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# WELCOME ABOARD!

# SAN DIEGO

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PUBLICATIONS INCORPORATED

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[www.benchmarkpub.com](http://www.benchmarkpub.com) • [www.militarynewcomers.com](http://www.militarynewcomers.com)

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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 Community Support Programs 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.cnic.navy.mil/navylifesw](http://www.cnic.navy.mil/navylifesw). To make an appointment with our Relocation Assistance Team, call our toll free number at 866-923-6478.



# HISTORY OF SAN DIEGO

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 Acala 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 Acala, 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 five 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 Alonzo 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

The California Department of Motor Vehicles (DMV) web site 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 (CHP) rules, regulations and other information visit their web site at [www.chp.ca.gov/index.html](http://www.chp.ca.gov/index.html). To contact CHP for a NON-emergency, call 800-TELL-CHP/800-835-5247.

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

### Transportation Incentive Program (TIP)

Active duty military personnel and Department of the Navy civilian employees (GS and NAF) are eligible for this program and can commute for free or for greatly reduced fares by using mass transportation vouchers. To sign up, find your Installation Point of Contact at: [www.fmo.navy.mil/services/tip/tip.htm](http://www.fmo.navy.mil/services/tip/tip.htm)

### 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. DMV will request the out-of-state title, last issued registration and the license plates. Contact the DMV listed in the telephone directory.

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 emissions 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 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.

## 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 1/2-inch 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. Bicycles must be registered with the state of California. There are several locations for the mandatory safety checks and registration including any fire station in San Diego or Chula Vista and the Chula Vista Police Department.



## House of Motorcycles

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San Diego, CA 92115

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Vista, CA 92081

619.229.7700

760.433.4333



# 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/CNRSW](http://www.cnrc.navy.mil/CNRSW).

## NAVAL BASE CORONADO

Naval Base Coronado consists of eight installations: Naval Air Station North Island (NASNI), Naval Amphibious Base Coronado (NAB), Naval Outlying Field Imperial Beach, Naval Auxiliary Landing Field San Clemente Island, Silver Strand Training Complex, Camp Michael Monsoor, Camp Morena and Warner Springs.

Naval Air Station North Island, part of the largest aerospace-industrial complex in the Navy, hosts over 18 squadrons and over 70 additional tenant commands and activities, one of which is the largest aerospace employer in San Diego. Naval Air Station North Island, commissioned in 1917, was granted official recognition as the "Birthplace of Naval Aviation" by the House Armed Services Committee August 15, 1963. The station was originally called Naval Air Station, San Diego until 1955. Its airfield has more than 235 aircraft and its quay wall is homeport to two major aircraft carriers, USS Ronald Reagan (CVN 76) and USS Carl Vinson (CVN 70).

North Island derived its name from its geographic location. In the 19th century, it was referred to as North Coronado Island. In 1886, North and South Coronado Island were purchased by a developer for development as a residential resort. South Coronado

became famous as the city of Coronado, but fortunately for the Navy, North Coronado was never developed. NAS North Island operates two other airfields in southern California. One is Naval Auxiliary Landing Field San Clemente Island, located 70 miles northwest of San Diego in the Channel Islands. The other is Naval Outlying Field Imperial Beach, located 10 miles south of the base on the U.S. and Mexican border.

Naval Air Station North Island is headquarters to military flag staffs including: Commander Naval Air Force, U.S. Pacific Fleet, responsible for maintenance and training of all naval aircraft and aircraft carriers in the Pacific Fleet; Commander, Carrier Group One and Seven and Commander, Cruiser Destroyer Group One and Five. With all the ships in port, the population of the base is nearly 30,000 active duty, selected reserve and civilian personnel.

In October 1997, the commanding officer, NAS North Island assumed the duties of commanding officer, Naval Amphibious Base Coronado and added 30 tenant commands. The amphibious base, which was commissioned in 1943, houses Commander Naval Surface Force, U.S. Pacific Fleet, responsible for the training, maintenance and crews of the 90 ships of the

Pacific Fleet and Commander Naval Special Warfare Command, U.S. Pacific Fleet. Naval Special Warfare is an Echelon II command and component of the U.S. Special Operations Command. It is headquarters for the U.S. Navy SEAL and Special Warfare Combatant Craft Crewmen. Also stationed there are most of the Naval Expeditionary and Naval Special Warfare units of the Pacific Fleet as well as the famed Navy Parachute Team, the Leap Frogs. For additional information about Naval Base Coronado visit [www.cnic.navy.mil/coronado](http://www.cnic.navy.mil/coronado).

## NAVAL BASE POINT LOMA

Naval Base Point Loma was established Oct. 1, 1998 when Navy facilities in the Point Loma area of San Diego were consolidated under Commander, Navy Region Southwest. Naval Base Point Loma consists of seven facilities: Naval Base Point Loma, Main Base (formerly Submarine Base), Naval Mine and Anti-Submarine Warfare Command (NMAWC), Fleet Combat Training Center Pacific, Space and Naval Warfare Systems Command (SPAWAR), SPAWAR Systems Center, the Fleet Intelligence Command Pacific and the Consolidated Navy Brig at MCAS Miramar. These close-knit commands form a diverse and highly technical hub of naval activity.





The Naval Base Point Loma (NBPL) logo was designed by a NBPL Sailor and represents the diverse nature of the base. In the background, the lighthouse and roof of the Cabrillo National Monument represent the Point

Loma area itself. The eagle with a trident and saber in its talons, perched on an anchor, represents the support the Navy provides to the freedom of our country. Naval Base Point Loma, Main Base provides pier-side berthing and logistic support for U.S. Pacific Fleet submarine forces. Five nuclear-powered, fast-attack submarines and one diesel-electric research submarine are homeported at the base.

Commander, Submarine Force, U.S. Pacific Fleet representative, West Coast, is the authority for submarine operations on the West Coast. This staff command is located on Naval Base Point Loma, Main Base. Its responsibilities include operations, communications, intelligence and training. It also conducts inspections of West Coast submarine commands and has responsibility for Naval Reserve Affairs for Commander, Submarine Force, U.S. Pacific Fleet. ComSubPac representative West Coast also

serves as Commander, Submarine Squadron 11 and Commander, Submarine Training Group West Coast.

Other tenant commands include: Commander 3rd Fleet, responsible for the defense of western approaches to the U.S. and the director of joint, combined, intertype, and fleet exercises in the eastern Pacific; Commander, Submarine Development Squadron 5; Military Sealift Command, Pacific; Submarine Training Center, Pacific Detachment; six submarines, the floating dry dock Arco (ARDM 5), the Naval Recruiting District, San Diego; Tactical Training Group Pacific, Explosive Ordnance Disposal Training and Evaluation Unit ONE, the Naval Health Research Center, the Arctic Submarine Lab, the Submarine Intermediate Maintenance Facility, the Army 710th EOD Company, the Naval Reserve Intelligence Command, the Magnetic Silencing Facility, a Naval Weapons Station Seal Beach Detachment, the Navy Center for Tactical Systems Interoperability, two Personnel Support Detachments, four Navy Exchange facilities, the Navy's Abuse Rehabilitation Department and three U.S. Coast Guard cutters - USCGC Edisto, USCGC Tybee and USCGC Long Island. For additional information about Naval Base Point Loma visit [www.cnic.navy.mil/ptloma](http://www.cnic.navy.mil/ptloma).



## NAVAL BASE SAN DIEGO

Naval Base San Diego (NBSD) is the principal homeport of the Pacific Fleet, consisting of 57 Navy ships, 2 Coast Guard cutters and home base to 150 separate commands, each having specific and specialized fleet support purposes. Comprised of over 2,000 acres of land and 326 acres of water, Naval Base San Diego also includes outlying entities like Commander, Navy Region Southwest headquarters located in downtown San Diego and the Naval Medical Center in Balboa Park.

The property on which Naval Base San Diego is now located was deeded to the U.S. Government by the city of San Diego on September 3, 1919. On February 15, 1921, the United States Navy acquired the land, buildings and some machinery. Later that year, on June 10, the USS Prairie was ordered to the area to take over and prepare the site for receipt of destroyers. On February 23, 1922, U.S. Destroyer Base San Diego was created by General Order 78. During World War II, the Destroyer Base was renamed U.S. Naval Repair Base San Diego. After World War II, the base was renamed to Naval Base San Diego expanding its mission to support the Pacific Fleet.

The commanding officer of Naval Base San Diego is also the designated assistant chief of staff for Regional Port Operations. As such, he is responsible for all regional Navy ship traffic and port berthing spaces in the San Diego area. He is also responsible for port services such as pier side logistics, a Liquid Cargo Division responsible for fueling and a bay-wide, on-call, fuel spill rapid reaction team.

Naval Base San Diego is located at the southern end of San Diego Bay, bordering the city of San Diego and extending into National City. It coordinates the Region's most ambitious south-bay community relations programs, including the bi-annual Main Street Clean-up and participation in Operation Clean Sweep. Collectively, these and other efforts mobilize more than 1,000 volunteer Sailors and their families each year. For additional information about Naval Base San Diego visit [www.cnic.navy.mil/sandiego](http://www.cnic.navy.mil/sandiego).

## 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, but also include sacramental ministry, pastoral counseling and religious education. If your spouse's squadron or ship is deployed, contact 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 five





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/MCX mini-marts, which are located on most San Diego military bases and at major military housing areas.

**MAIN Commissary & NEX/MCX Locations:** In San Diego, a paired main commissary, Navy Exchange (NEX) and Autoport are located onboard Naval Air Station North Island and Naval Base San Diego. There is also a main commissary and Marine Corps Exchange (MCX) located onboard Marine Corps Air Station Miramar. For locations, hours and merchandise available visit [www.navy-nex.com](http://www.navy-nex.com) or [www.usmc-mccs.org/shopping](http://www.usmc-mccs.org/shopping)

## 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/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 from 8 am to 9 am, 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.

Navy Gateway Inn & Suites (NGIS) provides quality on-base lodging facilities and services at reasonable rates for a mobile military community. 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 rival 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 on line at [www.DONlodging.net](http://www.DONlodging.net) or by calling 877-Navy-Bed.

### Navy Gateway Inns and Suites:

- 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 Mine & Anti-Submarine Warfare Command  
..... 619-524-0557

**Navy and Marine Corps Lodges:** There are two Navy Lodges and one Marine Corps Lodge in San Diego at: Naval Base San Diego, Naval Air Station North Island, and Marine Corps Air Station Miramar. Navy and Marine Corps Lodge reservations can be made on line at [www.DONlodging.net](http://www.DONlodging.net) or by calling 800-628-9466.

**Military Value Program (MVP):** For hotel military discounts, call the San Diego Housing Welcome Center for information, 619-556-8443.

**Hotel Voucher Program:** Enjoy savings at non-military hotels with MWR's Hotel Voucher Program. Contact your nearest San Diego Navy Base MWR Tickets and Travel office for a list of hotels participating in the program. Expect to save from 15% to 20% off

the regular hotel rate. To get a current price list and for ticket office locations visit [www.mwrtoday.com/Sandiego](http://www.mwrtoday.com/Sandiego).

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

## **FAMILY & UNACCOMPANIED HOUSING**

The Navy Region Southwest (NRSW) Housing program provides modern, comfortable facilities that reflect the Navy's commitment to quality of life. In addition, the Housing program provides a variety of housing placement and real estate services to our customers. From transient and permanent lodging for single Sailors to multi-room housing units for our families, the NRSW Housing professionals provide high quality facilities and services.

A variety of on and off-base housing is available to meet the specific needs of Sailors and their families. Family Housing includes one-, two-, three-, and four-bedroom apartment, townhome and single-family houses. Many units are undergoing renovation and new units are being built in various locations. Many housing areas feature Youth Recreation Centers and MWR activities.

