Welcome Aboard
SAN DIEGO

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Contents

Welcome Aboard San Diego .................................................4
History .................................................................................5
Getting Around ......................................................................6
The Navy in San Diego ..........................................................9
Commander, Navy Region Southwest ..................................9
Naval Base Coronado ...........................................................9
Naval Base Point Loma .........................................................10
Naval Base San Diego ..........................................................11
Navy Chaplains ...................................................................12
Commissaries and Exchanges ............................................12
Navy Legal Services Office ................................................12
Housing ..............................................................................13
Temporary Lodging ..............................................................13
Family and Unaccompanied Housing .................................14
Housing Services .................................................................14
Personal Property Shipping Office ......................................15
Vehicle Processing Center ..................................................15
Fleet and Family Support Center .......................................16
Parenting Resources ............................................................18
Child Care ..........................................................................18
Basic Medical Information ................................................19
New Parent Support ...........................................................19
Toddler Resources .............................................................19
School Days .......................................................................20
School Liaison Services .....................................................20
School Options ......................................................................20
School Calendars, Hours and Schedules .........................21
Military Interstate Children’s Compact Commission ..........22
School Districts ....................................................................22
Starting Public School .........................................................23
Tutoring Options and Assistance ....................................24
After-school and Youth Programs ...................................24
College Bound — Financing Options ..............................25
Family Resources .................................................................26
Moving School-Age Children ..............................................26
Deployment Support Programs and Agencies for Kids .....26
Families with Exceptional Needs .......................................27
Free Classes for Military Families ....................................27
Adult Education Resources ...............................................28
Making Ends Meet ..............................................................28
Wounded Warrior — Safe Harbor .....................................29
Health Care .........................................................................30
TRICARE/UnitedHealthcare ...............................................30
Naval Medical Center San Diego ......................................30
Dental Care .........................................................................31
Veterinarian Services ........................................................31
Catering/Dining Services ..................................................32
Morale, Welfare and Recreation .....................................36
Welcome to San Diego, America’s Finest City .................39
Telephone Directory ...........................................................44

Welcome to San Diego, America’s Finest City

School Districts

Military Interstate Children’s Compact Commission

School Calendars, Hours and Schedules

Wounded Warrior — Safe Harbor

TRICARE/UnitedHealthcare

Naval Medical Center San Diego

Dental Care

Veterinarian Services

Catering/Dining Services

Morale, Welfare and Recreation

Welcome to San Diego, America’s Finest City
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/regions/cnrsw/ffr.html. To make an appointment with our Relocation Assistance Team, call our toll-free number at 866-923-6478.
San Diego dates back to the nomadic Indian tribes who once inhabited the area. Juan Rodriguez Cabrillo, a Portuguese navigator hired by Spain, explored the coast of California and in September 1542, sailed into the harbor of San Diego. He named the port San Miguel since their arrival coincided with the eve of the feast of St. Michael the archangel. What he found was an excellent harbor for shipping, a temperate climate and an abundance of fertile soil.

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

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

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

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

Today you can see what Horton’s vision has accomplished: one of America’s most beautiful coastal cities serving as the foundation for aspiring towns around the country.
The California Department of Motor Vehicles website is the best source for all of your vehicle-related questions. Visit www.dmv.ca.gov for California driver’s license requirements and local vehicle requirements such as smog tests. If you’re thinking about registering your car in California, you may receive a reduced fee as a service member. Also check with Navy Legal as you may qualify for benefits afforded by the 2009 Military Spouse Residency Relief Act.

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

PUBLIC TRANSPORTATION

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

VEHICLE REGISTRATION
Out-of-state vehicle registration for military personnel is valid until its regular expiration date. Upon expiration, the vehicle registration may be renewed in your home state or an application can be made for a California vehicle registration. DMV will request the out-of-state title, last issued registration and the license plates. Contact the DMV for more information.

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

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

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

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

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

BICYCLE SAFETY
Helmets are required for on-base bicyclists.
getting to work doesn’t have to be hard work!

