark.org) for more information.

### Old Town State Historic Park

San Diego's Old Town marks the site of the first European settlement on the West Coast, founded by Father Junipero Serra in 1769. Nestled below Presidio Park, Old Town represents San Diego's Hispanic heritage from 1821 to 1872, when the area was the center of San Diego. You can also visit charming Heritage Park Row, where a number of Victorian buildings scheduled

for demolition were relocated. Visit [www.oldtownsandiego.org](http://www.oldtownsandiego.org) for more information.

### Hotel del Coronado

Drive across the Coronado Bay Bridge and through Coronado's downtown village to the Hotel del Coronado, which was completed in 1888. The Del has housed several presidents and visiting dignitaries and been the backdrop for numerous movies. Visit the Coronado Museum of History and Art at 1100 Orange Ave. to see a collection of memorabilia, then enjoy a stroll along the beach. Visit [www.hoteldel.com](http://www.hoteldel.com) for more information.

### Cabrillo National Monument

This 144-acre park at the end of Point Loma features a statue of Juan Rodriguez Cabrillo, the Portuguese explorer who landed in San Diego in 1542; a restored 1855 lighthouse; museum installations and a bookstore; bayside trails; tide pools; and the Whale Overlook. This is an excellent vantage point to see migrating Pacific gray whales in winter; year-round, you'll enjoy awesome views of San Diego's harbor and skyline, and the rocky Pacific coastline. When skies are clear, you can also see Mexico in the

distance. Visit [www.nps.gov/cabr](http://www.nps.gov/cabr) for more information.

### San Diego Botanic Garden

San Diego Botanic Garden is a place of year-round beauty. Located 30 minutes north of San Diego in Encinitas, San Diego Botanic Garden features numerous exhibits, including rare bamboo groves, desert gardens, a tropical rainforest, California native plants, Mediterranean climate landscapes, succulent gardens, an herb garden, and the largest interactive children's garden on the West Coast. Visit [www.sdbgarden.org](http://www.sdbgarden.org) for more information.

## ATTRACTIONS

### Belmont Park

Belmont Park is San Diego's beachfront amusement park and entertainment center, located 1 mile west of SeaWorld. Sure to please the entire family, Belmont Park is located on the surf and sand in Mission Beach and offers free parking and free park admission. Visitors can enjoy traditional and contemporary amusement park rides for a small fee, including a historic wooden roller coaster (the Giant Dipper); ride the waves at FlowBarrel and FlowRider; play mini golf, arcade and midway-style games; shop; and enjoy a wide array of cuisine throughout the park, which includes beachfront restaurants as well as boardwalk fare. Visit [www.belmontpark.com](http://www.belmontpark.com) for more information.

### Birch Aquarium

Lovers of all types of marine life will delight in a tour of this world-renowned aquarium and oceanographic museum. Splendid examples of marine life from around the world are featured in more than 60 habitats and interactive displays, an education center and a man-made tide pool. Visit [www.aquarium.ucsd.edu](http://www.aquarium.ucsd.edu) for more information.

### LEGOLAND California

Located in Carlsbad, LEGOLAND is a 128-acre family theme park geared for families with children ages 2 to 12. LEGOLAND offers great amusement

rides, astonishingly accurate Lego brick models, lively music and a chance to let your imagination run free. Also on-site is the Sea Life Aquarium, and for summer fun, LEGOLAND Water Park. Visit [california.legoland.com](http://california.legoland.com) for more information.

### San Diego Zoo

The world-famous San Diego Zoo occupies 100 acres of Balboa Park, and houses 3,700 animals of more than 650 species and subspecies and more than 700,000 exotic plants. The exhibits feature animals in their natural shared environments, and the zoo is known for its conservation work, especially with giant pandas from China. Visit [zoo.sandiegozoo.org](http://zoo.sandiegozoo.org) for more information.

### San Diego Zoo Safari Park

The park, which is east of Escondido, is a sister facility to the San Diego Zoo. It boasts a natural habitat to wildlife and endangered species from every corner of the planet. The nearly 2,000-acre wildlife preserve features more than 3,500 free-roaming animals that live in enclosures that simulate their natural habitat. Visit [www.sdzsafari.org](http://www.sdzsafari.org) for more information.

### SeaWorld

SeaWorld is San Diego's leading tourist attraction and one of the most popular marine-life parks in the world. The founding principles of education,



entertainment, research and conservation make SeaWorld an ideal place to learn about, enjoy and gain an appreciation for some of the ocean's most fascinating animals. Spread across 189 acres on beautiful Mission Bay, SeaWorld San Diego is known for spectacular animal shows, interactive attractions, aquariums, rides, beautiful landscaping, dining facilities and education programs for all ages. SeaWorld exhibits range from the Penguin Encounter to the underwater viewing tunnel of the Shark Encounter. And of course, Shamu! Be sure to catch the firework shows in the summer, too. Visit [www.seaworldparks.com/seaworld-sandiego](http://www.seaworldparks.com/seaworld-sandiego) for more information.

SeaWorld also has a water park, located in Chula Vista. Aquatica San Diego blends up close animal experiences, water from serene to extreme,

high-speed thrills and a sandy beach. Visit [www.aquaticabyseaworld.com](http://www.aquaticabyseaworld.com) for more information.

### SPORTING AND EVENT VENUES

#### Del Mar Fairgrounds

Twenty miles north of San Diego is the Del Mar Fairgrounds and its nearby equestrian facility, the Horsepark. The fairgrounds and Horsepark host nearly 350 events each year. They include the Del Mar National Horse Show in April, the San Diego County Fair in June and July, annual live horse racing meets July through September, the Scream Zone in October, the Holiday of Lights in December, and Surfside Race Place year-round, as well as equestrian and other animal shows, concerts, craft shows, home shows, and other social and consumer events. Visit [www.delmarfairgrounds.com](http://www.delmarfairgrounds.com) for more information.

#### Petco Park

Petco Park is the home of the San Diego Padres. Spectacular in every way, the park combines the best sight lines in baseball with breathtaking views of San Diego. Architecturally magnificent, it celebrates the sea, sky, natural beauty, cultural diversity and unique spirit of our region. Innovative design features evoke the timeless traditions of baseball in an intimate setting, with state-of-the-art fan amenities to suit every taste and budget. Visit [www.petcoparkevents.com](http://www.petcoparkevents.com) for more information.





### Qualcomm Stadium

Qualcomm Stadium, located in Mission Valley, was officially opened in 1967 as San Diego Stadium. It was later renamed Jack Murphy Stadium, after the late sports editor of the San Diego Union Tribune. It is the home of football's San Diego Chargers and San Diego State University Aztecs. Owned by the city of San Diego, this facility is also the host of specialty events, rock concerts and swap meets. Visit [www.sandiego.gov/qualcomm](http://www.sandiego.gov/qualcomm) for more information.

### San Diego Convention Center

The rejuvenated jewel of the downtown area, this 2.6 million-square-foot facility overlooks San Diego Bay and is the host to numerous events that are open to the public. It is the site of everything from Comic-Con to international auto shows. Visit [www.sdccc.org](http://www.sdccc.org) for more information.

### Viejas Arena

At the Aztec Bowl on the San Diego State University campus, this 12,000-seat arena is an exciting venue for sporting events, stage shows, concerts, family entertainment, exhibitions and conferences. Guests enjoy a facility with impeccable acoustics and sight lines, making every seat in the house a great seat. Visit [www.as.sdsu.edu/viejas\\_arena](http://www.as.sdsu.edu/viejas_arena) for more information.

## BEACH COMMUNITIES

The San Diego coastline is made up of several towns and communities,

each with its own character and history. Over the years, most towns have undergone growth and new development, yet, they have retained much of their quaintness and charm. Following are some of the highlights of your beach tour from south to north:

**Imperial Beach** is the most southwestern city on the U.S. mainland. South of Imperial Beach are the Tijuana Estuary, Border Field State Park and Mexican border. A seedy beach town in the '70s, today Imperial Beach attracts many visitors to its beaches, pier, shopping district and natural reserves.

**The Silver Strand** is a long strip of land between Coronado and Imperial Beach. Bordered by San Diego Bay and the Pacific, it's known for its long, sandy state beach and campground.

**Point Loma** is a secluded community located on a peninsula with the same

name; Sunset Cliffs, Cabrillo National Monument, the Old Point Loma Lighthouse and tide pools make it unique.

**Ocean Beach** is a funky, laid-back beach community that features a pier, a dog beach, the Newport Avenue Shopping District and an antique district.

**Mission Beach** is famous for its oceanfront boardwalk, sandy beaches, Belmont Park, the WaveHouse, and many restaurants, clubs, hotels and shops.

**Pacific Beach** is a haven for young people, especially college students. At its center is the Crystal Pier, which was built in the late 1920s and is home to rental cottages suspended over the surf. A 3.5-mile-long concrete boardwalk extends from South Mission Beach to North Pacific Beach.

### Carlsbad

Carlsbad has attracted an international theme park, LEGOLAND California, and has become a major golf center. Carlsbad has miles of beaches, a wide variety of housing options and shopping, including Plaza Camino Real (a regional mall), North County Plaza, specialty stores, antique stores and an outlet center. Local attractions include the Carlsbad Village Faire, the largest one-day street fair in the nation, held in May and November. Carlsbad is also home to the famous Flower Fields and the Carlsbad Triathlon.





### Del Mar

Located 20 miles north of the city of San Diego, Del Mar means “of the sea.” Two miles of beautiful beaches, the famous Torrey Pines State Natural Reserve, sunny weather, the annual San Diego County Fair and the famous Del Mar racetrack attract visitors who come to enjoy sports and recreation near the ocean.