Under Public Private Venture, management and upkeep of our Family Housing units in NRSW have been privatized. Lincoln Property Company and Clark Realty Capital are the Navy's partners in the project and are responsible for management, upkeep and construction of our Family Housing units. Many activities specifically designed for military lifestyles, including social gatherings, children and youth activities, and resident services, are provided in our privatized housing.

The Housing Welcome Center offers personalized housing services specializing in finding both temporary and long term, apartment, condo, and home rentals. Other services include local area orientation and home buying counseling. All military personnel, unaccompanied and accompanied, their families, as well as, DoD employees are eligible for these services. Additional information can be found at [www.cnic.navy.mil/navylifesw](http://www.cnic.navy.mil/navylifesw) or call 619-556-8443. The Housing Welcome Center is located onboard Naval Base San Diego at 625 LeHardy Street, Bldg 3544, San Diego, CA 92136.

## **Single Sailor Housing Options**

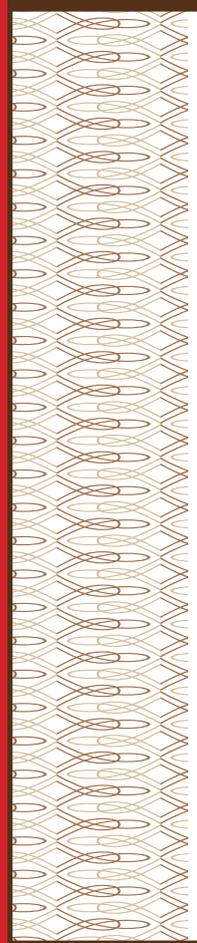
Bachelor Housing includes both permanent party and visitors' quarters facilities. Units are periodically updated to reflect the latest features. Bachelor Housing on Naval Base San Diego is the Navy's first Public Private Venture. Palmer Hall services junior enlisted next door to Pacific Beacon, a modern complex that features dual master suite apartments with full kitchens, a wi-fi lounge and a terrace swimming pool. The target residents are E4 – E6 personnel. To learn more about this resort-like opportunity onboard Naval Base San Diego visit [www.pacificbeacon.com](http://www.pacificbeacon.com). Future Bachelor Housing PPV initiatives are planned within the San Diego area.

## **Why Choose Military Family Housing?**

Military housing provides military service members and their families many benefits over living in civilian housing including:

- Your BAH covers your rent, utilities, \$10,000 Renter's 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.
- Family Housing is managed by Lincoln Military Housing in partnership with Navy Region Southwest. 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.





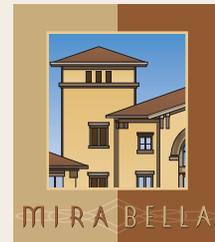
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**See our Special Military Offers in the Housing Section of the Editorials**

### How to Apply for Military Family Housing

All officers and enlisted personnel with accompanying dependents are eligible to apply. Applications must be processed through the Housing Welcome Center, 2625 Le Hardy Street, Bldg. 3544, San Diego, CA 92136. Tel: 619-556-8443; email: [web.housing@navy.mil](mailto:web.housing@navy.mil), Fax: 619-556-8012. For full military family housing information including neighborhood profiles, visit [www.lincolnmilitary.com](http://www.lincolnmilitary.com), click on California and choose Naval Complex San Diego.

### On-line Housing Resources

Automated Housing Referral Network (AHRN): The AHRN web site is a free resource for locating available housing. Listings include local community rentals, military housing, and shared rentals. The site is available 24/7, and is sponsored by the Department of Defense. Find BAH calculators and other useful options, as well as, view photos of available listings to target places that fit your needs and budget. If you are renting, buying, selling, or looking for housing in the local community, visit [www.AHRN.com](http://www.AHRN.com). For additional information and assistance contact the Housing Welcome Center at 619-556-8443.

### Civilian Housing

The Housing Welcome Center maintains a free listing service with a database consisting of more than 4,000 rental and for sale properties. The service is available to all married and single personnel as well as DoD civilians. 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.

### Home Buying Assistance

Real Estate counseling services are also available at the San Diego Housing Office for personnel buying or selling a home. These services are for active-duty personnel and their families or DoD personnel with PCS orders to the San Diego area. Information on topics such as veteran assistance and Cal-Vet Home Loan Programs, home buying workshops, and first-time, home-buyer assistance are available on a first come, first serve basis, Monday to Friday, 8 am to 5 pm. Local market information, lending programs, and a list of qualified service providers are also available to help families understand the home buying and financing process. For more information, call 619-556-9970, or DSN, 526-9970.

### Tenant/Landlord Mediation

In an effort to maintain good community relations while assisting military families, the Housing Referral Office assists in mediating tenant and landlord complaints involving military personnel. Housing specialists are available to advise you about your rights and responsibilities as a renter. These specialists



will provide check-off sheets to document the condition of the residence during your moving process. If the landlord or tenant expects problems, the specialists will accompany the parties in dispute on the checkout inspection. This is often helpful in preventing legal action.

### Security Deposit Guarantee Program

This program enables E-1 to E-5 to spread the cost of their security deposit throughout the term of their lease. Instead of one large payment, smaller amounts are paid each month.

### Utility Assistance Programs

Information is available regarding various utility subsidy and military discount programs. Points of contact and telephone numbers for gas, electric, water and telephone connections are also available in the Military Family Housing Office.

### 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 Monday to Thursday from 7:30 am to 4 pm, and Fridays 7:30 am to 2 pm (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 (VPC) at Naval Base San Diego

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 Frequently Asked Questions can be found at [www.whereismypov.com](http://www.whereismypov.com). Or call, 619-563-6321 or 877-344-8972, fax number is 619-563-6320.

### Full Service Property Management And Real Estate Sales



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## ***FLEET AND FAMILY SUPPORT***

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

Fleet and Family Support Centers (FFSC) operate at each base 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 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/or experience to assist Sailors and family members meet 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.

Following are some of FFSC's most popular programs; those not listed are included in other sections of this publication.

**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 deployment by assisting them to better anticipate and understand the physical and emotional demands associated with deployment. Prior to deployment, the FFSC and Chaplain Corps provide Sailors and their families 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. FFSC also supports the Ombudsman program which provides a communication link between the families and the Command. Individual Augmentees (IAs) and their families can access a wide range of support for every stage of their deployment cycle as well.

**The Career Options and Navy Skills Evaluation Program (CONSEP)** is a military life-cycle education and training initiative. CONSEP has been designed to help Sailors identify their individual skills and talents, develop long-term career, professional and personal goals, plan for personal financial stability, research related civilian skills or qualifications, establish effective long-term career planning objectives, and emphasizes the value of continuing a Navy career.

**Personal 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/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 (FERP) addresses those challenges in basic workshops, career planning, résumé 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 FERP also provides employment support and educational referrals for military family members as they relocate due to re-assignment.

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

**Relocation Assistance:** The constant in the life of the military member and their family is change. FFSC offers information on the moving process, entitlements, new duty stations, and tips for success. Additionally, welcome aboard packages and other information are available to military members and their families who are new to the area. From access to basic household items to individual support 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. By tradition and law, retired military personnel and their family members are entitled to certain rights, benefits and privileges. The Retired Activities Office, which is staffed by volunteers throughout the region, 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, résumé assistance and financial consultation appointments at a Navy Region Southwest Fleet & Family Support Center, call the Centralized Scheduling Center at the 24-hour toll free number 866-923-6478. You can also register online for most classes at: [www.cnic.navy.mil/navylifesw](http://www.cnic.navy.mil/navylifesw).

## **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 and Family support to military family housing areas in San Diego County, including locations miles away from Navy installations. The FRE is a traveling resource and referral vehicle that visits military housing areas and special events – stop by if you see us in your neighborhood.



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

*Naval Base San Diego  
3005 Corbina Alley  
Bldgs 259 & 263  
San Diego, CA 92136  
619-556-9866*

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

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

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

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

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

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

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



## **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.

### **Childcare**

Navy Child & Youth Programs (CYP) professionals are extensively trained to provide high quality, enriching childcare for our military families. To sign up or for more information about the CYP services listed below visit [www.mwrtoday.com/families](http://www.mwrtoday.com/families), or call 619-556-8491, DSN 526-8491, toll free 877-235-6002 or email [crr@mwrsw.com](mailto:crr@mwrsw.com).

Navy Child Development Centers (CDC) are conveniently located on base and throughout the community. CDC programs serve ages 6 weeks to 5 years.

Child Development Homes (CDH) provide care to infants, toddlers, pre-school and school-age children in the certified provider's home. Providers are subject to the same high-quality standards for childcare as the Child Development Centers.

Hourly Care is also available, call 619-556-8491 to make arrangements or visit [crr@mwrsw.com](mailto:crr@mwrsw.com).

School Age Care serves military children from kindergarten to 12 years of age before and after school. Full-day programs are offered during summer and holiday breaks.

The Navy Youth Recreation Program is a year-round recreation and sports program serving youth from kindergarten to twelfth grade. Activities are designed to foster social interaction, fitness, and skills development. Youth Recreation Centers are conveniently located in eight San Diego military housing areas. For details visit [www.mwrtoday.com](http://www.mwrtoday.com).

Respite Childcare is a special program for children of Exceptional Family Member Program families. For more information, call 619-556-6114.

YMCA Childcare Resources: Call 800-481-2151 or visit [www.ymcacrs.org](http://www.ymcacrs.org) for income-sensitive programs.

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

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

## Basic Medical Information

**Insurance:** TriWest is the insurance provided for active duty service members and their dependents. Contact TriWest to confirm your enrollment status. They will provide the medical facility information available to you. Call TriWest Service Center at 888-874-9378 or visit [www.triwest.com](http://www.triwest.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: <http://www.med.navy.mil/sites/nmcsd/Patients/Pages/PediatricClasses.aspx>

## 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 postpartum, as well as teach child growth and development and parenting skills. Please contact new Parent Support at 619-767-1786.

**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 the “Budget for Baby” class or make an appointment to see a caseworker. Visit their website at <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 5 years of development and more! To order your free kit, call 888-5 FIRST 5 (888-534-7785). 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.mwrtoday.com](http://www.mwrtoday.com). Click on the installation, then Families, then on Youth Programs to find the nearest center location near you.

**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 Health Start Military Cluster, military families have access to these playgroups and many more resources. For more information regarding Healthy Start, call 858-496-0044 for playgroup schedule.





## SCHOOL DAYS

### School Liaison Services

Navy Region Southwest employs School Liaison Officers who serve as liaisons between the Navy installation commander, military agencies and schools by providing assistance in matters pertaining to student education. The School Liaison Officers 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. School Liaison Officers level the playing field for military children by ensuring maximum educational opportunities for academic success. Visit [www.mwrtoday.com/slo](http://www.mwrtoday.com/slo) for more information.

#### School Liaison Officers (SLO) in San Diego County

- Regional/Program Manager 619-532-4251
- San Diego Metro SLO 1 - (San Diego Unified) 619-991-2509
- San Diego Metro SLO 2 - (Coronado, South Bay, Chula Vista) 619-247-9109
- San Diego Metro SLO 3 - (Lemon Grove, La Mesa, El Cajon) 619-247-9082
- San Diego Metro SLO 4 - (San Diego Unified, West of 805/Coastal) 858-431-6482

### School Options

Public schools in California are funded primarily through state funds allocated through the annual state budget process. Education funding has not increased

as rapidly in California as it has in other states, and class sizes tend to be larger in all public schools in California. The average class size in San Diego for first and second graders is 25 students; at grades three to six, it is about 30 students; in middle school, the average is 34 students; and high school classrooms average 35 students. Some public school districts in San Diego offer two additional options regarding school placement; magnet or charter schools.