Find a commute that is convenient for you – save money, recapture time, and reduce stress

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

TIP offers substantial monthly subsidies to active duty and civilian employees:
- Applicants can commute for little or no out of pocket cost
- Applies to vanpools and all public transit

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

Sign up for TIP at https://tips.navy.mil
To learn more, visit iCommuteSD.com/military
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.cnic.navy.mil/regions/cnrsw.html.

NAVAL BASE CORONADO

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

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

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

Additionally, NBC provides support to our Sailors and their families by providing programs to enhance personal and family readiness, recreational options, housing units, two commissaries, multiple Navy Exchanges, and medical and dental facilities, and is home to the largest Navy Lodge in the world. NBC empowers families to meet the unique challenges of the military lifestyle by providing them the highest quality of support and service. For additional information about Naval Base Coronado visit www.cnic.navy.mil/regions/cnrsw/installations/navbase_coronado.html.

**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 Marine Corps Air Station 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 pierside 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 1; 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/regions/cnrsw/installations/navbase_point_loma.html.

NAVAL BASE SAN DIEGO

Naval Base San Diego (NBSD) is the principal homeport of the Pacific Fleet, consisting of 62 Navy ships and two Coast Guard cutters, and is home base to 150 separate commands, each having specific and specialized fleet support purposes. Comprised of more than 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 Sept. 3, 1919. On Feb. 15, 1921, the United States Navy acquired the land, buildings and some machinery. Later that year, June 10, the USS Prairie was ordered to the area to take over and prepare the site for receipt of destroyers. On Feb. 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 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 pierside logistics, a Liquid Cargo Division responsible for fueling, and a baywide, 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 biannual Main Street cleanup 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/regions/cnrsw/installations/navbase_san_diego.html.
NAVY CHAPLAINS

Religious services are offered or facilitated for most faiths on military installations throughout San Diego. Area chaplains offer a wide range of religious programs. These programs provide several daily, weekly and special religious services including High Holy Days, as well as sacramental ministry, pastoral counseling and religious education. If your spouse’s squadron or ship is deployed, contact the command chaplain assistance team at 619-556-8478 and Command Religious Enrichment Development Operation retreats at 619-532-1437. Contact your respective command or squadron chaplain’s office for a listing of available services.

COMMISSARIES AND EXCHANGES

Defense Commissary Agency

The Defense Commissary Agency (DeCA) operates commissaries in the San Diego metro area to provide groceries to military personnel, retirees and their families. Commissary patrons purchase items at cost plus a 5 percent surcharge, which covers the construction of new commissaries and modernization of older stores. A family of four can save $2,000 a year or more shopping at the commissary. For information on hours, locations, coupons, sales and scholarship information, visit www.commissaries.com.

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.

Commissary and NEX/MCX Locations

In San Diego, a paired main commissary, Navy Exchange and Autoport are located aboard Naval Air Station North Island and Naval Base San Diego. There is also a main commissary and Marine Corps Exchange located aboard Marine Corps Air Station Miramar. For information on hours and available merchandise, visit www.navy-nex.com or 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 8 to 9 a.m. Tuesday, Wednesday and Thursday.

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

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

NGIS Locations:

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

Navy Gateway Inns & Suites

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

Navy Getaways

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

Military Value Program (MVP)

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

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

Pet-friendly Lodging

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

FAMILY AND UNACCOMPANIED HOUSING

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

Unaccompanied Housing

Unaccompanied ("Bachelor") Housing includes both permanent party and visitors’ quarters facilities. Units are periodically updated to reflect the latest features. Naval Base San Diego has both government-owned and privatized bachelor quarters. It is home to the Navy’s first bachelor housing Public-Private Venture (PPV) project, which includes Palmer Hall and Pacific Beacon. Palmer Hall houses junior enlisted services members in a two-bedroom unit with kitchenette and common area. It is situated next door to Pacific Beacon, a modern market-style apartment complex that features dual master suites with full kitchens and living rooms, computer lounges, swimming pool, state-of-the-art fitness centers and numerous resident activities. To learn more, visit www.pacificbeacon.com.