### La Jolla

La Jolla is upscale, exclusive and home to some of the area’s priciest real estate. Take one look at the pristine coastline, and you’ll instantly understand the allure. La Jolla’s most spectacular spot is the bluff above La Jolla Cove. Stroll along Coast Boulevard for the most scenic views. With its calm, crystal-clear water, the cove is also great for swimming. In the tide pools at its small, sandy beach, you can glimpse marine life such as starfish, sea anemones and sea urchins. Further south along the coast is the Children’s Pool, a popular gathering place for harbor seals. From the cove, you can walk up to the elegant shopping and dining district around Prospect Street and Girard Avenue. The San Diego Tourism Authority’s La Jolla Village Information Center is located at 1162 Prospect St. and is open daily.

### Oceanside

Oceanside is situated on 3.5 miles of sandy beaches and is an ideal mix of urban and rural environments

blessed with almost perfect year-round weather. Oceanside Harbor and Harbor Beach are the ideal spots for an afternoon stroll, picnic, boating, surfing or fishing. For shopping, Cape Cod Village plays host to many unique shops and restaurants.

### Torrey Pines

The Torrey pine is one of North America’s rarest pines. The Torrey Pines State Natural Reserve just north of La Jolla features these rare trees, along with high cliffs and deep ravines on headlands overlooking the ocean. Hikers can follow trails through stands of wind-sculpted pines down to the beach. Maps and guided tours are available at the visitor center. Visit [www.torreypine.org](http://www.torreypine.org) for more information.



## MOUNTAINS AND APPLE PIES

Julian is a historic gold mining town located approximately an hour east of San Diego. It is the premier mountain retreat in the county and is unique in that it has four seasons. Spring brings the blossoming of flowers, including daffodils, summer is perfect for hiking and stargazing, fall is famous for apples and fall colors, and winter brings snowfalls and bright, crisp days. Julian is the bed-and-breakfast capital of Southern California. Specialty shops line the streets, attractions range from wineries to wolves. From the old-time melodrama to the Grape Stomp Festa, Julian events are great for couples, families and groups.

## DESERT AREAS

There are many desert areas to the east of San Diego, including the Anza-Borrego Desert State Park, where you can enjoy hiking, bike riding, four-wheel-drive routes, wildlife viewing and horseback riding. Or simply take a drive during springtime to see the desert wildflowers. These desert perennials spring into bloom when water becomes available, creating some spectacular views. Visit [www.parks.ca.gov/?page\\_id=638](http://www.parks.ca.gov/?page_id=638) for park information, or visit [www.desertusa.com](http://www.desertusa.com) for other desert information.

# San Diego Fleet & Family Readiness Telephone Directory

All area codes are 619 unless otherwise listed.

## Regional Fleet & Family Readiness Administration

Dining Services.....	532-2470
FFR Finance, Accounting, Procurement and IT.....	556-7165
FFR NAF Human Resources.....	556-8916
Fleet & Family Support Center.....	556-7404
Fleet & Family Readiness (FFR).....	532-2063
Housing (Unaccompanied and Family Housing).....	556-8443
Morale, Welfare and Recreation.....	532-2063

## NAVAL BASE CORONADO (NBC) NAVAL AIR STATION NORTH ISLAND, NBC

### Dining Services

Catering Department.....	545-9655
CPO Cantina.....	545-3214
Pizza Parlor/Recreation Center.....	545-7229
Sea 'N Air 19th Hole Restaurant & Lounge.....	545-9660
Sea 'N Air Lanes Food Court.....	545-7240
Starbucks.....	522-9500
World Famous "I" Bar.....	545-0120
Galley.....	545-5885

### Fleet & Family Support Programs

Centralized Scheduling (Toll Free).....	866-923-6478
Fleet & Family Support Center.....	545-6071
Fleet & Family Support Counseling Services.....	556-8809

### Housing Programs

Family Housing Referral Office.....	556-8443
Lincoln Military Housing.....	556-7667
Navy Gateway Inns & Suites.....	545-9551
North Island Beach Cottages.....	435-1227
North Island Navy Lodge.....	435-0191
Unaccompanied Housing.....	545-7545

### Morale, Welfare and Recreation (MWR)

Administration.....	545-0046
Athletics Office.....	545-2876
Auto Skills.....	545-7235
Bowling Center.....	545-7240
Breakers Beach Cabana Reservations.....	545-2874
Golf Course (Sea 'N Air).....	545-9659
Island Club Pool.....	545-7228
Lock & Leave Storage.....	522-9460

VADM Martin Fitness & Liberty Complex.....	545-0934
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### Racquetball/Tennis Court

Reservations.....	545-0237
Sports Information/Reservations.....	545-2876
Theater.....	545-8479
Theater Office.....	545-8042
Ticket Office.....	545-9576
Vehicle Storage.....	545-7235

### Navy Commissary/Exchange

North Island Commissary.....	545-6560
North Island Navy Exchange.....	522-7222

### Child and Youth Programs (CYP)

Child Development Home Child Care Office.....	556-7394
Child and Youth 24/7 Center.....	545-5617
Child Development Center.....	545-0259
Child Development Center (NAB).....	437-5807
Requesting Child Care .... <a href="http://www.militarychildcare.com">www.militarychildcare.com</a>	
Silver Strand Youth Recreation Center.....	435-5056
Youth Programs Information.....	858-268-2828

## NAVAL AMPHIBIOUS BASE, NBC

### Dining Services

Galley.....	437-5267
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### Fleet & Family Support Programs

Centralized Scheduling (Toll Free).....	866-923-6478
Fleet & Family Support Center, (NASNI).....	545-6071
Fleet & Family Support Counseling Services.....	556-8809
Retired Activities Office, Building 16.....	437-2780

### Housing Programs

Family Housing Referral Office.....	556-8443
Lincoln Military Housing.....	556-7667
Navy Gateway Inns & Suites.....	437-3860
Unaccompanied Housing.....	437-3494

### Morale, Welfare and Recreation (MWR)

Administration.....	545-0046
Athletic Field Reservations.....	437-3065
Fiddler's Cove Marina and RV Park.....	522-8680
Gator Beach Cabana Reservations.....	437-3028
Lock & Leave Storage.....	437-3028
NAB Gymnasium.....	437-2186
Peak Physique Fitness Center.....	437-2984
Q-Zone, Liberty Center.....	437-5135/3190
Q-Zone, Movie Theater.....	437-5487
Vehicle Storage.....	437-3028

### Navy Commissary/Exchange

Imperial Beach Commissary.....	437-9478
NAB Navy Exchange.....	522-7403
OLF Imperial Beach Navy Exchange.....	424-2911

### Child and Youth Programs

Child Development Center.....	437-5807
Child Development Home Child Care Office.....	556-7394
Child Development Center (NASNI).....	545-0259
Child and Youth 24/7 Center (NASNI).....	545-5617
Requesting Child Care .... <a href="http://www.militarychildcare.com">www.militarychildcare.com</a>	
Silver Strand Youth Recreation Center.....	435-5056
Youth Programs Information.....	858-268-2828

## NAVAL AUXILIARY LANDING FIELD SAN CLEMENTE ISLAND, NBC

### Dining Services

Salty Crab Restaurant and Lounge.....	524-9227
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### Fleet & Family Support Center

Fleet & Family Support Center, (NASNI).....	545-6071
Centralized Scheduling (Toll Free).....	866-923-6478

### Housing Program

Unaccompanied Housing.....	524-9202
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### Morale, Welfare and Recreation (MWR)

Administration.....	524-9143
Bowling.....	524-9144

## NAVAL BASE POINT LOMA (NBPL) MAIN BASE, NBPL

### Dining Services

Galley (Dolphin Inn).....	553-7544
Ocean View at Ballast Point.....	524-6287
Point Loma Clubhouse.....	553-4475

### Fleet & Family Support Programs

Fleet & Family Support Center.....	553-7505
Centralized Scheduling (Toll Free).....	866-923-6478

### Housing Programs

Family Housing Referral Office.....	556-8443
Lincoln Military Housing.....	556-7667
Navy Gateway Inns & Suites.....	553-9381
Unaccompanied Housing.....	553-7530

### Morale, Welfare and Recreation (MWR)

Administration.....	553-7162
Aquatics Office.....	553-0931
Athletics Office.....	553-6457
Fitness Center.....	553-7552/7553

Point Loma Clubhouse.....553-9138  
Third Fleet Fitness Center .....553-8525

**Navy Exchange**

Maxi Mart.....523-1214

**Child and Youth Programs (CYP)**

Child Development Center .....553-0765  
Child & Youth Programs  
Administrative Office.....553-8280  
Requesting Child Care ....www.militarychildcare.com  
Youth Programs Information .....858-268-2828

**NAVAL MINE AND ANTI-SUBMARINE WARFARE COMMAND, NBPL****Dining Services**

Admiral Kidd Catering &  
Conference Center .....524-6287/1995-1996  
Galley.....524-0031

**Fleet & Family Support Programs**

Centralized Scheduling (Toll Free) .....866-923-6478  
Fleet & Family Support Center  
(Main Base).....553-7505

**Housing Programs**

Family Housing Referral Office.....556-8443  
Lincoln Military Housing .....556-7667  
Navy Gateway Inns & Suites.....524-0557  
Unaccompanied Housing .....524-1597

**Morale, Welfare and Recreation (MWR)**

Administration.....553-7162  
Athletic Field Reservations .....524-0526  
Gym & Fitness Center.....524-4833  
Leagues and Sports Offices.....524-0526  
Liberty Hall, Liberty Center.....524-6587  
Ticket Office, Liberty Station Maxi Mart.....221-1005

**Navy Exchange**

Maxi Mart, Liberty Station.....221-1067

**Child and Youth Programs (CYP)**

Chesterton Youth/Teen Center .....858-268-2828  
Child Development Home  
Child Care Office.....556-7394  
Gateway Youth/Teen Center .....225-5628  
Hartman Youth/Teen Center.....858-270-2060  
Patrick Wade Child Development Center  
(Liberty Station).....222-3400/3401  
Requesting Child Care ....www.militarychildcare.com  
Villages Youth/Teen Center .....858-571-3853  
Youth Programs Information .....858-268-2828