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.uscharterschools.org](http://www.uscharterschools.org) provides information about charter schools in general, along with information about laws and additional resources for parents. Also, the website [www.sdcoe.net/business2/dfs/charter/sdcoecharter.html](http://www.sdcoe.net/business2/dfs/charter/sdcoecharter.html) provides a listing of all the charter schools in San Diego County.

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).

**Homeschooling** 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 homeschooling. The correct homeschooling curriculum and support groups can help provide the best most enriching homeschooling experience for your child. Below are some websites to provide you with more information regarding homeschooling: The Homeschool 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 homeschooling or are just looking for more resources and curriculum ideas, the homeschool website can help: [www.homeschool.com](http://www.homeschool.com).

**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 homeschooling. 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.

## Choosing the Right School

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

### Year-round or a Traditional School Schedule

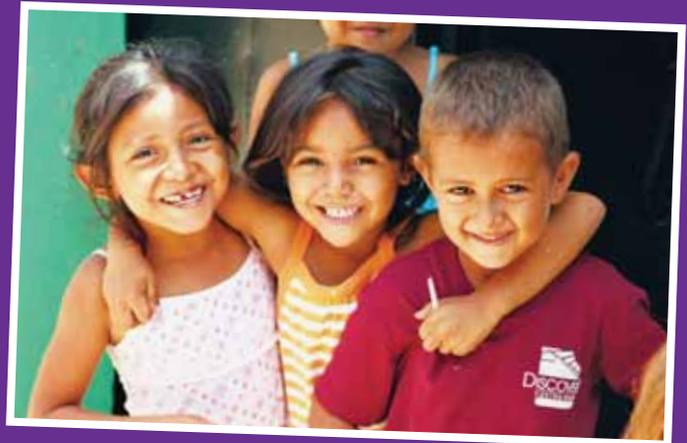
Not all schools in San Diego start in early September and end in the middle of June. There are some, including high schools, that operate on a year-round or staggered schedule. School Liaison Officers can help with information about school calendars, facilities, curriculum, resources, graduation requirements,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

## Student Online Achievement Resources (SOAR)

SOAR is a program for military families and the school districts that serve them. It aims to address the unique challenges facing military children in our nation's public schools, while benefiting the overall student population. As an interactive tool, students take an online assessment aligned to state standards and are then directed to individualized FREE tutorials to develop skills as needed. Parents can monitor their children's progress, while receiving resources. For more information on this incredible resource for military families, visit [www.soarathome.org](http://www.soarathome.org).

## The Interstate Compact Educational Opportunity for Military Children

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.





## School Districts

San Diego County has more than 40 independent school districts that provide educational programs for elementary and secondary school children. Each school system 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.

In San Diego County, there are three types of school districts: elementary, high school and unified. Unified districts contain both elementary and secondary grades. All school districts offer basic education programs, as well as special programs and services.

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. For more information, contact the San Diego County Office of Education located at 6401 Linda Vista Road, San Diego, CA 92111, 858-292-3500. Or visit [www.sdcoe.net](http://www.sdcoe.net). For free comprehensive resource support and assistance in choosing the best school for you, contact a School Liaison Officer at [www.mwrtoday.com/slo](http://www.mwrtoday.com/slo).

**Online area school information and school report cards**

- San Diego County Office of Education: [www.sdcoe.k12.ca.us](http://www.sdcoe.k12.ca.us)
- Great Schools: [www.greatschools.net](http://www.greatschools.net)
- 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.mhf.dod.mil/pls/psgprod/>
- Military Child Education Coalition: [www.militarychild.org](http://www.militarychild.org)
- Facebook: [www.facebook.com/pages/Navy-School-Liaison-Officer/148752244220](http://www.facebook.com/pages/Navy-School-Liaison-Officer/148752244220)
- Tutor.com: [www.tutor.com](http://www.tutor.com) (free for military families)

## San Diego Unified School District

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.

San Diego City schools operate a system of neighborhood schools, with all children eligible to attend the school serving their residential address unless the school is severely overcrowded. In overcrowded schools, the district assigns new students to a school with space and provides free transportation.

Parents also have options 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.

Most schools, including all high schools, operate on a traditional calendar with school starting in early September and ending about the middle of June. There are 48 schools operating on year-round schedules. These schools also begin their year in September, but stagger the 180 days of instruction over the entire year, rather than nine months and give students three vacation periods. For more information, visit [www.sandi.net](http://www.sandi.net).

## Starting Public School

### All students must present:

1. Proof of residency, this can be a utility bill, rental agreement, mortgage document, or military housing orders.
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:

1. Proof of immunization against chickenpox. - or - Proof of having had chickenpox.

### Kindergarten & 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 five years or older, on or before December 2, to be eligible to attend Kindergarten for the current school year.

### All first-grade students:

1. Proof of recent physical examination.
2. Must be at least 6 years old by December 2 for the current school year.

**All seventh-grade students:** Must provide proof of vaccination against chicken pox, hepatitis B and a second MMR vaccination. (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 <http://www.militaryymca.com>

**“Everyone A Reader” Volunteer Tutor Program** provides trained volunteers who will read one-on-one with students in grades 1-3. 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 <http://www.sdcoe.net/lret2/la/?loc=ear>

**SOAR (Student Online Achievement Resource)** program is a free program for military families and the school districts that serve them. SOAR focuses on math, reading and language arts. SOAR content is most appropriate for students in grades 3-12. It is state-standards based and provides SAT and ACT prep material for high school students. Military families can gain information on state standards





for their current location as well as their next duty station, thereby providing children academic support. Please visit <http://www.soarathome.org> to gain further information regarding this program.

**Navy Knowledge Online (NKO) Library** offers resources for all children ages 3 and up. Kids have access to a live tutor, videos, eBooks, as well as Academic Skills Question Banks for grades 6-12. NKO also offers College Level Examinations Proficiency 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 Navy Knowledge Online, 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/contractors. [www.nko.navy.mil](http://www.nko.navy.mil)

**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 home, 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/cgisirsi/x/x/0/49/>
- Kid's Corner- <http://www.sandiego.gov/public-library/searching-the-net/children.shtml>

- Services for Children, Teens, and Young Adults- <http://www.sandiego.gov/public-library/services/children.shtml>
- Searching the Internet: Guide to the best web resources. <http://www.sandiego.gov/public-library/searching-the-net/index.shtml>

**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 option 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, recreational activities for youth 5-18 years of age. Check online at: [www.mwrtoday.com](http://www.mwrtoday.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 (five to twelve 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, homework help, join clubs and more. Services are provided at low cost, depending on rank and income.



## 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/presidential\\_freedom\\_scholarship.htm](http://www.scholarships4students.com/presidential_freedom_scholarship.htm)
- 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.com/GrantsScholarships/Scholarships.aspx](http://www.sdfoundation.com/GrantsScholarships/Scholarships.aspx)
- DECA Scholarship -- [www.deca.org/scholarships](http://www.deca.org/scholarships) or [www.commissaries.com/](http://www.commissaries.com/)
- Navy/Marine Corps ROTC Scholarship - [www.navy.com/navy/joining/education-opportunities/nrotc/](http://www.navy.com/navy/joining/education-opportunities/nrotc/)
- Marine Corps Scholarship Federation - [www.mcsf.org](http://www.mcsf.org)
- Navy League - [www.navyleague.org/scholarship](http://www.navyleague.org/scholarship)
- Navy Officer Spouses Club - [www.noscsandiego.com/scholarships.html](http://www.noscsandiego.com/scholarships.html)
- Miramar Officer Wives Club - [www.miramar.usmc.mil/Miramar\\_Officers\\_Wives\\_Club/Welcome.html](http://www.miramar.usmc.mil/Miramar_Officers_Wives_Club/Welcome.html)
- Scholarships for Military Children - [www.militaryscholar.org/](http://www.militaryscholar.org/)

**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, tee-ball, softball, tennis, flag football and cheerleading.

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

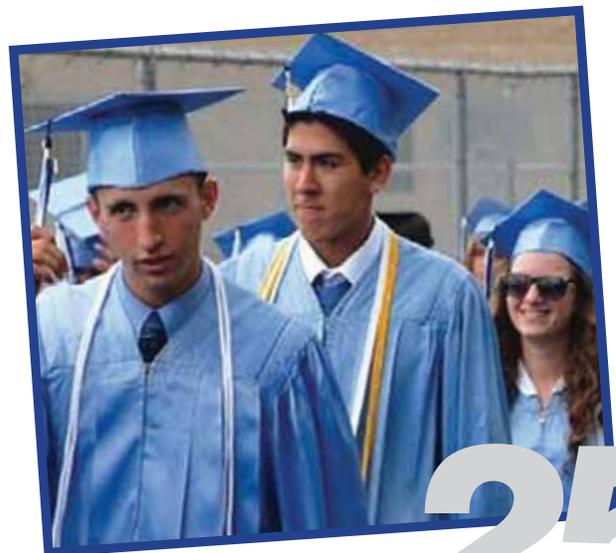
**Open Recreation Program** is available for youth 10-18 (18 if still in high school) to entertain themselves with billiards, board games, movies, tournaments, arts and crafts projects and special events. Open recreation is available at your local recreation or youth centers located in military housing.

**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 and Girls Club** offers many different types of youth and child programs in local neighborhoods. Go to their website to find the location nearest you [www.sdyouth.org](http://www.sdyouth.org) 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).





## **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, post-secondary preparation and special needs navigation to assist with the unique challenges facing military children. Find your School Liaison Officer at [www.mwrtoday.com/slo](http://www.mwrtoday.com/slo)

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

**STOMP-** Here you can download tips on moving with children with special needs. Go to [www.stompproject.org](http://www.stompproject.org)

**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.operationautismonline.org](http://www.operationautismonline.org) and click on "Tips for PCS Moves & Other Transitions."

### **Deployment Support Programs & 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 <http://www.sdbigs.org>

**Fleet and Family School Outreach Program** provides counseling and support services for children of military personnel. Some services, such as deployment support groups can be found at many school based locations. Ask at your child's school if deployment support groups are available on site, or call the Murphy Canyon Branch FFSC at 858-277-4259 with questions.

**Family Forces** provides individual, family, group and couples counseling services to military children and families. Services are available at some school sites, at an office setting or in your home. Services are billed through your insurance. To learn more call 760-300-3313 or ask at your school for a referral. You can also visit <http://www.mhsinc.org/family-forces>

**Operation Purple Camp:** This summer camp is provided for military children who have at least one parent deployed. All service branches are eligible to apply.

Command Ombudsman uses volunteers, appointed

by a 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 the following website to gain further information regarding command ombudsman, [www.ffsp.navy.mil](http://www.ffsp.navy.mil).

**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.militaryymca.com](http://www.militaryymca.com)

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

**Operation Military Kids** goal is to connect military children and youth with local resources in order to achieve a sense of community support and enhance their well-being. Programs include Hero Packs for kids, summer camps and more! For more information visit [www.operationmilitarykids.org](http://www.operationmilitarykids.org)

## **Families with Exceptional Needs (EFMP)**

The **Exceptional Family Member Program** 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. Below is a list of both military and civilian resources that are available to you.

**EFMP (Exceptional Family Member Program)** is a mandatory program requiring enrollment of all dependents that reside with their active duty sponsor and have special needs. Contact the EFMP coordinator at 619-532-8586 or the EFMP Regional Liaison at 619-556-6899, or visit FFSC for an orientation and resource information.