Family Housing

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

HOUSING SERVICES

In addition to providing military family and unaccompanied housing accommodations, the Housing Service Center (HSC) provides a variety of services to military members and their families. The HSC offers personalized home-finding assistance to locate temporary or long-term, on-base or off-base, community or PPV rentals. Other services include local area orientation and homebuying counseling. All military personnel, unaccompanied and accompanied, their families and DOD employees are eligible for these services. Services offered include:

Home Finding Services

The HSC provides free rental listing information. Referral specialists provide current information on current rental costs, deposit fees, location, public transportation availability, crime rates, school statistics and other facts about civilian housing in San Diego.

WHY CHOOSE MILITARY FAMILY HOUSING?

Military Family Housing provides service members and their families with many benefits over living in civilian housing:

• Your BAH covers your rent, a substantial portion of your utilities, $10,000 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.
• Lincoln strives to create vibrant neighborhoods, attractive homes and a variety of services and amenities to provide the ideal setting for military families to thrive.
• You are provided with free 24-hour maintenance, roadside assistance, children and family events, courtesy patrols (where available), free Internet in all communities and free wireless Internet in some communities, household alarm systems, recreation centers, gyms, pools and other community amenities.
• Activities specifically designed for military lifestyles, including social gatherings, children and youth activities, and resident services, are provided in our privatized housing.
• Many housing areas feature Youth Recreation Centers and MWR activities.

HOW TO APPLY FOR MILITARY FAMILY HOUSING

All officers and enlisted personnel with accompanying dependents are eligible to apply. To obtain a housing application packet visit www.lincolnmilitary.com/lmh/installations/san_diego/apply.cfm. Applications must be processed through:

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

For additional military family housing information including neighborhood profiles, visit www.lincolnmilitary.com, click on California and choose Naval Complex San Diego.
A counselor will interview you to help you determine your personal and family needs regarding affordable housing in San Diego. The HSC also provides lease services, including lease review and explanation of lease terms.

**Homebuying Assistance**

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

**Tenant/Landlord Issue Resolution**

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

**PERSONAL PROPERTY SHIPPING OFFICE**

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

**VEHICLE PROCESSING CENTER**

The full-service Vehicle Processing Center (VPC) located at 4334 Sheridan Lane, San Diego, CA 92120, will accept and process both inbound and outbound POVs. Directions to the VPC location as well as information regarding vehicle transport status, turn-in requirements, vehicle storage status, storage removal and FAQs can be found at https://www.whereismypov.com. Or call 619-563-6321 for more info.
Fleet and Family Support Center, San Diego (FFSC) welcomes all military members and their families to San Diego. FFSC is located in multiple locations on and off base to serve you, including: Naval Base San Diego, Naval Base Coronado and Naval Base Point Loma, and in the Navy housing areas of Murphy Canyon, the Village at Serra Mesa, Bayview Hills and Gateway Village and Santee.

FFSCs 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 retired and active-duty Sailors and family members. All FFSC programs and services are free and confidential.

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

FLEET AND FAMILY SUPPORT CENTER PROGRAMS

The 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
Family Employment Readiness Program: The Navy recognizes that frequent relocations associated with the military lifestyle create career challenges for military spouses. The Family Employment Readiness Program addresses those challenges in basic workshops, career planning, resume writing, interview techniques, federal employment information, self-assessments, goal setting and vocational tests. Resources available include libraries, computer job search assistance, and available job listings locally and nationwide. The Family Employment Readiness Program also provides employment support and educational referrals for military family members as they relocate due to reassignment.

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

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

Relocation Assistance Program: 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 is available to military members and their families who are new to the area. From access to basic household items to individual 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 addresses those challenges in basic workshops, career planning, resume writing, interview techniques, federal employment information, self-assessments, goal setting and vocational tests. Resources available include libraries, computer job search assistance, and available job listings locally and nationwide. The Family Employment Readiness Program also provides employment support and educational referrals for military family members as they relocate due to reassignment.

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

**CHILD CARE**

Navy Child and Youth Programs (CYP) professionals are extensively trained to provide high-quality, enriching child care for our military families. To sign up or for more information about the following CYP services, visit www.navylifesw.com.