**NAVAL BASE SAN DIEGO (NBSD)****Dining Services**

Admiral Baker Clubhouse  
Catering Department .....487-0016  
Admiral Baker River's Edge Cafe & Bar .....487-0090  
Anchors Catering and Conference Center...556-7788  
Budweiser Brew House (near Pier 2).....556-9498  
Corner Pin Cafe (Bowling Center).....556-9083  
Galley.....556-7037  
Starbucks (Waterfront Recreation Center)...556-9472  
Welldeck Pizza Parlor and  
Recreation Center.....556-2356

**Fleet & Family Support Programs**

Bayview Hills Branch.....556-1275  
Centralized Scheduling (Toll Free) .....866-923-6478  
Fleet, Family and Child  
Programs Administration .....556-5690  
Fleet & Family Support Center .....556-7404  
Fleet & Family Support  
Counseling Services .....556-8809  
Fleet & Family Support, Life Skills.....553-4744  
Gateway Village Branch.....222-5548  
Murphy Canyon Branch .....858-277-4259  
Relocation/Information and Referral .....556-7404  
Transition and Employment/  
Financial Programs .....556-9866  
Retired Activities Office .....556-8987  
Santee Branch .....571-4868  
Village at Serra Mesa Branch .....556-1277

**Housing Programs**

Family Housing Welcome Center .....556-8443  
Lincoln Military Housing .....556-7667  
Navy Gateway Inns & Suites.....556-8672  
Navy Lodge San Diego.....234-6142  
Pacific Beacon/Palmer Hall.....231-3400  
Unaccompanied Housing .....556-8144

**Morale, Welfare and Recreation (MWR)**

Administration.....556-7745  
Admiral Prout Field House.....556-7443  
Auto Skills Shop .....556-7008/7009  
Bowling Center  
(Admiral Robinson Recreation Center)....556-7486  
Deployed Forces Support.....556-9110  
Fields and Picnic Area Reservations .....556-7444  
Fitness Station .....556-8471  
Golf Course, Admiral Baker.....487-0090  
Golf Performance Center.....556-7502  
Harborside Sports and Fitness Complex...556-2064  
Indoor Racquetball Courts.....556-7452  
Leagues and Sports Office.....556-7444  
MWR Personal/Vehicle Storage .....556-3320  
Mussel's Fitness (Building 1).....532-1341  
Olde Gym .....556-7450  
Outdoor Adventure Center and  
Gear Rental .....556-7493  
RECYARD, Liberty Center.....556-5078  
RV Park, Admiral Baker.....487-0090  
Swimming Pool, Admiral Baker.....284-4054  
Swimming Pool, Admiral Prout.....520-3048  
Theater.....556-5568  
Theater Office.....556-1885  
Ticket Office (Waterfront Recreation Center)...556-2174  
Ticket Office (Admiral Robinson  
Rec. Center/Ticketmaster).....556-2180  
Ticket Office (Main Exchange).....556-7498

**Navy Commissary/Exchange**

Commissary.....556-8657  
Navy Exchange.....544-2100

**Child and Youth Programs (CYP)**

Child Development Center  
Chollas Heights .....265-2115  
Child Development Center  
Miramar II .....858-577-7891

Child Development Center,  
MCAS Miramar .....858-577-4144  
Child Development Center, MCRD .....524-4430  
Child Development Center,  
Murphy Canyon I .....858-268-2221  
Child Development Center,  
Murphy Canyon II .....858-569-5210  
Child Development Center  
Naval Base San Diego.....556-3522  
Child Development Center,  
Navy Medical Center.....532-7977  
Naval Medical Center,  
Children's Waiting Room .....532-6665  
Requesting Child Care ....www.militarychildcare.com  
Youth Programs Information .....858-268-2828  
Youth Sports .....858-268-2244

**Youth Recreation Centers**

Admiral Hartman Recreation Center ...858-270-2060  
Bayview Hills Community Center .....267-2018  
Chesterton Recreation Center.....858-268-2252  
Gateway Recreation Center.....225-5628  
Murphy Canyon Kids Connection .....858-268-2233  
Murphy Canyon Youth Center .....858-268-2828  
Silver Strand Recreation Center.....435-5056  
Village at Serra Mesa .....858-571-3853

**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, CA 92106

**NBPL, Naval Mine and Anti-Submarine Warfare Command (NMAWC)**

Point Loma, CA 92147

**Naval Medical Center San Diego (NMCSO)**

San Diego, CA 92134

**AQUATICS****Admiral Baker Pool**

Mission Gorge, Building 17 .....284-4054

**Admiral Prout Field House, Outdoor Pool**

NBSD, Building 3279.....520-3048

**Balboa Athletic Complex Pool**

NMCSO, Building 12 .....532-5757

**Breakers Beach**

Lifeguard Tower, NASNI .....545-7221  
(in front of the Navy Lodge)

**Island Club Pool**

NASNI, Building 579.....545-7228

**NPBL, Main Base Pool**

Building 1 .....553-0934

**VADM Martin Pool**

NASNI, Building 1507.....545-0237

**ATHLETICS AND FITNESS**

**Admiral Prout Field House**  
 NBSD, Building 3279.....556-7443

**Balboa Athletic Complex**  
 NMCSD, Building 12.....532-8516

**Balboa Fitness Center**  
 NMCSD, Building 26.....532-7260

**Fitness Station**  
 NBSD, Building 3417.....556-8471  
 (across from Medical)

**Harborside Sports and Fitness Complex**  
 NBSD, Building 3477 (near Pier 12).....556-2064

**Health and Fitness Assessments**  
 Admiral Prout Field House, NBSD,  
 Building 3279.....556-7444  
 NBPL, Main Base, Building 1.....553-7553

**Leagues and Sports Offices**  
 NAB, Building 162.....437-3066  
 NASNI, Building 1507.....545-2876  
 NBPL, Main Base, Building 1.....553-6457  
 NBSD, Building 3279.....556-7444  
 NMAWC, Building 17A.....524-0526  
 NMCSD, Building 12.....532-6080

**Mussel's**  
 NRSW, Building 1, Ground Floor.....532-1341

**NAB Gymnasium**  
 NAB, Building 162.....437-2186

**NBPL, Main Base Fitness Center**  
 NBPL, Main Base, Building 1.....553-7552/7553  
 Fitness Office.....553-4259

**NMAWC Fitness Center**  
 Building 30/Building 57.....524-4833

**Peak Physique Fitness Center**  
 NAB, Building 170.....437-2984

**Racquetball Courts**  
 NAB, Building 162.....437-2186  
 NASNI, Building 1507.....545-0237  
 NBSD, Building 3317  
 (near softball fields).....556-7452  
 NMAWC, Building 30.....524-4833  
 NMCSD, Building 12.....532-8516

**Tennis/Basketball Courts**  
 NAB.....437-2186  
 NASNI (next to Building 277).....545-0237  
 NBSD.....556-7452  
 (near Building 3317  
 Indoor Racquetball Courts)  
 NMAWC (next to Main Gate).....524-0526

**The Olde Gym**  
 NBSD, Building 223.....556-7450

**Third Fleet Fitness Center**  
 NBPL.....553-8525

**VADM Martin Fitness Center**  
 NASNI, Building 1507.....545-0237

**AUTO SKILLS**

**Auto Skills Shop**  
 NBSD, Building 3234.....556-7008/7009  
 (call for lock-out service)

**Auto Skills Shop**

NASNI, Building 825.....545-7235  
 Long-term Parking.....545-7235

**Car Wash**

NAB, Building 1211.....437-3028  
 NASNI.....545-7235  
 NBPL, Main Base, adjacent to Building 546  
 NBSD, Building 3459.....556-7486

**BOWLING**

**Admiral Robinson Recreation Center**  
 NBSD, Building 3223.....556-7486

**Sea 'N Air Lanes**

NASNI, Building 772.....545-7240

**CATERING**

**Admiral Baker Clubhouse**  
 NBSD, Building 3604.....487-0016

**Admiral Kidd Catering and Conference Center**

NMAWC, Building A-3.....524-6287/0372/0280

**Anchors Catering and Conference Center**

NBSD, Building 3210.....556-7788

**I-Bar Courtyard/Lobby**

NASNI.....545-9655

**Ocean View at Ballast Point**

NBPL, Main Base,  
 Building 501.....524-6287

**Sea 'N Air 19th Hole Restaurant & Lounge**

NASNI, Building 800.....545-9655

**Waterfront Community Recreation Center**

Budweiser Brew House, NBSD,  
 Building 45, Pier 2.....556-9597

**CHILD AND YOUTH PROGRAMS**

**Resource and Referral**

Requesting Child Care ....www.militarychildcare.com

**Child Development Home Child Care Offices**

NBSD, Building 3639.....556-7394  
 MCAS Miramar.....858-577-4145

**CHILD DEVELOPMENT CENTERS**

**Child and Youth 24/7 Center**

NASNI, Building 607.....545-5617/767-1172

**Child Development Centers**

Chollas Heights,  
 6205 College Grove Way.....265-2115  
 Miramar, Building 2740.....858-577-4144  
 Miramar, Buildings 2741 and 2742.....858-577-7891  
 Miramar Infant and Toddler Center  
 Murphy Canyon I, Building 3295.....858-268-2221  
 Murphy Canyon II, Building 377.....858-569-5210  
 NBSD, Building 3653.....556-3522  
 MCRD, Building 638.....524-4430  
 NAB Coronado, Building 503.....437-5807  
 NASNI, Building 605.....545-0259/5609  
 Naval Medical Center, Building 15.....532-7977  
 Naval Medical Center, Children's Waiting Room  
 Building 2, 1st Floor.....532-6665  
 NBPL, Main Base, Building 377.....553-0765  
 Patrick Wade CDC at Liberty Station, Point Loma  
 2843 Hornet Way.....222-3400/3401