**STOMP (Specialized Training for Military Parents)** provides workshops about parents' rights and understanding the special education system. Parents

receive valuable resources and tips on advocating for their children during the workshops. Call 800-5-PARENT or visit [www.stompproject.org](http://www.stompproject.org)

**Military Homefront** 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 towards helping military families with special needs children navigate the maze of medical and special education services, community support and benefits and entitlements. Visit [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)

**Navy EFMP Respite Care** is a partnership between the U.S. Navy and NACCRRRA and is specifically designed for Navy families who have children identified as Exceptional Family Members (EFM), category IV or V. Respite care helps Navy families with children with special needs by providing 40 hours of respite care per month so they can leave the house, go to an appointment, or just rest, while knowing that their child is well cared for. To learn more call 800-424-2246 or visit <http://www.naccrra.org/MilitaryPrograms/Navy/>

**TASK (Team of Advocates for Special Kids)** provides information and free workshops for families with children with special needs. TASK can be contacted at 619-794-2947 or visit [www.taskca.org](http://www.taskca.org)

**EFRC (Exceptional Family Resource Center)** offers support groups and information for families with children with special needs. This center can provide parent to parent support and education. Please visit [www.efrconline.org](http://www.efrconline.org) or call 619-594-7416.

**How Kids Develop** website provides information for parents about developmental milestones and tips on improving behavior and development. It also provides information about programs offered through Rady Children's Hospital. The How Kids Develop Website is available at [www.howkidsdevelop.com](http://www.howkidsdevelop.com)

**Healthy Start Military Cluster** offers free developmental check-ups and referrals to services if needed. Services are for military children 0-5 years old in the Murphy Canyon, Chesterton, Serra Mesa, and Point Loma communities. The program also offers workshops for parents and playgroups in local military neighborhoods. The Healthy Start Military Cluster can be contacted at 858-496-0044.



**First 5 San Diego Healthy Development Services (HDS)** is a FREE program offered to children and their caregivers throughout San Diego County. ALL children ages birth to 5 years 11 months who have not entered kindergarten are eligible. Services offered include developmental check-ups and services, behavioral consultations, hearing and vision services. The contact information for First 5 San Diego Healthy Services is 888-5-FIRST-5.

**San Diego Regional Center (SDRC)** is a countywide public program where families can access services for their children with special needs. Contact SDRC for information about eligibility and services (Birth to three) 858-496-4318 and (3 yrs and older) 858-576-2938.

School Districts are committed to providing young children and eligible students with disabilities a free and appropriate public education consistent with federal and state laws. These laws require the district to identify, locate and assess all students within the district from birth to 21 years of age who may have disabilities, and then provide appropriate support and/or related services to those eligible. Services are provided through an Individualized Education Plan (IEP) or 504 Plan. To ask about special education, call your local school district or contact the School Liaison Officer for your area.

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

**Parents as Teachers Heroes at Home** provides military families with support and education throughout pregnancy until your child reaches kindergarten. Parents receive personal visits to learn about the development of their child and ways to address parental concerns. Parents have access to a parenting network for enhanced support as well as access to an extensive resource network. To enroll in Heroes at Home, call 619-767-7026 or 619-767-7282, or to read more go to [www.parentsasteachers.org](http://www.parentsasteachers.org) and click on the Heroes at Home icon.

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



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

**Dads on Duty** offered by Healthy Start Military Cluster, targets the unique challenges to parenting as a military service member. This class is a place where military dads can talk, listen, and learn about being the best dad you 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.

**Testing:** GED, Graduate Record Exam (GRE), College Level Examination Program (CLEP), Defense Activity for Non-Traditional Education Support (DANTES), Excelsior College Examinations (ECE), SAT and ACT testing is available, as well as test preparation classes. Fees may apply.

**Tuition Assistance benefits:** Up to \$4,500 per fiscal year for college and vocation programs for active duty service members.

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

**Education counselors** are available on a walk-in basis. For locations and contact numbers, visit [www.navycollege.navy.mil/ncp/findnco.cfm](http://www.navycollege.navy.mil/ncp/findnco.cfm)

**Regional Occupational Program (ROP):** Offers free occupational training programs to anyone age 16 and older. More than 265 courses are offered per year.

Courses taken for college credit may require payment to a local community college. Visit [www.sdcoe.k12.ca.us/rop/](http://www.sdcoe.k12.ca.us/rop/) 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.

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

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

**The USO's Downtown Center,** at the corner of 3rd and A Streets, is open every day of the year from 11 am to 9 pm 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 9-station cyber canteen with free Internet access, special holiday events, a children's playroom, two flat panel televisions with surround sound, DVD movie library, Play Station 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.

# HEALTH CARE

## TRICARE/TRIWEST

TRICARE/TRIWEST Healthcare Alliance administers the TRICARE program for military service members and their families in the 21-state western region. Once you're in California call 888-TRI-WEST to register with TRIWEST, update your address and find a provider. TRICARE offers three programs: Prime, Extra, and Standard. For more information about TRICARE or TRIWEST, visit [www.tricare.mil/mybenefit/or](http://www.tricare.mil/mybenefit/or) [www.triwest.com](http://www.triwest.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:** Locate contracted civilian dentists through the United Concordia TRICARE Dental Program at [www.tricare dental program.com](http://www.tricare dental program.com). 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 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 on our website, visit [www.med.navy.mil/sites/nmcsd](http://www.med.navy.mil/sites/nmcsd) or call: NMCS D One-Stop Appointment Line, 619-532-7848 / 877-262-6476 or Quarterdeck, 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 over 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 on our Web site, visit [www.med.navy.mil/sites/nmcsd](http://www.med.navy.mil/sites/nmcsd) or call: NMCS D One-Stop Appointment Line, 619-532-7848 / 877-262-6476 or Quarterdeck, 619-532-6400.

## Veterinarian Services

The MCAS 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 for retail sales (flea and heartworm prevention, oral care) daily. 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.





## ***FAMILY EMPLOYMENT***

The Navy recognizes that frequent relocations associated with the military lifestyle create career challenges for military spouses. The Family Employment Readiness program (FERP) addresses those challenges in basic workshops, career planning, résumé 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 FERP also provides employment support and educational referrals for military family members as they relocate due to re-assignment.

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

**Adecco Staffing:** Adecco Staffing is a temporary employment agency that has partnered with the Navy to offer military spouses an easy transition. Adecco visits the FFSC Career Center at Naval Base San

Diego every other Friday to meet with prospective employees. Contact the FFSC Career Center at 619-556-9866 for more information.

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

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

**Military Family Career Guidance & Placement Interviews:** Ready to get into the work force? Maybe you're not sure where to start. Interview with the Fleet, Family & Child Program's (FFCP) Career Guidance and Placement Managers and have your résumé reviewed, education and experience declared, and career goals expressed. Your FFCP Career Guidance and Placement Managers work to place you into a portable career, enhancing your family readiness. Call 858-277-4259 today to make your appointment!

# MORALE, WELFARE & RECREATION



Welcome to the world of Morale, Welfare and Recreation 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 Morale, Welfare and Recreation (MWR) programs. MWR is more than the many and diverse services you'll find on board 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 program, childcare, 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.mwrtoday.com](http://www.mwrtoday.com) for up-to-the minute opportunities.





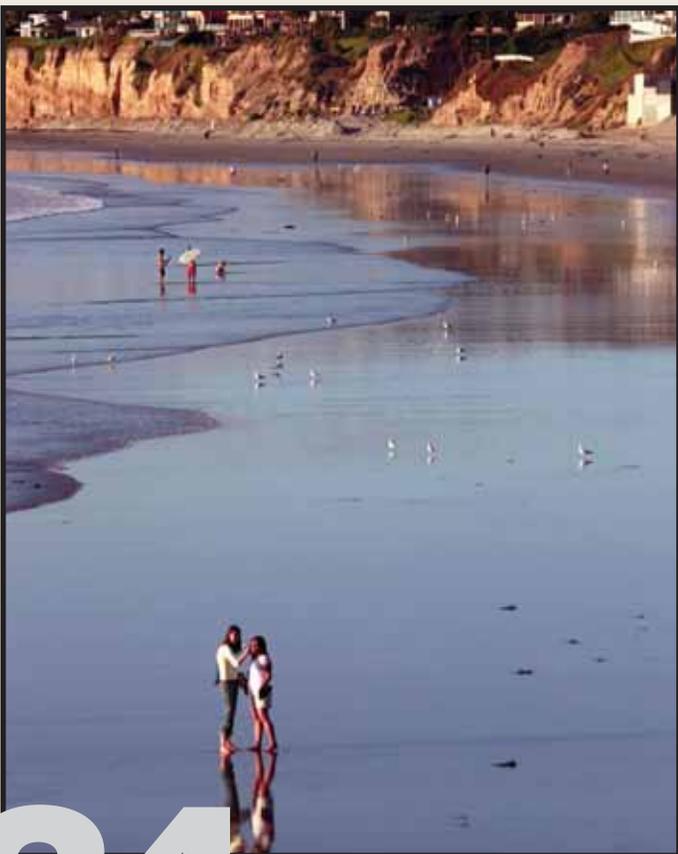
## AQUATICS

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 Admiral 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 ft waterslide, heated outdoor pool and a wading pool for infants and smaller children. Sign up for summer swim classes weekday mornings and evenings. 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 NBSD and NASNI 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, 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 bowl for free from 11 am-1 pm every Monday at Sea 'N Air Lanes at NASNI and on Tuesdays at NBSD.

The Centers host parties for all occasions and have several party packages to choose from. 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 recreation and fitness opportunities to active duty personnel stationed aboard ships. The program provides professional staff, equipment and supplies needed to offer recreation and fitness programs on the ship. 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.



## DINING SERVICES

On-base facilities offer a wide range of services designed to provide affordable and high quality dining, entertainment and catering options to our Sailors and their families. Galleys and snack bars offer quick serve menus. A variety of cafés offer menu service to all customers on our many bases. The program's Catering facilities offer upscale lunch buffets and Champagne Sunday brunches in elegant dining atmospheres.

NRSW Catering facilities are ideal for any size catered event, and professional, knowledgeable catering experts are there to help with event planning. NRSW catering facilities boast many premier locations with beach front venues, bay views, and lush greenery overlooking our picturesque golf courses. Menus can be tailored to fit any occasion or budget, from small staff meetings to Command functions and private weddings. Facilities are available to active duty, retirees, reservists and Department of Defense employees.

## 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, lifecycles, 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 white water rafting, rock climbing, hiking, fishing and camping. Recreation equipment such as tents, sleeping bags, skis, kayaks, backpacks, bicycles and fishing poles are available for check out.

## 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 Admiral Baker Golf Course located off Friars Road near Qualcomm Stadium.

Admiral 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 beach-side 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, 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. 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.mwrtoday.com/sandiego/movies](http://www.mwrtoday.com/sandiego/movies).