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, preschool and school-age children in the certified provider’s home. Providers are subject to the same high-quality standards for child care as the Child Development Centers.

Hourly Care is also available; contact your local Child Development Center for space availability or for hourly care in one of our Child Development Homes visit www.militarychildcare.com.

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

The Navy Youth Recreation Program is a year-round recreation and sports program serving youth from kindergarten to 12th grade. Activities are designed to foster social interaction, fitness and skills development.

Youth Recreation Centers are conveniently located in eight San Diego military housing areas. For details visit www.navylifesw.com.

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

YMCA Child Care Resources

Call 800-481-2151 or visit www.crs.ymca.org for income-sensitive programs.

Head Start

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

Child Care Subsidies

Reduced rates or subsidies are available to those who qualify. Call 800-793-0324, ext. 341 or visit www.naccrra.org/military-families for more information.
The Budget for Baby Program offered through the Navy-Marine Corps Relief Society is operated entirely by volunteers. This program is designed to serve new or prospective parents who want to learn about the impact that a new baby can have on the financial situation of the family. Clients learn about variations in pay and increased expenses, common consumer pressures targeted to new parents, and entitlements available through both government and private sources.

A Layette, “Baby’s First Sea Bag,” is given to any eligible recipient who attends a Budget for Baby workshop or receives individual counseling. It consists of a coordinated set of bedding and clothing, a baby book and a handmade gift from a society volunteer, packed in an environmentally sensitive tote. To receive a layette, eligible clients should contact the Navy-Marine Corps Relief Society to register for our “Budget for Baby” class or make an appointment to see a caseworker. Visit their website at www.nmcrs.org.

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

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.navylifesw.com.

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

BASIC MEDICAL INFORMATION

Insurance

UnitedHealthcare/TRICARE is the insurance provided for active-duty service members and their dependents. Contact TRICARE to confirm your enrollment status. They will provide the medical facility information available to you. Call the TRICARE Service Center at 877-988-9378 or visit https://www.uhcmilitarywest.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 NMCSD website for the most up to date information: www.med.navy.mil/sites/nmcsd/Patients/Pages/Pediatrics-General.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 the postpartum phase, as well as teach child growth and development and parenting skills. Please contact New Parent Support at 619-767-1786.
School Days

SCHOOL LIAISON SERVICES

Navy Region Southwest employs School Liaison Officers (SLOs) who serve as liaisons between the Navy installation commander, military agencies and schools by providing assistance in matters pertaining to student education. The SLOs also implement the Navy’s Strategic Planning for Education Advocacy K-12 recommendations in order to ensure Navy families have access to quality educational opportunities. SLOs level the playing field for military children by ensuring maximum educational opportunities for academic success. Visit www.navylifesw.com/sandiego/families/cyp/schoolliaison for more information. The San Diego Metro Navy SLO Team is comprised of one regional SLO and four installation SLOs. The installation SLOs are each assigned an area in San Diego in which they actively engage with the military families, school districts and their installation commanding officer. Every SLO maintains an office located on their assigned installation and is actively engaged in school districts with high concentrations of enrolled military children. If you are new to San Diego, deciding on what district and school site your children will attend can be overwhelming. Your installation SLO can assist you in locating and provide information regarding your neighborhood school district. Please visit www.navylifesw.com/sandiego/families/cyp/schoolliaison for more information or review the following Navy installation SLOs’ area of responsibility.

Navy School Liaison Officers in San Diego County
Navy Region Southwest
............................................. 619-247-9109

Naval Base Coronado
Serving: Coronado, South Bay, Imperial Beach
............................................. 619-247-9109

Naval Base Point Loma
Serving: Coastal area west of Interstate 5
.............................................858-431-6482

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

Naval Base San Diego and Naval Air Facility El Centro
Serving: East County, Lemon Grove, Chula Vista, Santee, El Centro
.............................................619-247-9082

SCHOOL OPTIONS

San Diego County has 42 independent school districts that provide educational programs for elementary and secondary school children. Each school district is governed by a locally elected board of education. School district and city boundaries are not necessarily contiguous and not all school districts are close to Navy installations. Of the 42 independent school districts
in San Diego County, the San Diego Metro Navy School Liaison Officers are responsible for implementing military support and resources for military children in 12 of those school districts.