**Youth Centers**

Admiral Hartman Children, Youth and Teen Center  
 4649 Donaldson Drive.....858-270-2060  
 Bayview Hills Children, Youth and Teen Center  
 1876 Sky Harbor Road.....267-2018  
 Chesterton Children, Youth and Teen Center  
 7427 Linda Vista Road.....858-268-2252  
 Gateway Village Children, Youth and Teen Center  
 2741 Mendonca Drive.....225-5628  
 Murphy Canyon Kids Connection  
 3493 Santo Road.....858-268-2233  
 Murphy Canyon Children, Youth and Teen Center  
 4867 Santo Road.....858-268-2828  
 Silver Strand Children, Youth and Teen Center  
 1302 Leyte Road.....435-5056  
 Village at Serra Mesa Children,  
 Youth and Teen Center  
 8420 1/2 Krenz St.....858-571-3853  
 Youth Sports  
 4867 Santo Road.....858-268-2244

**School Liaison Officers**

www.navylifew.com/slo  
 San Diego Metro  
 Camp Pendleton.....760-763-7385/7386/7387  
 MCAS Miramar.....858-577-8625  
 MCRD.....524-8032/0916  
 Naval Base Coronado.....247-9109  
 Naval Base San Diego.....991-2509/247-9082  
 Point Loma.....858-431-6482

**DINING**

**Admiral Baker River's Edge Cafe & Bar**

Mission Gorge, Building 3604.....487-0090

**Anchors Catering and Conference Center**

NBSD, Building 3210.....556-7788

**Budweiser Brew House at Waterfront Rec Center**

NBSD, Building 45, Pier 2.....556-9498

**Corner Pin Cafe**

Admiral Robinson Center,  
 NBSD Building 3223.....556-9083

**CPO Cantina**

NASNI, Building F.....545-3214

**Point Loma Clubhouse**

NBPL, Main Base, Building 546.....553-4475

**Pizza Parlor Recreation Center**

NASNI, Building 614.....545-7229

**Sea 'N Air 19th Hole Restaurant & Lounge**

NASNI, Building 800.....545-9660

**Sea 'N Air Lanes Food Court**

NASNI, Building 772.....545-7240

**Sports Center Lounge Sea 'N Air Lanes**

NASNI, Building 772.....545-7242

**Starbucks**

NASNI, Building 2002 at  
 Rogers and Quay Street.....522-9500  
 NBSD, Building 45, Pier 2.....556-9472

**Waterfront Community Recreation Center**

**Budweiser Brew House**  
 NBSD, Building 45, Pier 2.....556-9498  
 To-go Orders (before 10:30 a.m. and after 1 p.m.)

**Welldeck Pizza Parlor**  
 NBSD, Building 454.....556-2356

**World Famous "I" Bar**  
 NASNI, BOQ I.....545-0120  
 Special Events.....545-9655

**DANCE CLASSES**

**Ballroom Dance Social**  
 NBSD, Building 3223.....556-7486

**DEPLOYED FORCES**

**SUPPORT REGIONAL OFFICE**

NBSD, Building 71.....556-9110

**FLEET & FAMILY SUPPORT PROGRAMS**

Appointments (24-hour).....866-923-6478  
 Bayview Hills Branch, 1967 Sky Harbor Road  
 San Diego, CA 92139.....556-1275  
 Gateway Village Branch, 3207 Rosecrans Place  
 San Diego, CA 92110.....222-5548  
 Murphy Canyon Branch, 4867 T Santo Road  
 San Diego, CA 92124.....858-277-4259  
 Naval Base Coronado, Buildings 318 and G  
 Saufley Road.....545-6071  
 Naval Base Point Loma,  
 140 Sylvester Road.....553-8306  
 Naval Base San Diego, Buildings 259, 261 and 263  
 3005 Corbina Alley, Suite 1.....556-7404  
 Retired Activities Office,  
 NAB, Building 16.....437-2780  
 Retired Activities Office,  
 NBSD, Building 259.....556-8987  
 Santee Branch, 8120 Arlette St.  
 Santee, CA 92071.....571-4868  
 Village at Serra Mesa Branch, 3141 Alton Road  
 San Diego, CA 92123.....556-1277

**GEAR RENTAL/**

**OUTDOOR RECREATION**

**Outdoor Adventure Center**  
 NBSD, Building 3223.....556-7493

**Party Rentals**  
 NMCS, Building 26, Floor 1B.....532-8466

**GOLF COURSES**

**Admiral Baker Golf Course**  
 Mission Gorge,  
 2400 Admiral Baker Road.....487-0090

**Naval Base Golf Performance Center**  
 NBSD, Building 348.....556-7502

**Sea 'N Air Golf Course**  
 NASNI, Building 800.....545-9659

**LAUNDRY FACILITIES**

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 NASNI, Midway Landing, Building 2002  
 (When ships are in port at Pier L)  
 NASNI, Langley Landing, Building 2003  
 (Open when carrier in port at Piers K and J)

**LIBERTY CENTERS**

**Liberty Center**  
 NMCS, Building 26, Floor 1B.....532-8909

**Liberty Hall**  
 NMAWC, Building 51.....524-6587

**Point Loma Clubhouse**  
 NBPL, Main Base, Building 546.....553-9200

**Q-Zone**  
 NAB, Building 337.....437-5135/3190

**The RECYARD**  
 NBSD, Building 221.....556-5078

**VADM Martin Liberty Center**  
 NASNI, Building 1507.....545-3331

**LODGING**

**Bay View Cottages**  
 NMAWC.....524-0557

**Family Housing Referral**  
 .....556-8443

**Housing (CBH and Family)**  
 .....556-8144/8443

**Navy Gateway Inns & Suites**  
 .....www.dodlodging.net

**North Island Beach Cottages**  
 NASNI.....435-1227

**Pacific Beacon/Palmer Hall**  
 .....231-3400  
 .....www.pacificbeacon.com

**MARINAS**

**Fiddler's Cove Marina**  
 First exit south of NAB Coronado.....522-8680

**Navy Yacht Club**  
 Fiddler's Cove Marina.....437-0320

**MASSAGE THERAPY**

NAB, Building 162.....437-2186  
 NASNI, Building 1507.....545-0237

NBPL, Main Base, Building 1.....553-7552  
 NBSD, Building 223.....556-7450  
 NMCS, Building 26.....532-7260

**MOVIE THEATERS**

Movie listings are at [www.navylifsw.com](http://www.navylifsw.com).

**Base Theater**

NBSD, Building 71.....556-5568

**Lowry Theater and Movies on the Beach**  
 NASNI, Building 650.....545-8479

**Q-Zone Theater**  
 NAB, Building 337.....437-5487

**PICNIC AREAS**

**Admiral Baker Picnic Area**  
 Mission Gorge,  
 2400 Admiral Baker Road.....487-0090

**Breakers Beach Cabanas**  
 NASNI.....545-2874

**Gator Beach Cabanas**  
 NAB.....437-3028

**NAB Turner Field**  
 NAB, Bougainville Road and Eniwetok.....437-3065

**NMAWC Picnic Area**  
 NMAWC.....524-0526

**Picnic Area Reservations**  
 NBSD.....556-7444

**Playing Fields**  
 NMAWC.....524-0526

NASNI.....545-2876  
 NBSD.....556-7444

**Smuggler's Cove**  
 NBPL, Main Base.....553-6457

Vandergriff Field  
 NMAWC.....524-0526

**REC CENTERS**

**Point Loma Clubhouse**  
 NBPL, Main Base, Building 546.....553-9200

**Waterfront Community Recreation Center**  
 NBSD, Building 45, Pier 2.....556-9597

**Welldeck Recreation Center**  
 NBSD, Building 454.....556-2356

**RV PARKS**

**Admiral Baker RV Park**  
 Mission Gorge,  
 2400 Admiral Baker Road.....487-0090

**Fiddler's Cove RV Park**  
 First exit south of NAB Coronado.....522-8681

**SCUBA**

For information on lessons.....[www.navylifsw.com](http://www.navylifsw.com)  
 To sign up.....424-6547

**STORAGE**

**Lock & Leave Storage**  
 NAB, Building 337.....437-3028

NAB Marina.....522-8680  
 NASNI, Building 650 (Lowry Theater).....522-9460

NBSD, Building 3654.....556-3320

**TICKETS AND TRAVEL**

**MWR Ticket Office**

Naval Base Point Loma,  
 Liberty Station Maxi Mart.....221-1005

NASNI, Navy Exchange.....545-9576

NBSD, Waterfront Community Recreation Center,  
 Building 45, Pier 2.....556-2174

NBSD, Admiral Robinson Recreation Center,  
 Building 3223.....556-2180

NBSD, Navy Exchange,  
 Building 3379.....556-7498

Cruise and Tour Desk.....556-6441  
 NMCS, Building 2.....532-7255

(\*CLIA-certified Cruise Office)

**VEHICLE STORAGE**

NAB, Building 337.....437-3028  
 NASNI, Building 825.....545-7235

NBSD, Building 3654.....556-3320  
 Point Loma, Building 546.....553-9138

**OTHER RESOURCES**

**Regional NAF Human Resources Office**  
 NBSD, Building 3210.....556-8916

**MCRD Library**  
 .....524-1849

**Miramar Library**  
 .....858-577-1261

**Veterinary Treatment Facility**  
 MCAS Miramar, Building 6360.....858-577-6552



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EF 24-70mm f/2.8L II USM

EF 24-105mm f/4L IS USM

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Matt Benedict, President, CEO



**PACIFIC OCEAN**

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**NAVY HOUSING AREAS**  
 (CDC) Child Development Centers  
 (YOUTH) Youth Recreation Centers  
 (FFS) Fleet & Family Support Branches