## PICNICS AND PLAYGROUNDS

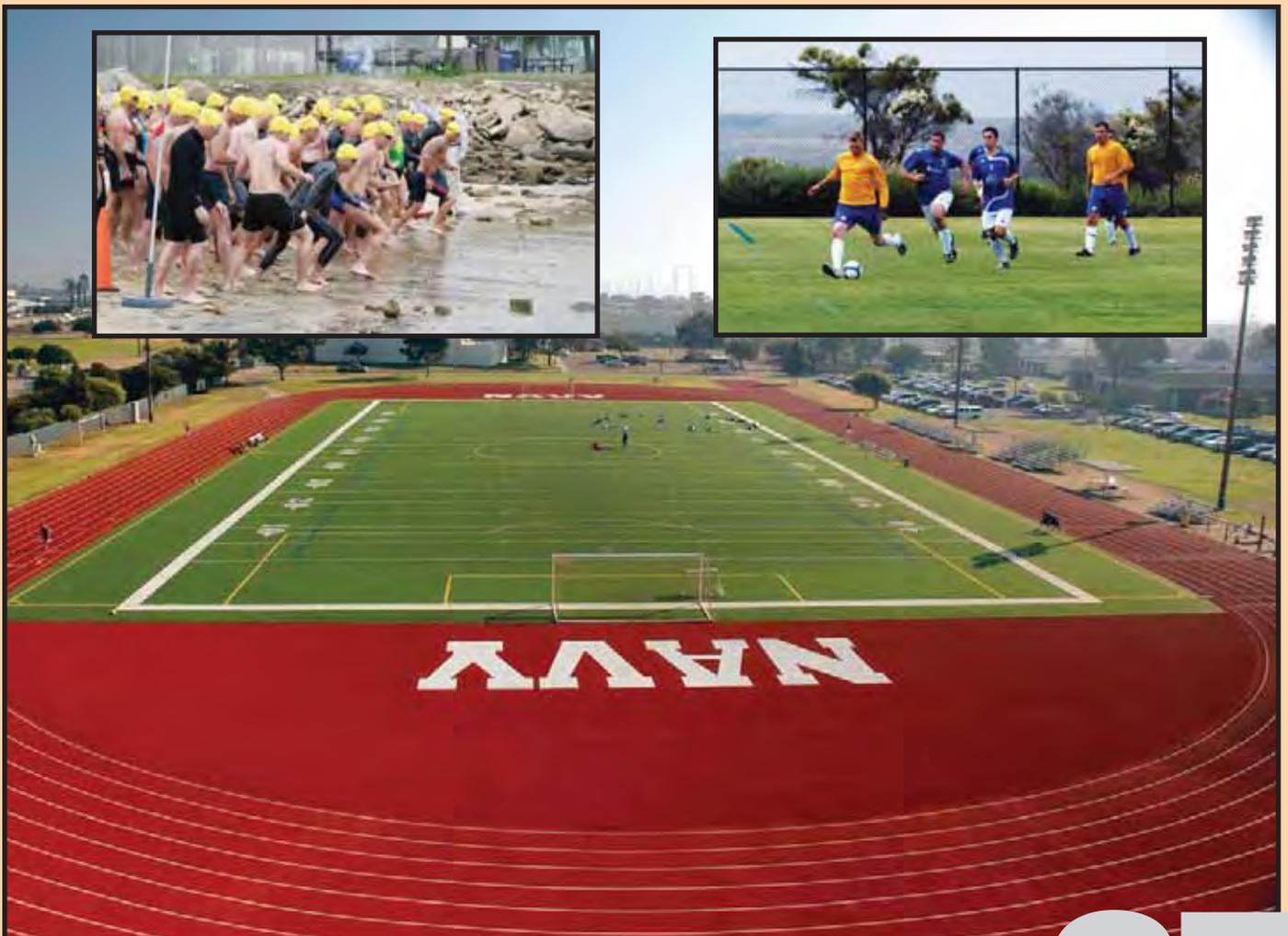
Picnics and playgrounds are a popular venue for families and friends, and there are acres of picnic areas at each of our bases and the Admiral Baker Recreation Area located in the heart of Mission Gorge near Friars Road and I-15. MWR picnic areas have playgrounds, barbecue pits, sports fields, courts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

## RV PARKS

Plan an RV Vacation at Fiddler's Cove RV Park, located along the scenic Silver Strand or at Admiral 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. Admiral Baker RV is in the midst of a lush park area with swimming pool, picnic grounds and adjacent to two 18-hole golf courses.

## 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.

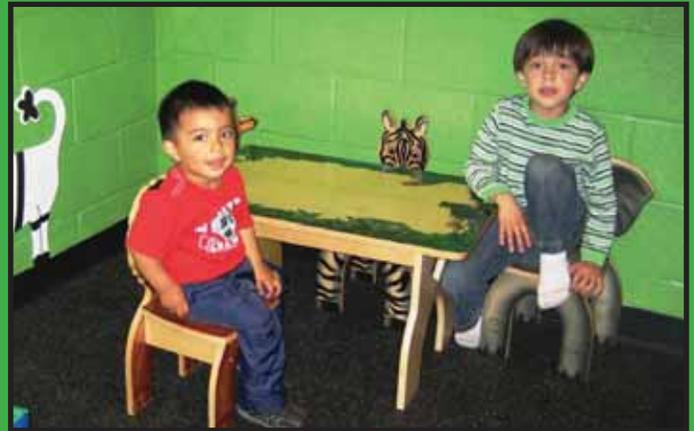


## TICKETS AND TOURS

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 also have coupon books for local restaurants, retail outlets and events. The Tickets and Tours 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, tae kwon do, 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. MWR also hosts the annual Family Spring Festival and Family Holiday Party. Both are free events chock full of fun during holiday seasons.





# 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.mwrtoday.com/sandiego](http://www.mwrtoday.com/sandiego).

## Visitors Information

For visitor information, maps, brochures and Visitor Guides, stop at the International Visitor Information Center, an official visitor center of the San Diego Convention And Visitors Bureau. Located on the northeast corner of West Broadway and Harbor Drive, the Visitor Center is open daily from 9 am to 4 pm through May. In June, July, August and September, it's open daily 9 am to 5 pm. 619-236-1212 or visit [www.sandiego.org](http://www.sandiego.org)

## 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,

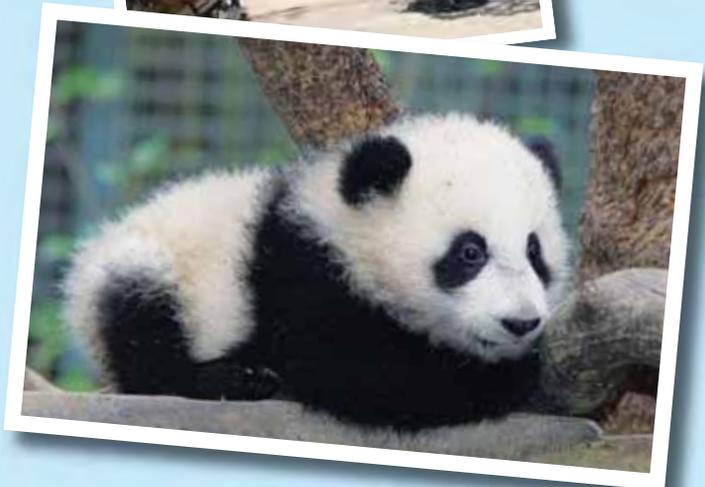
live music and talented street performers. Past the historic Fish Market heading north is the USS Midway Museum where you can experience life at sea without leaving port by visiting this historic naval aircraft carrier museum. Less than a block away on Broadway Pier you can take a harbor excursion or 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, built in 1863, which has circled the globe 27 times. [www.thebigbay.com](http://www.thebigbay.com)

## Gaslamp Quarter

Located in the heart of the city, the Gaslamp Quarter has become the hub of cultural activities. Encompassing 17 full blocks, the Gaslamp Quarter has a predominately Victorian feel among the skyscrapers surrounding the district. With over 60 fine dining establishments, galleries, clubs and music ranging from jazz to country and western, this locality promises quality time in a quality setting. [www.gaslamp.org](http://www.gaslamp.org)

## Balboa Park

Balboa Park is the largest urban cultural park in North America. 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



### **Old Town State Park**

San Diego's Old Town State Park 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. Free walking tours are offered daily at 11 am and 2 pm from the park headquarters. You can also visit charming Heritage Park Row, where a number of Victorian buildings scheduled for demolition were relocated. [www.oldtownsandiego.org](http://www.oldtownsandiego.org)

### **Hotel del Coronado**

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

### **Cabrillo National Monument**

This 144-acre park at the end of Point Loma features a statue of Juan Rodríguez 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 a 422-foot-high lookout. 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. [www.nps.gov/cabr](http://www.nps.gov/cabr)

### **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 Park, 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 one of the largest collections of sharks in the world. And of course, Shamu! The summer is a great time to watch the firework shows. [www.seaworldsandiego.com](http://www.seaworldsandiego.com)

Colonial Revival architecture, constructed for the Panama-California Exposition (1915-16), 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, 13 museums, art galleries, the Reuben H. Fleet Space Theater and Science Center, the Tony Award winning Globe Theater, one of the nation's largest outdoor organ pavilions and the California Tower with a working 100-bell carillon. [www.balboapark.org](http://www.balboapark.org)

### **San Diego Zoo**

The world famous San Diego Zoo occupies 100 acres of Balboa Park, and houses 4,000 animals of 800 species of rare or endangered animals and 6,500 varieties of 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. [www.sandiegozoo.org](http://www.sandiegozoo.org)

### **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 2,000-acre wildlife preserve features more than 3,000 free-roaming animals that live in enclosures that simulate their natural habitat. [www.sdzsafaripark.org](http://www.sdzsafaripark.org)

## Belmont Park

Belmont Park is San Diego's Beachfront Amusement Park & Entertainment Center located one 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), swim at The Plunge or ride the waves at Wave House, 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 food court. [www.belmontpark.com](http://www.belmontpark.com)

## San Diego Botanic Gardens

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, native coastal sage natural areas and the largest interactive children's garden on the West Coast. [www.sdbgarden.org](http://www.sdbgarden.org)

## 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 displayed in more than 30 aquariums and interactive displays, an education center and a manmade tide pool. [www.aquarium.ucsd.edu](http://www.aquarium.ucsd.edu)

## 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. [www.californialegoland.com](http://www.californialegoland.com). Also on site is Sealife Aquarium, and for summer fun, LEGOLAND Water Park.

## Knott's Soak City San Diego

Knott's Soak City San Diego is the county's wildest water adventure park! Located in Chula Vista, the park offers thirty-two water-logged acres packed with 22 of the most intense water rides imaginable. [www.knotts.com](http://www.knotts.com)

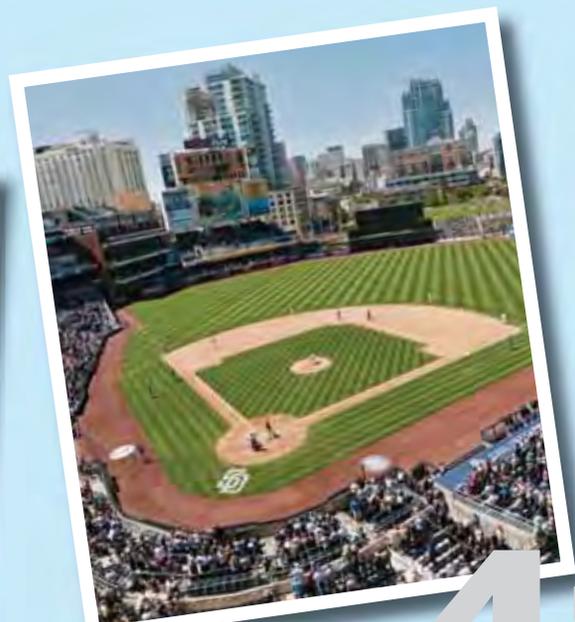
## Sporting and Event Venues

### Qualcomm Stadium

Located in Mission Valley, it was officially opened in 1967 as San Diego Stadium. It was later renamed 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 swap meets, rock concerts and motocross. [www.stadiumsandiego.net](http://www.stadiumsandiego.net)

### Petco Park

Petco Park is the home of the San Diego Padres, spectacular in every way, combining the best sight lines in baseball with breathtaking views of San Diego. Architecturally magnificent, it celebrates the sea, the sky, the 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. [www.petcoparkevents.com](http://www.petcoparkevents.com)

## Viejas Arena

At the Aztec Bowl on the SDSU 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. [www.as.sdsu.edu/viejas\\_arena](http://www.as.sdsu.edu/viejas_arena)

## Cricket Wireless Amphitheatre

Cricket Wireless Amphitheatre, in Chula Vista is the area's first major concert facility designed specifically for music. Cricket Wireless Amphitheatre is an outdoor performing arts theatre with reserved seating for about 10,000. The attractively-landscaped lawn outside the theatre also provides an additional seating for 10,000 guests for a very memorable event. [www.amphitheatrechulavista.com](http://www.amphitheatrechulavista.com)

## San Diego Convention Center

The rejuvenated jewel of the downtown area, this 560,000 square-foot facility overlooks San Diego Bay and is the host to numerous events that are open to the public. It is the site from everything from Comic-Con to international auto shows. [www.sdccc.org](http://www.sdccc.org)

## 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/July, annual live horse racing meets July through September, Professional Bull Riding in August, 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. [www.delmarfairgrounds.com](http://www.delmarfairgrounds.com)

## Neighboring Communities

### Coronado

Enjoy the charm of Coronado, take a ferry boat from the B Street Pier to the Coronado Ferry Landing or drive over the beautiful Coronado Bay Bridge to the Hotel Del Coronado or down the Silver Strand. Relax at one of the fine resorts, hotels or B & Bs. Dine at your choice of close to 100 restaurants. Take home a souvenir from more than 200 unique shops, boutiques and galleries. Watch the sun set over the Pacific from award-winning beaches. Call the Visitor Center at 619-437-8788 or visit [www.coronadovisitors.com](http://www.coronadovisitors.com).