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

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

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

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

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

3. Private schools offer many different types of programs and activities that public schools may not. They may be religious or secular and use various methods of instruction. Search online for private schools that are members of the California Association of Independent Schools at www.caisca.org.

4. Home schooling laws differ from state to state. It is recommended that parents review the laws in the state of California to be fully aware of the requirements for home schooling. The correct home schooling curriculum and support groups can help provide the best, most enriching home schooling experience for your child. The following are websites to provide you with more information regarding home schooling: the Home School Legal Defense Association has information about state laws as well as other important resources. Find out more at www.hslda.org. If you are new to home schooling or are just looking for more resources and curriculum ideas, the home schooling website can help: www.homeschool.com.

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

School Calendars, Hours and Schedules

Due to the school districts in the San Diego County being independent of one another, the school calendars will also vary by district. Not all schools in San Diego start in early September and end in the middle of June. There are some
districts, including high school districts, that operate on a year-round or staggered schedule. Hours will also vary by district and they might also vary by school site within the same district.

**MILITARY INTERSTATE CHILDREN’S COMPACT COMMISSION**

This program ensures that the children of military families are afforded the same opportunities for educational success as other children and are not penalized or delayed in achieving their educational goals by inflexible administrative and bureaucratic practices. Contact a School Liaison Officer for more information, and please visit www.mic3.net 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. For free, comprehensive resource support and assistance in choosing the best school for you, contact a School Liaison Officer at www.navylifesw.com/sandiego/families/cyp/schoolliaison.

**Online Area School Information**

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

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

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

Parents also have 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. For more information, visit www.sandi.net.
Coronado Unified/South Bay

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

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

East County

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

Chula Vista Elementary School District consists of 45 schools to include five dependent charter schools and two independent charter schools. National City School District consists of 11 schools that provide instruction to students in grades pre-K through sixth. Both the Chula Vista Elementary and National City School districts’ students attend middle school and high school in the Sweetwater Union High School District. The Sweetwater Union High School District consists of 32 campuses and encompasses Chula Vista, Imperial Beach, National City, San Ysidro and South San Diego.

STARTING PUBLIC SCHOOL

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

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

Students new to California must also provide:

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

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

1. Must provide a copy of a birth certificate, baptismal certificate or passport.
2. Must present proof of vaccination against hepatitis B and chickenpox.
3. Children must be 5 years of age or older, on or before Sept. 1, to be eligible to attend kindergarten for the 2014-2015 school year.

A transitional kindergarten is the first year of a two-year kindergarten program that uses a modified kindergarten curriculum that is age and developmentally appropriate. Pursuant to law (EC 48000[c]), a child is eligible for transitional kindergarten if a child will have his or her fifth birthday between Sept. 2 and Dec. 2. For more information on transitional kindergarten in the state of California, go to www.cde.ca.gov/ci/hs/em/kinderfaq.asp#E3.

All first-grade students:

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

All seventh-grade students:

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

**TUTORING OPTIONS AND ASSISTANCE**

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

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

**“Everyone a Reader” Volunteer Tutor Program** provides trained volunteers who will read one-on-one with students in first through third grade. The students who participate are those identified by teachers as those who need extra practice and special assistance with reading. To gain further information regarding this program please contact 800-711-READ or visit www.sdcoe.net/lret2/media/?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 third through 12th grade. It is based on state standards 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 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 and e-books, as well as Academic Skills Question Banks for grades six through 12. NKO also offers College-Level Examination Program tests, Peterson’s study guides, and GED and AP exams prep for children preparing for college. You must register as an NKO user and create a password. Once you sign in to NKO, click on the reference tab in the navigation bar. Look for the Tutor.com box in the right column and click on the links Kids and Teens or Adults to get a tutor. You are eligible as active-duty military families, USNA midshipmen, DEP personnel and DON civilians/contractors. Visit https://www.nko.navy.mil for more information.