FACILITY	SPOT	CDC	YOUTH	FFS
Admiral Hartman	1	✓	✓	✓
Aero Ridge	8	✓	✓	✓
Bayview Hills	18	✓	✓	✓
Beech Street Knolls	10	✓	✓	✓
Bonita Bluffs	20	✓	✓	✓
Canyon View	8	✓	✓	✓
Chesterton	5	✓	✓	✓
Chesterton Townhouses	4	✓	✓	✓
Chollas Heights	13	✓	✓	✓
Chollas Heights Historical	13	✓	✓	✓
Eucalyptus Ridge	26	✓	✓	✓
Gateway Village	3	✓	✓	✓
Hillery Park	30	✓	✓	✓
Holly Square Apartments	16	✓	✓	✓
Home Terrace	12	✓	✓	✓
Howard Gilmore Terrace	21	✓	✓	✓
La Mesa Park	22	✓	✓	✓
Lofgren Terrace	17	✓	✓	✓
Mira Mesa Ridge	29	✓	✓	✓
Oleek Heights	7	✓	✓	✓
Paradise Gardens	19	✓	✓	✓
Park Summit	9	✓	✓	✓
Pomerado Terrace	28	✓	✓	✓
Prospect View	24	✓	✓	✓
Ramona Vista	27	✓	✓	✓
River Place	23	✓	✓	✓
Santo Terrace	8	✓	✓	✓
Silver Strand Phase I	14	✓	✓	✓
Silver Strand Phase II	15	✓	✓	✓
Terrace View Villas	11	✓	✓	✓
Village at NTC	2	✓	✓	✓
Village at Serra Mesa	6	✓	✓	✓
Vista Ridge	31	✓	✓	✓
Woodlake	25	✓	✓	✓
Naval Medical Center	-	✓	✓	✓
MCRD	-	✓	✓	✓
MCAS Miramar	-	✓	✓	✓

Map of **SAN DIEGO COUNTY**

- Interstate Freys
- State Highways
- Minor Highways
- Main Roads
- Railroads
- State Boundary
- Points of Interest
- Colleges & Universities
- Hospitals
- Airports

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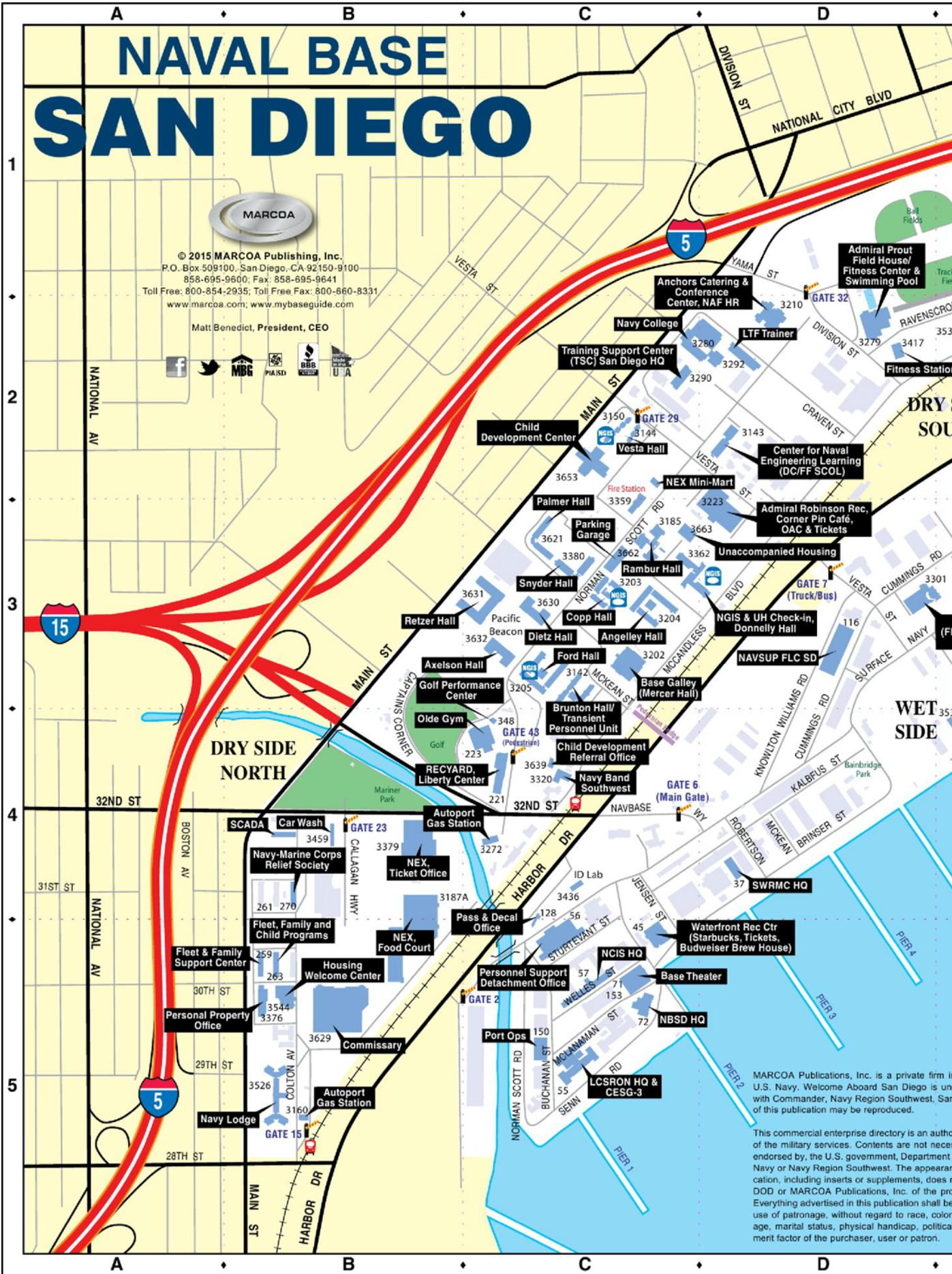


# NAVAL BASE SAN DIEGO



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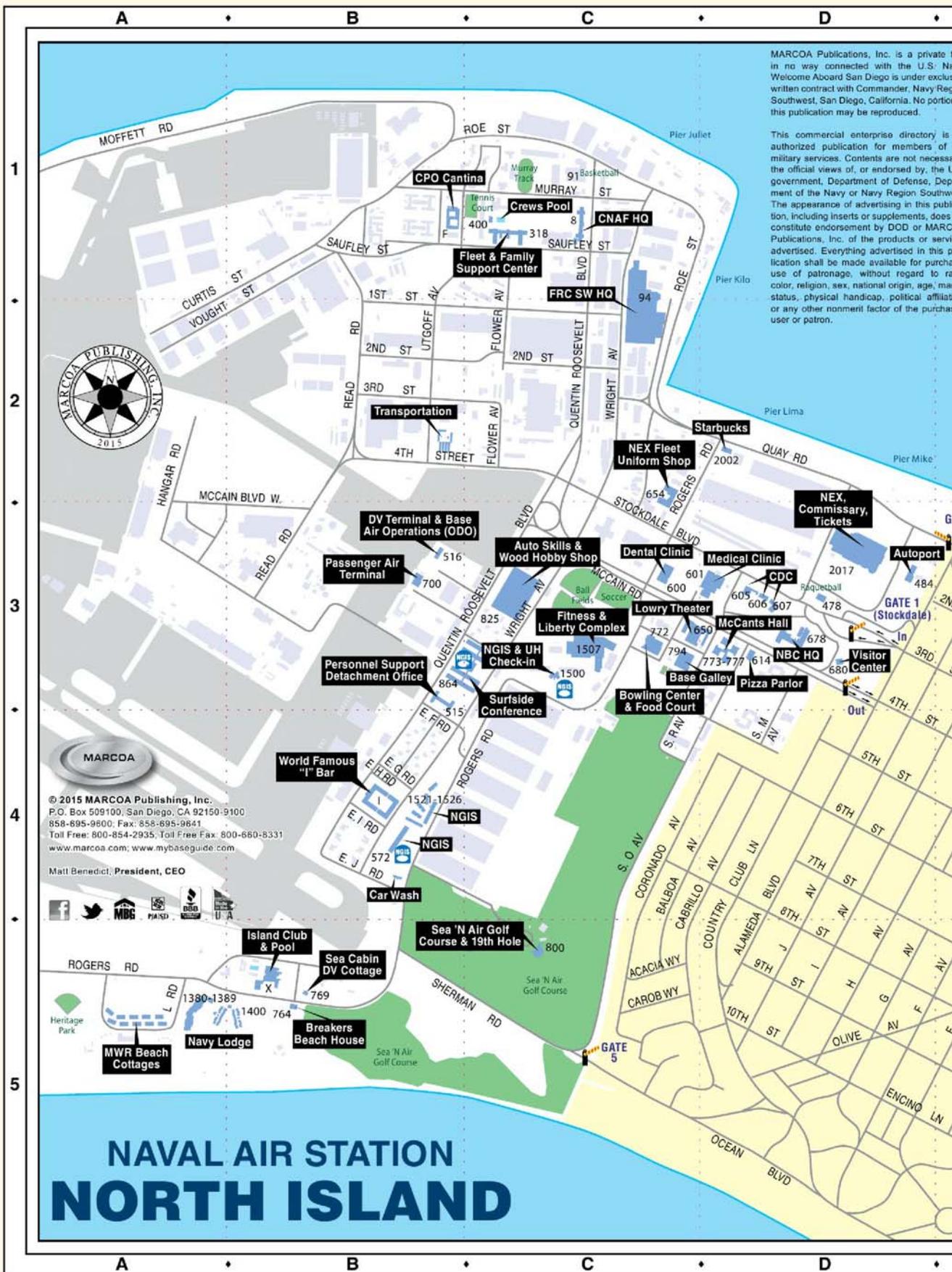
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FACILITY	BLDG	GRID	FACILITY	BLDG	GRID
<p><b>Gate</b> <b>Trolley Stop</b></p> <p><b>Navy Gateway Inns &amp; Suites</b></p>					
<b>Family and Child</b>					
Child Development Center	3653	C2	Admiral Prout Field House/ Fitness Center & Swimming Pool	3279	D2
Child Development Referral Office	3639	C4	Admiral Robinson Recreation Center/ OAC & Tickets	3223	D3
Deployed Forces Support	548	E3	Auto Skills Shop & Vehicle Storage	3234	E2
Fleet & Family and Child Programs (FFCP)	263	B5	Base Theater	71	C5
Fleet & Family Support Center	259	B5	Deployed Forces Support	548	E3
<b>Housing and Lodging</b>					
Housing Welcome Center	3544	B5	Fitness Station	3417	D2
Navy Lodge	3526	B5	Golf Performance Center	348	C4
<b>Bachelor Quarters, See Unaccompanied Housing (UH)</b>					
<b>Navy Gateway Inns &amp; Suites (NGIS)</b>					
NGIS Check-in	3362	D3	Harborside Sports & Fitness Complex	3477	H2
Copp Hall	3203	C3	Indoor Racquetball, Family Fitness	3317	E1
Donnelly Hall	3362	D3	Liberty Center	221	C4
Ford Hall	3205	C3	Olde Gym	223	C4
Vesta Hall	3144/3150	C2	Recreation Center	454	H3
<b>Unaccompanied Housing (UH) Formerly Bachelor Quarters</b>					
UH Check-in	3362	D3	RECYARD	221	C4
Angelley Hall	3204	C3	Ticket Office, Main Exchange	3379	B4
Axelson Hall	3632	C3	Waterfront Recreation Center/Tickets	45	C5
Brunton Hall/ Transient Personnel Unit	3142	C3	<b>Food and Drink</b>		
Dietz Hall	3630	C3	Anchors Catering & Conference Center	3210	D2
Palmer Hall	3621	C3	Base Galley (Mercer Hall)	3202	C3
Rambur Hall	3185	C3	Budweiser Brew House	45	C5
Retzer Hall	3631	C3	Corner Pin Cafe & Lounge	3223	D3
Snyder Hall	3380	C3	Food Court	3187A	B4
				3301	D3
			NEX Mini-Mart		C2
			Starbucks	45	C5
			Welldeck Pizza Parlor	454	H3
			<b>Shopping and Services</b>		
			Autoport Gas Station	3272	C4
				3160	B5
			<b>Shopping and Services, Continued</b>		
			Car Wash	3459	B4
			Commissary	3629	B5
			Navy Exchange (Fleet/Uniform Shop)	3301	D3
			<b>Units and Organizations</b>		
			Bridge Trainer	3149/3531	E4
			Center for Naval Engineering Learning San Diego (DC/FF SCOL)	3143	D2
			CSP (N9) Regional Marketing	3532	E2
			Fire Station	3359	C2
			Naval Supply Fleet Logistics Center San Diego (NAVSUP FLC SD)	116	D3
			LCSRON HQ/CESG-3	55	C5
			LTF Trainer	3292	D2
			MWR Administration	3303	E2
			NAF Human Resources	3210	D2
			Navy Band Southwest	3320	C4
			Navy College	3280	D2
			Navy-Marine Corps Relief Society	270	B4
			Naval Base San Diego (NBSD) HQ	72	C5
			NCIS HQ	57	C5
			<b>NEX Warehouse, Consolidated Mail Facility, Project Handclasp</b>		
			Pass & Decal Office	128	C5
			Personal Property Office	3376	B5
			<b>Personnel Support</b>		
			Detachment Office	56	C5
			Port Ops	150	C5
			SWRMC HQ	37	D4
			<b>Training Support Center (TSC)</b>		
			San Diego HQ	3290	C2
			Transportation	3509	E3