### Mission Bay

Mission Bay is a 4,600-acre aquatic park dedicated to those who appreciate leisure time near the water. There is an inexhaustible array of activities to include swimming, boating, jet-skiing, power boating, fishing or sailing. The 17 miles of coastline is also popular for walking, swimming, kite flying, bicycling and picnicking. Located on the shores of Mission Bay are SeaWorld, Fiesta Island and Belmont Park.

## 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 southwesterly city on the U.S. mainland. South of Imperial Beach are the Tijuana Estuary, Borderfield Park and the 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, Newport Avenue Shopping District, and an Antique District.
- Mission Beach is famous for its oceanfront boardwalk, sandy beaches, Belmont Park, The Wave House, many restaurants, clubs, hotels and shops.
- Pacific Beach is a haven for young people, especially college students. At its center is the Crystal Pier built in 1929 and home to rental cottages suspended over the surf. A 3 ½ mile long concrete boardwalk extends from South Mission Beach to North Pacific Beach.



## 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 Cuvier Street to the elegant shopping and dining district around Prospect Street and Girard Avenue. Near the corner of Herschel & Prospect Streets is the San Diego Convention & Visitors Bureau's La Jolla Visitor Center, which is open daily.



## Del Mar

Del Mar means "by the sea." Two beautiful beaches, the famous Torrey Pines State Reserve, sunny weather, an annual fair and the famous Del Mar Racetrack attract visitors who come to enjoy sports and recreation near the ocean. Located 20 miles north of the City of San Diego, the main attraction of visitors is the beach and sunny weather, the annual San Diego County Fair and the well-known Del Mar Racetrack.



## Torrey Pines

The Torrey Pine is one of North America's rarest pines. Only two native species exist; one in coastal San Diego, and the other on Santa Rosa Island near Santa Barbara. The Torrey Pines State Reserve just north of La Jolla features 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 visitors center. [www.torreypine.org](http://www.torreypine.org).



## 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 Fair, the largest one-day street fair in the nation (held the first Sunday of May and November). Carlsbad is also home to the famous Flower Fields, La Costa Resort & Spa, Four Seasons Resort Aviara, Carlsbad Triathlon, and Toshiba Tennis Classic.

## Oceanside

Oceanside is situated on three miles of sandy beaches and is an ideal mix of urban and rural environments blessed with an almost perfect, year-round weather. Oceanside Harbor and Harbor Beach are the ideal spots for an afternoon stroll or picnic. Oceanside Harbor, a man-made facility, is one of the best in southern California and considered to be one of the most beautiful. For shopping, Cape Cod Village plays host to many unique shops and restaurants.

## Mountains and Apple Pies

Julian is an 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 star gazing, fall is famous for apples and fall colors, and winter brings snowfalls and bright, crisp days. Julian is the B&B capital of Southern California. Specialty shops line the streets, attractions range from wineries to wolves. From the old time melodrama to the Grape Stomp Fiesta, 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, 4X4 routes, wildlife viewing and horseback riding. Or simply take a drive during springtime to see the Desert Wild Flowers. These desert perennials spring into bloom when water becomes available creating some spectacular views. Visit [www.anzaborrego.statepark.org](http://www.anzaborrego.statepark.org) for park information. Or visit [www.desertusa.com](http://www.desertusa.com) for other desert information.

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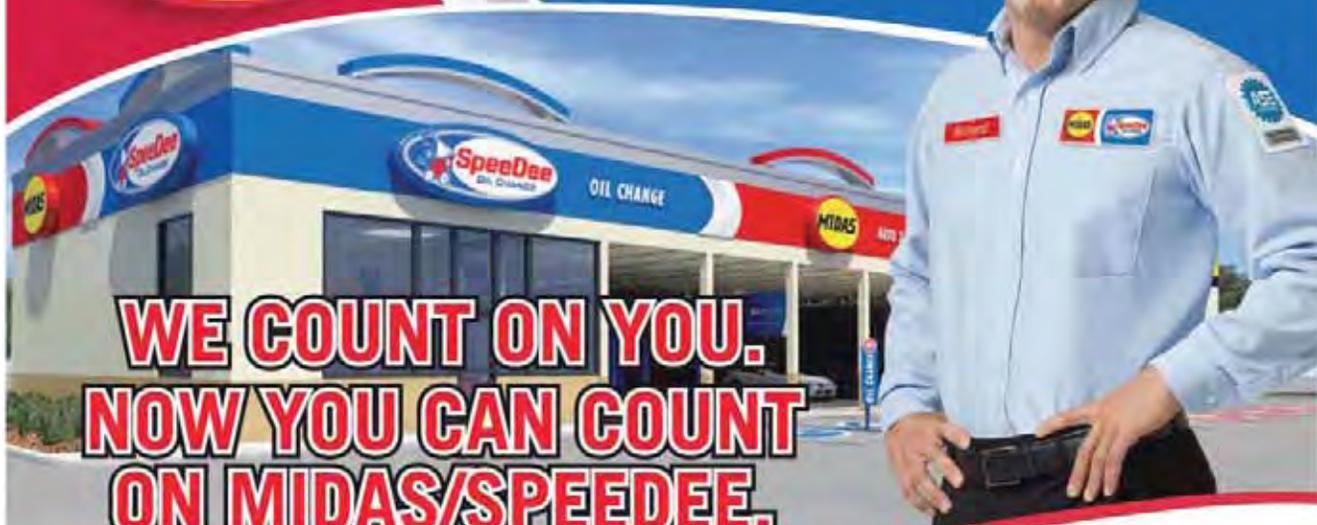
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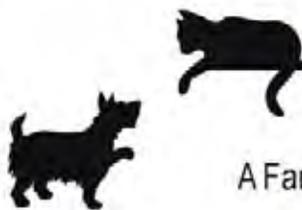



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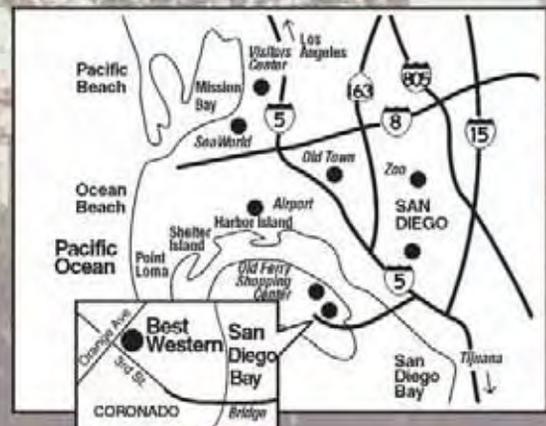
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# NAVAL BASE SAN DIEGO



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FACILITY	BLDG.	GRID
<b>Gate</b>		
<b>Trolley Stop</b>		
<b>Navy Gateway Inns &amp; Suites</b>		
<b>Family and Child:</b>		
ASYMCA	71	C-5
Child Development Center	3653	C-2
Child Development Referral Office	3639	C-4
Deployed Forces Support	71	C-5
Fleet & Family and Child Programs (FFCP)	263	B-5
Fleet & Family Support Center	259	B-5
Fleet & Family Support Counseling Center	261	B-4
<b>Housing and Lodging:</b>		
Housing Welcome Center	3544	B-5
Navy Lodge	3526	B-5
<b>Bachelor Quarters</b> (See Unaccompanied Housing (UH))		
<b>Navy Gateway Inns &amp; Suites (NGIS):</b>		
NGIS Check-In	3362	D-3
Copp Hall	3203	C-3
Donnelly Hall	3362	D-3
Ford Hall	3205	C-3
Vesta Hall	3144/3150	C-2
<b>Unaccompanied Housing (UH)</b> (Formerly Bachelor Quarters)		
UH Check-In	3362	D-3
Angelley Hall	3204	C-3
Axelson Hall	3632	C-3
Brunton Hall	3142	C-3
Dietz Hall	3630	C-3
Palmer Hall	3621	C-3

FACILITY	BLDG.	GRID
<b>Unaccompanied Housing continued:</b>		
Rambur Hall	3185	C-3
Retzer Hall	3631	C-3
Snyder Hall	3380	C-3
<b>Recreation and Fitness:</b>		
Admiral Prout Field House	3279	D-2
Admiral Robinson Recreation Center/OAC & Tickets	3223	D-3
Auto Skills Shop & Vehicle Storage	3234	E-2
Base Theater	71	C-5
Fitness Center & Swimming Pool	3279	D-2
Fitness Station	3417	D-2
Golf Performance Center	348	C-4
Harborside Sports & Fitness Complex	3477	H-2
Indoor Racquetball, Family Fitness	3317	E-1
Liberty Center	221	C-4
Olde Gym	223	C-4
Recreation Center	454	H-3
RECYARD	221	C-4
Ticket Office, Main Exchange	3379	B-4
Ticket Office (Pier 6)	548	E-3
Waterfront Recreation Center/Tickets	45	C-5
<b>Food and Drink:</b>		
Anchors Catering & Conference Cntr.	3210	D-2
Base Galley (Mercer Hall)	3202	C-3
Budweiser Brew House	45	C-5
Corner Pin Café & Lounge	3223	D-3
Food Court	3187A	B-4
NEX Mini-Mart	3301	D-3
Pierside Cafe (Pier 6)	548	E-3
Welldeck Pizza Parlor	454	H-3

FACILITY	BLDG.	GRID
<b>Shopping and Services:</b>		
Autoport Gas Station	3272	C-4
Car Wash	3160	B-5
Commissary	3459	B-4
Navy Exchange (Fleet/Uniform Shop)	3301	D-3
<b>Units and Organizations:</b>		
Center for Naval Engineering Learning San Diego (DC/FF SCOL)	3143	D-2
Combat Training Pool (Indoor)	153	C-5
CSP (N9) Regional Marketing	3532	E-2
Fire Station	3359	C-2
Naval Supply Fleet Logistics Center San Diego (NAVSUP FLC SD)	116	D-3
LCS Trainer	3292	D-2
LCSRON HQ	55	C-5
MWR Administration	3303	E-2
NAF Human Resources	3210	D-2
Navy Band Southwest	3320	C-4
Navy Marine Corps Relief Society	270	B-4
Navy Mobilization Processing Site (NMPS)	3232	D-2
Naval Base San Diego HQ	72	C-5
NEX Warehouse, Consolidated Mail Facility, Project Handclasp	3155	E-1
Pass & Decal Office	128	C-5
Personal Property Office	3376	B-5
Personnel Support Detachment Office	56	C-5
SWRMC HQ	37	D-4
Training Support Center (TSC)		
San Diego HQ	3290	C-2