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

- Library Catalog — Find books, videos, music and more at the San Diego Public Library: https://sddp.sirsi.net/uhtbin/cgisirsi/x/x/0/49.
- Services for Children, Teens and Young Adults — www.sandiego.gov/public-library/kidsandteens.

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

**AFTER-SCHOOL AND YOUTH PROGRAMS**

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

**Navy Child and Youth Programs** offer before- and after-school care, day camps, teen programs, youth
sports and recreational activities for youth 5-18 years of age. Check online at www.navylifesw.com for further information.

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

The **Youth Sports Program** emphasizes participation for all players. Sports leagues, skills, clinics, fitness classes and special sporting events are planned throughout the year. Sports offered include: basketball, indoor soccer, T-ball, softball, tennis, flag football and cheerleading.

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

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

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

Check your local school district to find out if they offer before- and after-school programs and the eligibility criteria. Before- and after-school programs here in San Diego are sometimes called Extended Day Programs (EDP), PrimeTime or 6-to-6 programs.

**Boys & Girls Clubs** offer many different types of youth and child programs in local neighborhoods. Go to their website, www.sdymca.org, to find the location nearest you or call 866-SDYMCA.

**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
- **United States Department of Veterans Affairs** — www.va.gov
- **California Student Aid Commission** — www.csac.ca.gov
- **DECA Scholarship** — www.deca.org/scholarships or www.militaryscholar.org
- **Navy/Marine Corps ROTC Scholarship** — www.navy.com/navy/joining/education-opportunities/nrotc
- **Marine Corps Scholarship Foundation** — www.mcsf.org
- **Navy League** — www.navalleague.org
- **Miramar Officers’ Spouses’ Club** — www.miramarowc.org/giving-back/scholarships
- **Scholarships for Military Children** — www.militaryscholar.org
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.navylifesw.com/slo.

Military Installations can provide many different types of resources, especially when you are preparing to move. Plan My Move is available here, which helps you create a detailed checklist to prepare you for your move. Visit www.militaryinstallations.dod.mil and click on the Plan My Move icon to take charge of your move.

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 and click on “Tips for PCS Moves & Other Transitions.”

DEPLOYMENT SUPPORT PROGRAMS AND AGENCIES FOR KIDS

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

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

Armed Services YMCA (ASYMCA) is an organization that offers many different types of programs for military children including camps, special events and support groups. For more information call 858-751-5755 or visit www.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.mil.
FAMILIES WITH EXCEPTIONAL NEEDS

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

EFMP is a mandatory program requiring enrollment of all dependents that reside with their active-duty sponsor and have special needs. Contact the EFMP coordinator at 619-532-8586 or the EFMP regional liaison at 619-556-7404, or visit a Fleet and Family Support Center 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.

Military OneSource provides information and workshops for EFMP families. On this website, parents can download a DOD Special Needs Parent Toolkit. The toolkit provides comprehensive information and tools that are geared toward helping military families with special needs children navigate the maze of medical and special education services, community support, and benefits and entitlements. Visit www.militaryonesource.mil.

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 or call 619-594-7416.

Healthy Start Military Cluster offers free developmental checkups 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 checkups and services, behavioral consultations, and hearing and vision services. For more information, call 888-534-7785.

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 at 858-496-4318 (birth to age 3) and 858-576-2938 (3 years old and older).

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

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 Navy installation, within some military housing locations, as well as with the Family Readiness Express (FRE).

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

Dads 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 they can be. Call 858-496-0044 for more information.

ADULT EDUCATION RESOURCES

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

Education Counseling: Available to assist service members and their families with choosing colleges or classes. Education counselors are available on a walk-in basis. For locations and contact numbers, visit https://www.navycollege.navy.mil.

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

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

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

Regional Occupational Program (ROP): Offers free occupational training programs to anyone age 16 and older. More than 265 courses are offered per year. Courses taken for college credit may require payment to a local community college. Visit www.sdcoe.net/student-services/rop/Pages/default.aspx 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 for a list of services and locations.

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

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

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

**WOUNDED WARRIOR — SAFE HARBOR**

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

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

**Case Management**

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

**Nonmedical Care**

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

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

For more information call 855-628-9997 or visit www.navylifesw.com/sandiego/families/wounded-warrior-safe-harbor.
TRICARE/UNITEDHEALTHCARE


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.