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FACILITY	BLDG	GRID
ACU-1 HQ	227	G1
ACB-1	334	H2
Base Galley	300	G2
<b>Bachelor Quarters</b> , See Unaccompanied Housing (UH)		
Car Wash		G2
CDC	503	F3
CNSF HQ	14	G3
EODGRU-1 HQ	156	F3
EODMU-3	215	H1
EWTGPAC HQ	15	F2
Medical/Dental Clinic	506	G2
NAB Gym	162	H1
Navy Exchange	18	G2
<b>Navy Gateway Inns &amp; Suites (NGIS)</b>		
NGIS Check-in	504	G3
NGIS	505	G3
NSW Training Center HQ	604	F3
NSWC HQ	624	E2
NSWC Medical Clinic	622	F3
NSWG-1 HQ	2	F2
Peak Physique Fitness Center	170	H1
Personnel Support Detachment Office	16	G2

FACILITY	BLDG	GRID
Q-Zone Liberty Center	337	H2
SBC-12 HQ	209	G1
SPECWAR BEQ	618	E2
Theater	337	H2
Turner Field		H1
<b>Unaccompanied Housing (UH)</b> Formerly Bachelor Quarters		
UH Check-in	302	G2
UH	303	G2
UH	320, 321, 323	H2
UH	328, 329	G1



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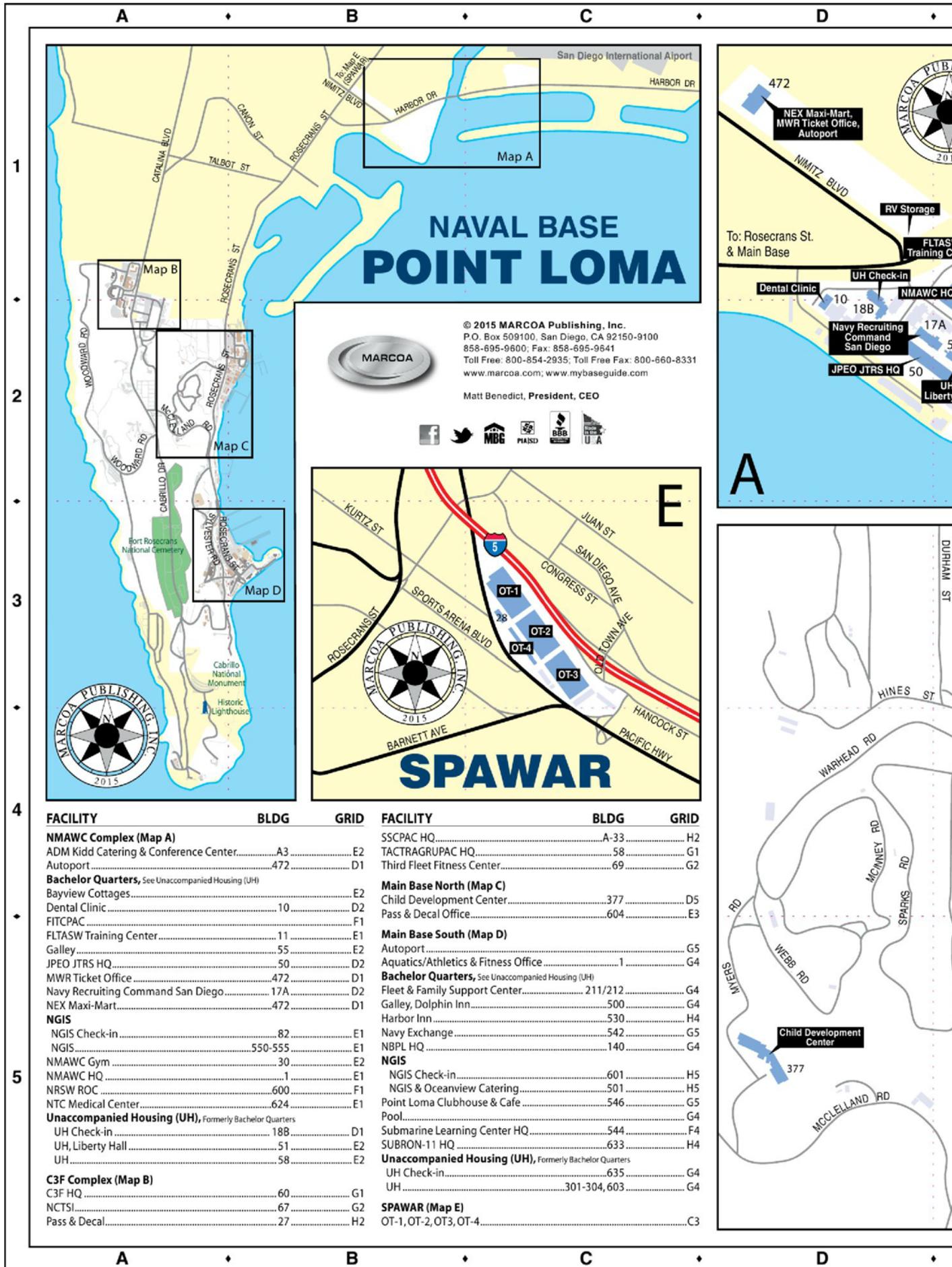
## Naval Air Station North Island

FACILITY	BLDG	GRID
Auto Skills & Wood Hobby Shop	825	C3
Autoport	484	D3
Base Galley	794	C3
<b>Bachelor Quarters</b> See Unaccompanied Housing (UH)		
Bowling Center & Food Court	772	C3
Car Wash		B4
CDC	605-607	D3
CNAF HQ	8	C1
Commissary	2017	D3
CPO Cantina		F B1
Crews Pool		C1
Dental Clinic	600	C3
DV Terminal & Base		
Air Operations (ODO)	516	B3
Fitness & Liberty Complex	1507	C3
Fleet & Family Support Center	318	C1
FRC SW HQ	94	C2
Island Club & Pool	X	B5
Lowry Theater	650	C3
Medical Clinic	601	D3
MWR Beach Cottages		A5
MWR Tickets	2017	D3
<b>Navy Gateway Inns &amp; Suites (NGIS)</b>		
NGIS Check-in	1500	C3
NGIS	572, 1521-1526	B4

FACILITY	BLDG	GRID
Navy Exchange	2017	D3
Navy Lodge	1400	B5
NBC HQ	678	D3
NEX Fleet Uniform Shop	654	C2
Passenger Air Terminal	700	B3
Personnel Support Detachment Office	515	B3
Pizza Parlor	614	D3
Sea 'N Air Golf Course & 19th Hole	800	C5
Sea Cabin DV Cottage	769	B5
Starbucks	2002	D2
Starbucks Conference Center	864	C3
<b>Unaccompanied Housing (UH)</b> Formerly Bachelor Quarters		
UH Check-in	1500	C3
McCants Hall	773-777	D3
Visitor Center	680	D3
World Famous "I" Bar		B4