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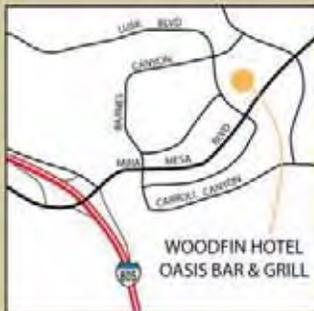
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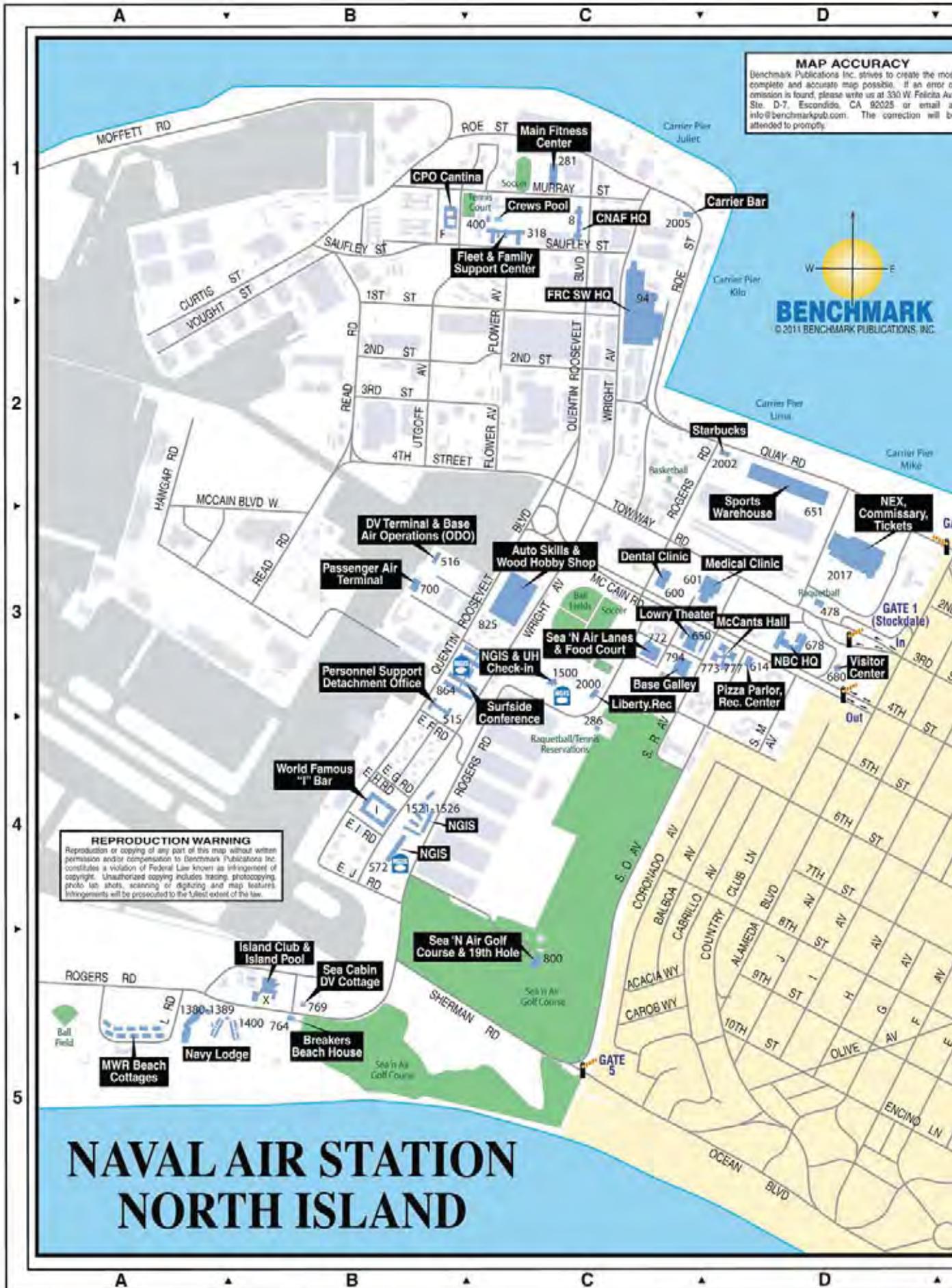
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# NAVAL AIR STATION NORTH ISLAND

FACILITY	BLDG	GRID	FACILITY	BLDG	GRID
Base Galley	300	G-2	Personnel Support Detachment Office	16	G-2
Bayside Deli	504	G-3	Q-Zone Liberty Center	337	H-2
<b>Bachelor Quarters</b> , See Unaccompanied Housing (UH)			SPECWAR BEQ	618	E-2
CNSF HQ	14	G-3	Theater	337	H-2
EODGRU-1 HQ	156	F-3	<b>Unaccompanied Housing (UH)</b> Formerly Bachelor Quarters		
EODMU-3	215	H-1	UH Check-in	302	G-2
EWTGPAC HQ	15	F-2	UH	303	G-2
Medical/Dental Clinic	506	G-2	UH	320, 321, 323	H-2
NAB Gym	162	H-1	UH	328, 329	G-1
Navy Exchange	18	G-2			
<b>Navy Gateway Inns &amp; Suites (NGIS):</b>					
NGIS Check-in	504	G-3			
NGIS	505	G-3			
NSW Training Center HQ	604	F-3			
NSWC HQ	624	E-2			
NSWC Medical Clinic	622	F-3			
NSWG-1 HQ	2	F-2			
Peak Physique Fitness Center	170	H-1			



# NAVAL AMPHIBIOUS BASE CORONADO

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## Naval Air Station North Island

FACILITY	BLDG	GRID
Auto Skills & Wood Hobby Shop	825	C-3
Base Galley	794	C-3
<b>Bachelor Quarters</b> , See Unaccompanied Housing (UH)		
Carrier Bar	2005	C-1
CNAF HQ	8	C-1
Commissary	2017	D-3
CPO Cantina	F	B-1
Crews Pool		C-1
Dental Clinic	600	C-3
DV Terminal & Base Air Operations (ODO)	516	B-3
Fleet & Family Support Center	318	C-1
FRC SW HQ	94	C-2
Island Club & Island Pool	X	B-5
LibertyRec Enlisted Recreation Center	2000	C-3
Lowry Theater	650	C-3
Main Fitness Center	281	C-1
Medical Clinic	601	D-3
MWR Beach Cottages		A-5
MWR Tickets	2017	D-3
<b>Navy Gateway Inns &amp; Suites (NGIS):</b>		
NGIS Check-in	1500	C-3
NGIS	572, 1521-1526	B-4

FACILITY	BLDG	GRID	FACILITY	BLDG	GRID
Navy Exchange	2017	D-3	Sports Warehouse	651	D-2
Navy Lodge	1400	B-5	Starbucks	2002	D-2
NBC HQ	678	D-3	Surfside Conference Center	864	C-3
Passenger Air Terminal	700	B-3	<b>Unaccompanied Housing (UH)</b> Formerly Bachelor Quarters		
Personnel Support Detachment Office	515	B-3	UH Check-in	1500	C-3
Pizza Parlor, Recreation Center	614	D-3	McCants Hall	773-777	D-3
Sea 'N Air Golf Course & 19th Hole	800	C-5	Visitor Center	680	D-3
Sea 'N Air Lanes & Food Court	772	C-3	World Famous 'I' Bar	I	B-4
Sea Cabin DV Cottage	769	B-5			



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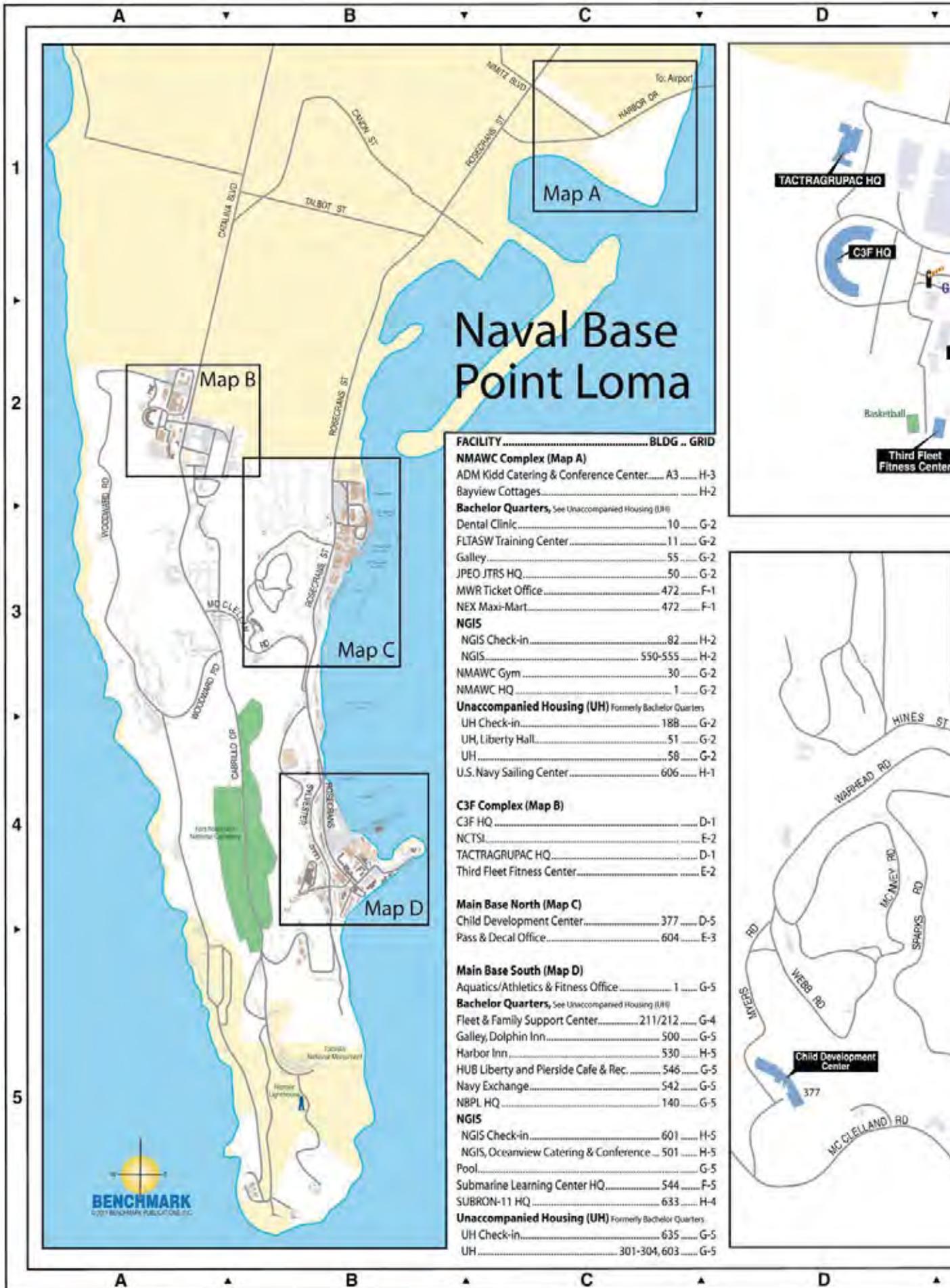
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# Naval Base Point Loma

FACILITY ..... BLDG .. GRID

**NMAWC Complex (Map A)**

- ADM Kidd Catering & Conference Center..... A3 ..... H-3
- Bayview Cottages..... H-2

**Bachelor Quarters, See Unaccompanied Housing (UH)**

- Dental Clinic..... 10 ..... G-2
- FLTASW Training Center..... 11 ..... G-2
- Galley..... 55 ..... G-2
- JPEO JTRS HQ..... 50 ..... G-2
- MWR Ticket Office..... 472 ..... F-1
- NEX Maxi-Mart..... 472 ..... F-1

**NGIS**

- NGIS Check-in..... 82 ..... H-2
- NGIS..... 550-555 ..... H-2
- NMAWC Gym..... 30 ..... G-2
- NMAWC HQ..... 1 ..... G-2

**Unaccompanied Housing (UH) Formerly Bachelor Quarters**

- UH Check-in..... 188 ..... G-2
- UH, Liberty Hall..... 51 ..... G-2
- UH..... 58 ..... G-2
- U.S. Navy Sailing Center..... 606 ..... H-1

**C3F Complex (Map B)**

- C3F HQ..... D-1
- NCTSI..... E-2
- TACTRAGRUPAC HQ..... D-1
- Third Fleet Fitness Center..... E-2

**Main Base North (Map C)**

- Child Development Center..... 377 ..... D-5
- Pass & Decal Office..... 604 ..... E-3

**Main Base South (Map D)**

- Aquatics/Athletics & Fitness Office..... 1 ..... G-5

**Bachelor Quarters, See Unaccompanied Housing (UH)**

- Fleet & Family Support Center..... 211/212 ..... G-4
- Galley, Dolphin Inn..... 500 ..... G-5
- Harbor Inn..... 530 ..... H-5
- HUB Liberty and Pierside Cafe & Rec..... 546 ..... G-5
- Navy Exchange..... 542 ..... G-5
- NBPL HQ..... 140 ..... G-5

**NGIS**

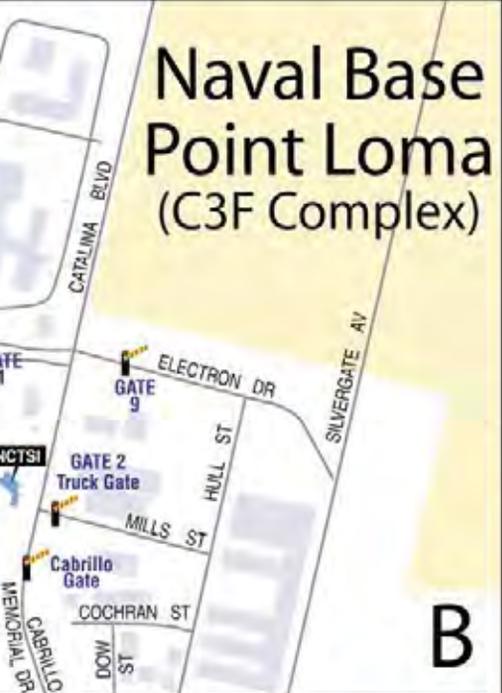
- NGIS Check-in..... 601 ..... H-5
- NGIS, Oceanview Catering & Conference..... 501 ..... H-5
- Pool..... G-5
- Submarine Learning Center HQ..... 544 ..... F-5
- SUBRON-11 HQ..... 633 ..... H-4

**Unaccompanied Housing (UH) Formerly Bachelor Quarters**

- UH Check-in..... 635 ..... G-5
- UH..... 301-304, 603 ..... G-5



# Naval Base Point Loma (C3F Complex)



B

# Naval Base Point Loma (NMAWC Complex)



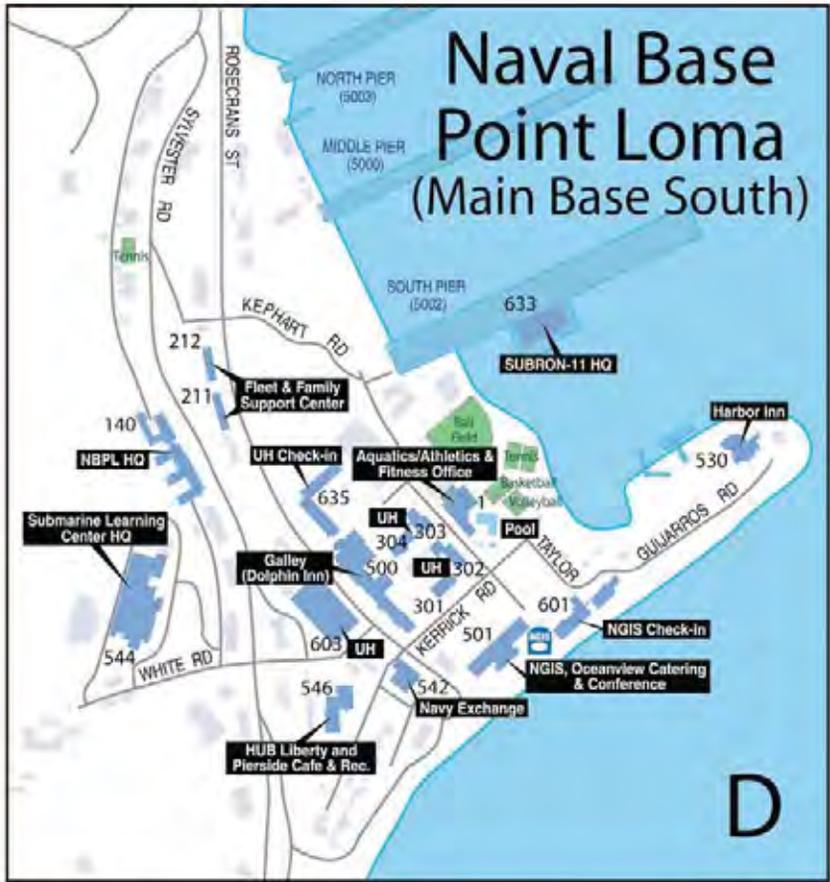
A

1  
2  
3



C

# Naval Base Point Loma (Main Base South)



D

4  
5



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# San Diego County

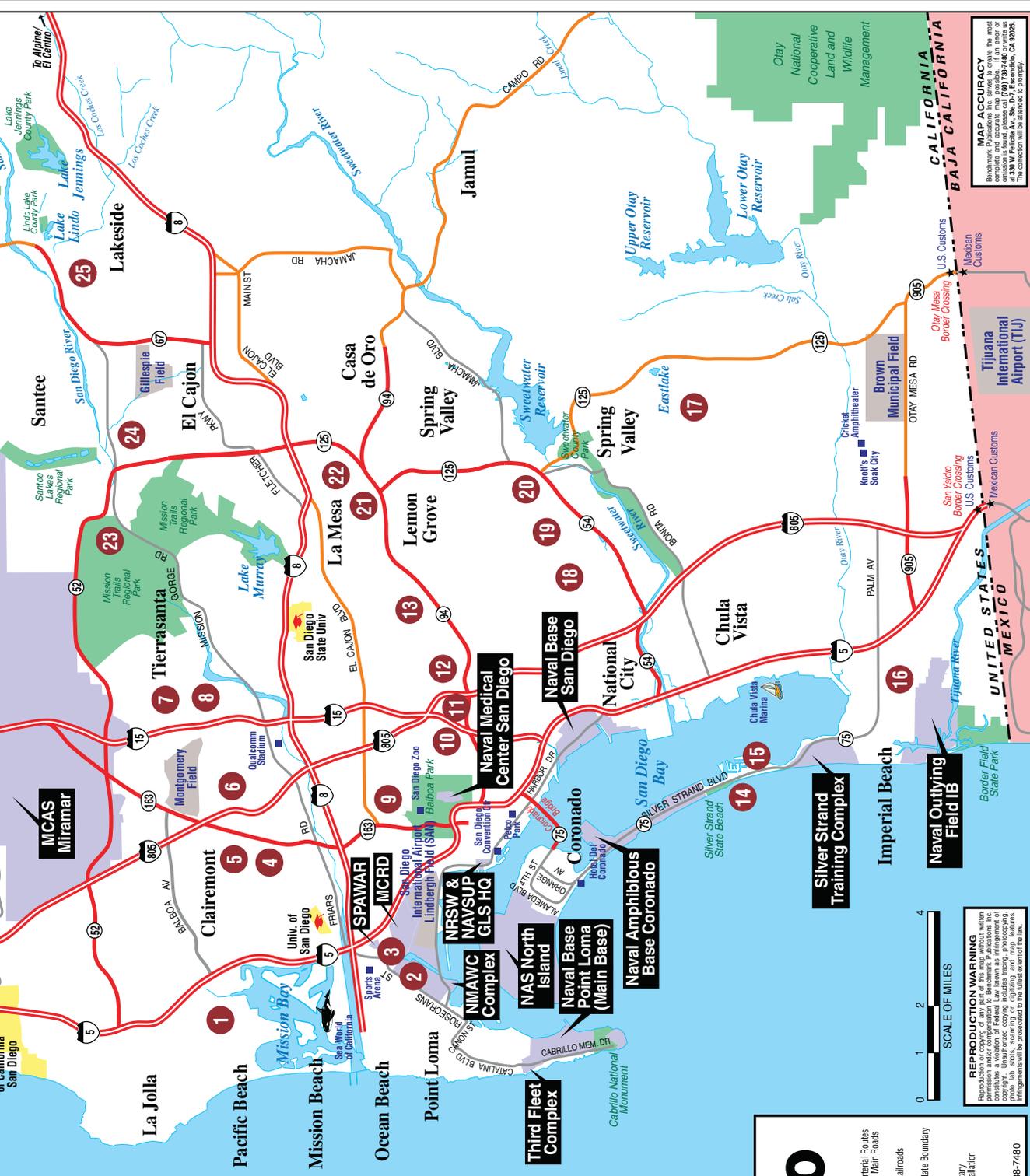


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- **NAVY HOUSING AREAS**
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- (YOUTH) Youth Recreation Centers
- (FFS) Fleet & Family Support Branches

FACILITY SPOT



Facility	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
Admiral Hartman	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Aero Ridge	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Bayview Hills	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Beech Street Knolls	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Bonita Bluffs	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Canyon View	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Chesteron	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Chesteron Townhouses	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Chollas Heights	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Chollas Heights Historical	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Eucalyptus Ridge	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Gateway Village	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Hillcary Park	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Holly Square Apartments	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Home Terrace	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Howard Gilmore Terrace	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
La Mesa Park	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Lofgren Terrace	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Mira Mesa Ridge	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Oleck Heights	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Paradise Gardens	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Park Summit	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Pomerado Terrace	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Prospect View	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Ramona Vista	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
River Place	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Santo Terrace	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Silver Strand Phase I	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Silver Strand Phase II	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Silver Strand Phase III	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Terrace View Villas	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Village at NTC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Village at Serra Mesa	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Vista Ridge	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Woodlake	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Naval Medical Center	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
MCRD	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
MCAS Miramar	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

**Map of SAN DIEGO COUNTY**

- Interstate Freys
- State Hwys
- Minor Hwys
- Arterial Routes & Main Roads
- Railroads
- State Boundary
- Points of Interest
- Colleges & Universities
- Military Installation

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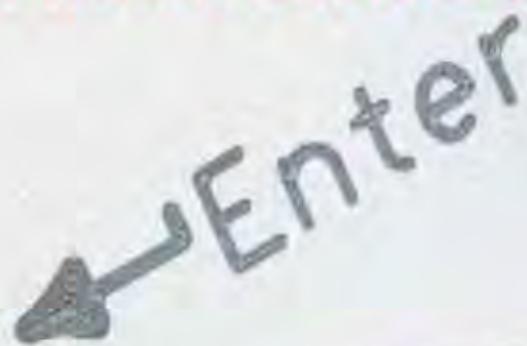
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