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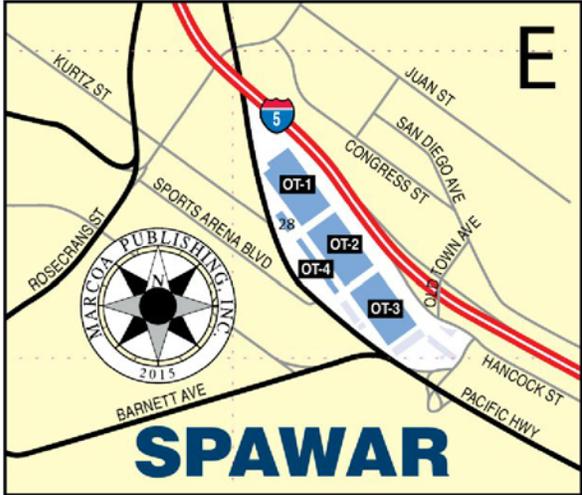


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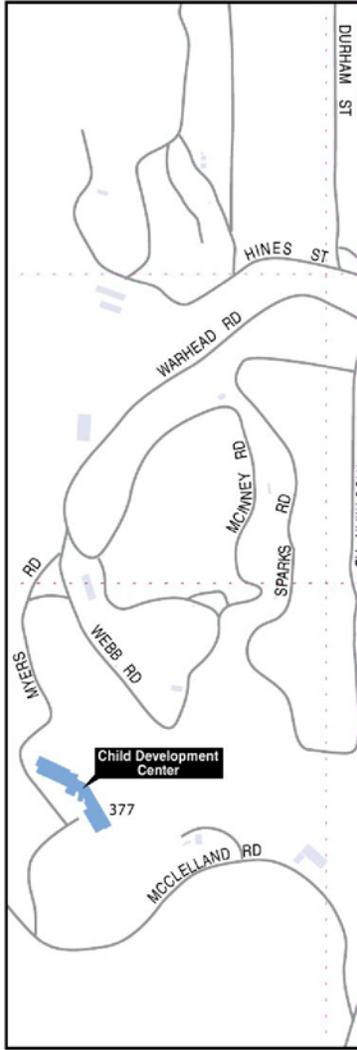
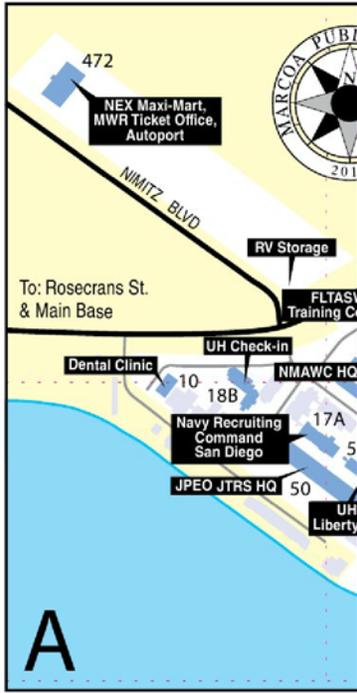


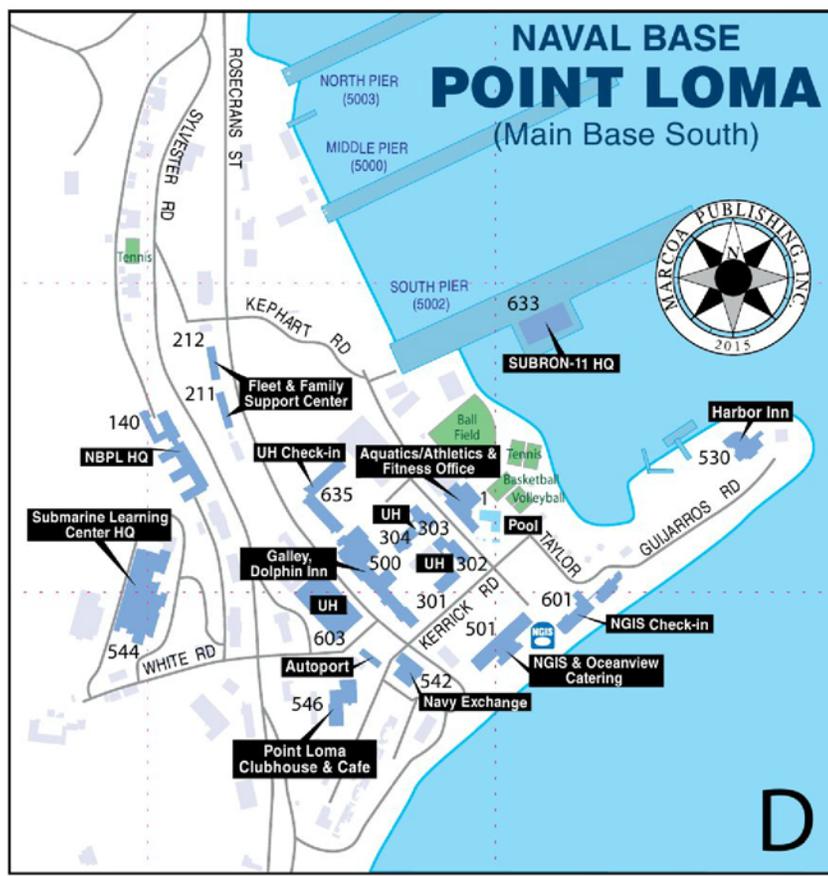
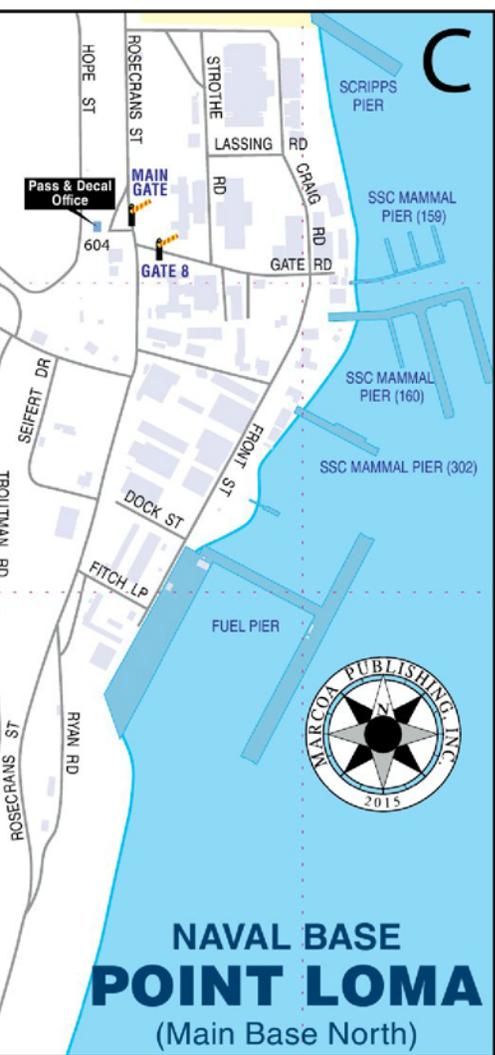
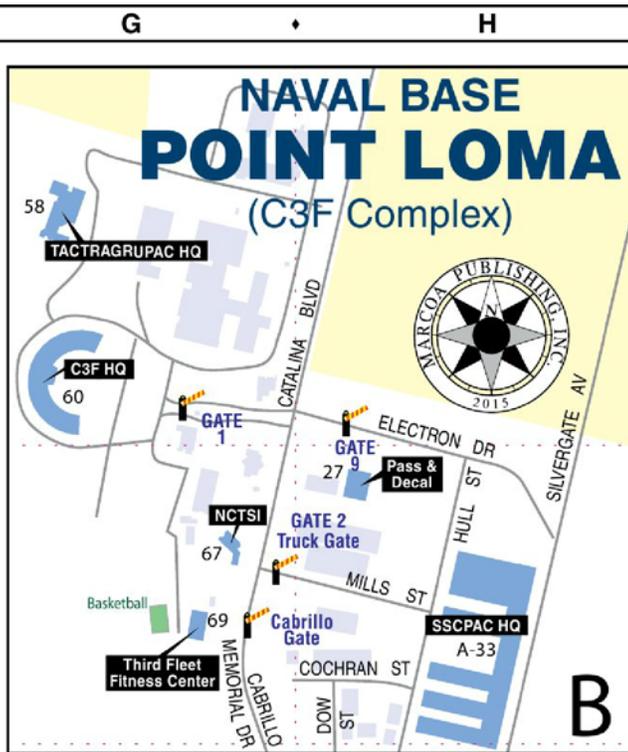
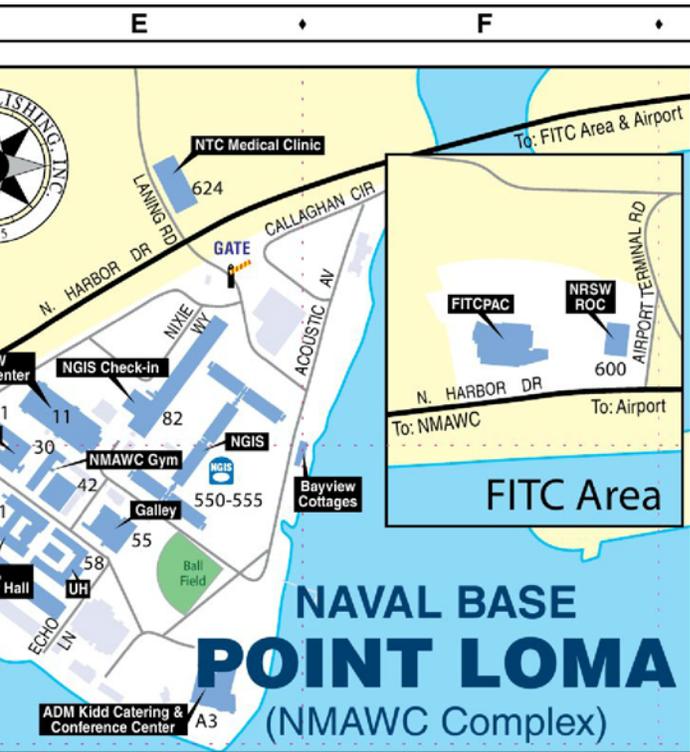
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FACILITY	BLDG	GRID	FACILITY	BLDG	GRID
<b>NMAWC Complex (Map A)</b>			SSCPAC HQ.....A-33.....H2		
ADM Kidd Catering & Conference Center.....	A3.....	E2	TACTRAGRUPAC HQ.....	58.....	G1
Autoport.....	472.....	D1	Third Fleet Fitness Center.....	69.....	G2
<b>Bachelor Quarters, See Unaccompanied Housing (UH)</b>			<b>Main Base North (Map C)</b>		
Bayview Cottages.....		E2	Child Development Center.....	377.....	D5
Dental Clinic.....	10.....	D2	Pass & Decal Office.....	604.....	E3
FITPAC.....		F1	<b>Main Base South (Map D)</b>		
FLTASW Training Center.....	11.....	E1	Autoport.....		G5
Galley.....	55.....	E2	Aquatics/Athletics & Fitness Office.....	1.....	G4
JPEO JTRS HQ.....	50.....	D2	<b>Bachelor Quarters, See Unaccompanied Housing (UH)</b>		
MWR Ticket Office.....	472.....	D1	Fleet & Family Support Center.....	211/212.....	G4
Navy Recruiting Command San Diego.....	17A.....	D2	Galley, Dolphin Inn.....	500.....	G4
NEX Maxi-Mart.....	472.....	D1	Harbor Inn.....	530.....	H4
<b>NGIS</b>			Navy Exchange.....	542.....	G5
NGIS Check-in.....	82.....	E1	NBPL HQ.....	140.....	G4
NGIS.....	550-555.....	E1	<b>NGIS</b>		
NMAWC Gym.....	30.....	E2	NGIS Check-in.....	601.....	H5
NMAWC HQ.....	1.....	E1	NGIS & Oceanview Catering.....	501.....	H5
NRSW ROC.....	600.....	F1	Point Loma Clubhouse & Cafe.....	546.....	G5
NTC Medical Center.....	624.....	E1	Pool.....		G4
<b>Unaccompanied Housing (UH), Formerly Bachelor Quarters</b>			Submarine Learning Center HQ.....	544.....	F4
UH Check-in.....	188.....	D1	SUBRON-11 HQ.....	633.....	H4
UH, Liberty Hall.....	51.....	E2	<b>Unaccompanied Housing (UH), Formerly Bachelor Quarters</b>		
UH.....	58.....	E2	UH Check-in.....	635.....	G4
<b>C3F Complex (Map B)</b>			UH.....	301-304, 603.....	G4
C3F HQ.....	60.....	G1	<b>SPAWAR (Map E)</b>		
NCTSI.....	67.....	G2	OT-1, OT-2, OT-3, OT-4.....		C3
Pass & Decal.....	27.....	H2			





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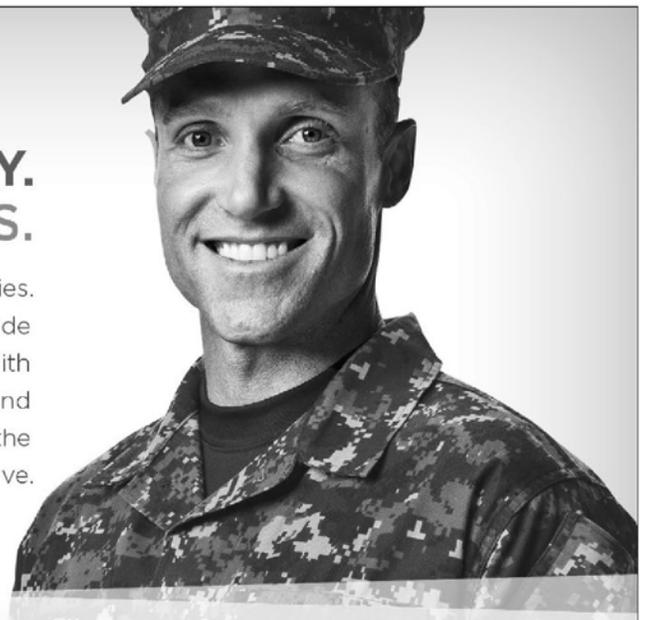


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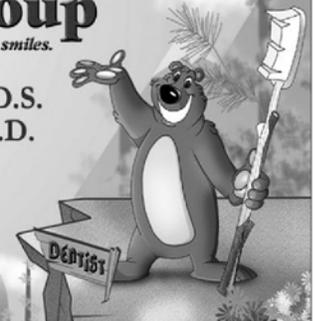
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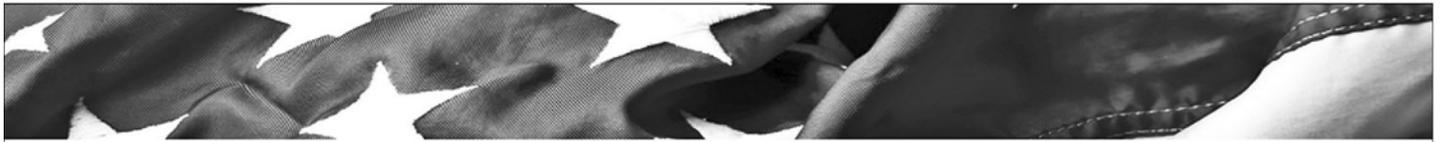
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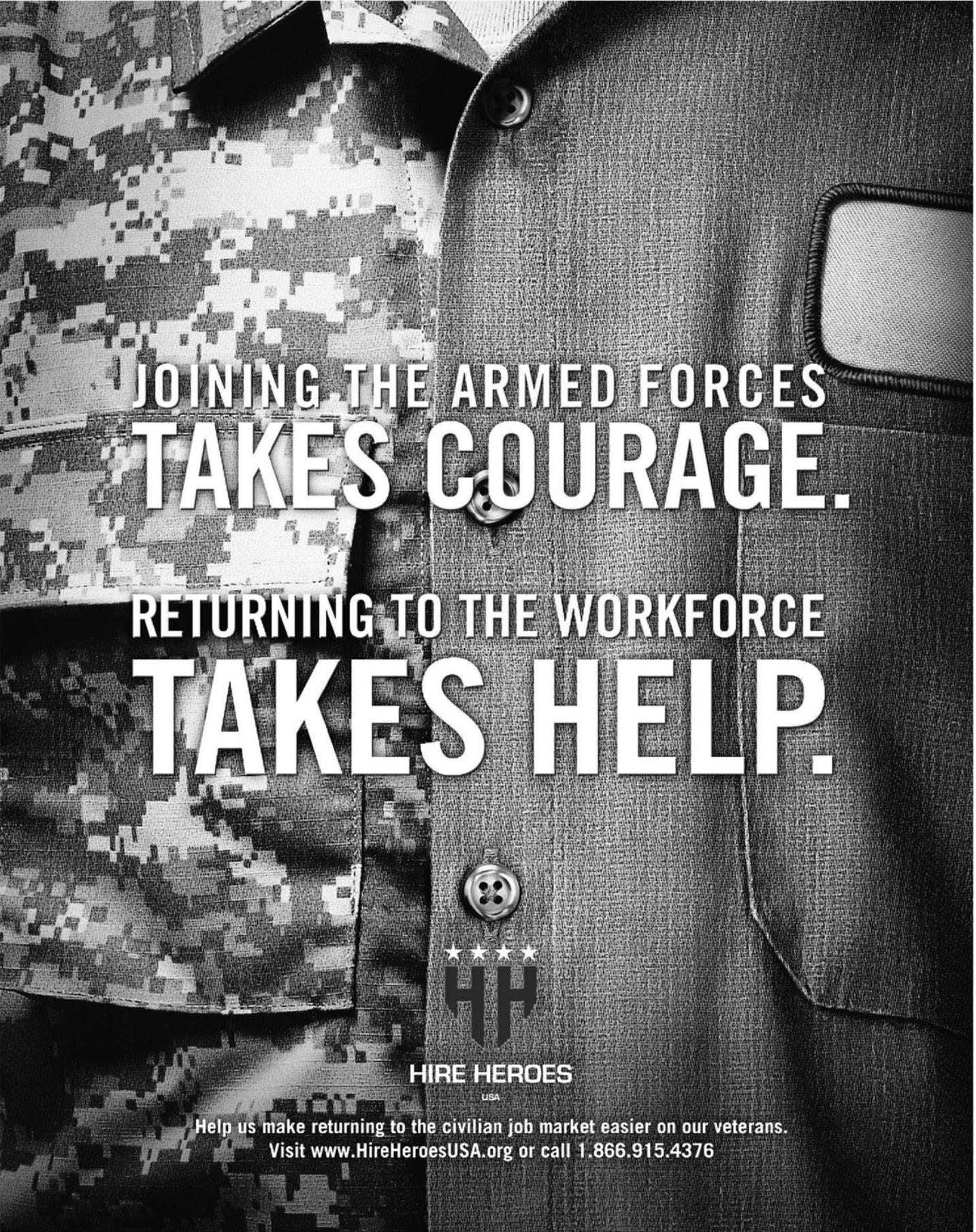
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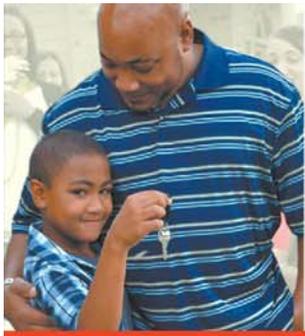
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- ★ Operation Homefront leads more than 2,500 volunteers with nationwide presence who provide emergency and other financial assistance to the families of service members and wounded warriors.
- ★ The financial assistance we provide to military families is in the form of grants, not loans, paid directly to service providers for needs like car and home repairs, utilities, and rent or mortgage payments.
- ★ Our morale programs are based on making life easier for military families with tangible support that demonstrates that the American people care about their struggles.

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