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

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

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

NAVAL MEDICAL CENTER SAN DIEGO

Naval Medical Center San Diego (NMCSD) provides the highest-quality medical care across the full spectrum of patient needs, emphasizing safety, service, teamwork, effectiveness and efficiency. The 6,200 military, civilian, contract and volunteer staff members serve a beneficiary population of about 100,000 active-duty and retired personnel, and their families.

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

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

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

NMCSD’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. NMCSD also has affiliations with 19 civilian nursing schools to help address the national nursing workforce shortage by training more than 400 students per year in their clinical rotations.

DENTAL CARE

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

After emergency care, the patient may be referred the following day to the dental facility where they usually receive treatment or to a specialist. For driving directions, a full list of services and other information, visit www.med.navy.mil/sites/nmcsd, or call the NMCSD One-Stop Appointment Line at 619-532-7848/877-262-6476 or the quarterdeck at 619-532-6400.

VETERINARIAN SERVICES

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

Invite your guests to an event they will remember warmly. Trust our full-service catering & event planning professionals to take care of all your catering needs. We have just the right venue for your event: an outdoor wedding, formal reception, retirement ceremonies, family reunions, picnics in the park and more.

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

ANCHORS CATERING & CONFERENCE CENTER is conveniently located at Naval Base San Diego just outside the Main Street Gate. It allows for easy access to non-military guests. The full-service catering and conference facility is available for command events, Hail and Farewells, luncheons, dinners, wedding receptions, birthdays and anniversaries. Rooms are available for groups of up to 300 guests with two large banquet rooms and break-out rooms. Each room is equipped with state-of-the-art audiovisual systems. The main banquet room has a stage, hardwood dance floor and a bridal changing room. 619-556-7788
I-BAR LOBBY & COURTYARD The many officers from around the world who have frequented the I-Bar on Naval Air Station North Island have fond memories of good times with great friends. The adjacent patio can be utilized with the lobby to host your special event. Many Commands book this area for their Wetting Down, Change of Commands, and Retirements and as a nice place to spend time with friends. 619-545-9199

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

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

THE OCEANVIEW is located on the Main Base in Point Loma. The Oceanview’s beautiful interior is complemented by its magnificent view of the Pacific. Its large wooden deck has two gazebos that overlook the water. Imagine the rhythmic lull of waves splashing against the rocks below as your party enjoys a mouth-watering menu on the deck. The elegant dining area and bar match the exterior splendor. The dining room and deck can accommodate guest lists of up to 300. 619-524-6287 or 619-524-1996

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

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

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

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

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

BUDWEISER BREW HOUSE AT NAVAL BASE SAN DIEGO
Located in the Waterfront Recreation Center near Pier 2, the Budweiser Brew House has a new look and new menu, with specials of the week. Come in and enjoy the relaxing atmosphere and great food! And the Brew House now delivers on Naval Base San Diego. Call 619-556-9498 or visit DineOnTheGo.com to place your order for pizza, salads, sandwiches and more. FREE delivery with a $10 minimum.

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

AT NAVAL BASE SAN DIEGO & NAVAL AIR STATION NORTH ISLAND
Coffee? Espresso? Frappuccino®? Tea? MWR operates two on-base, full-service Starbucks® locations. We have all your Starbucks favorite beverages, pastries, snacks, mugs, bagged coffee, gift items and FREE Wi-Fi. Stop by for a break or a great “take away.” Located in the Waterfront Recreation Center at Naval Base San Diego and on the Quay across from Carrier Pier at Naval Air Station North Island.
**Welldeck Pizza Parlor at Naval Base San Diego** The Welldeck Pizza Parlor is the place for breakfast, lunch, and dinner! Try our famous breakfast pizza or choose a hot and delicious breakfast burrito. Come back for lunch or dinner and enjoy some pizza, a burger or sandwich. ATM machine on site. The Welldeck is open daily near Pier 14 at Naval Base San Diego. 619-555-2356

**The 19th Hole at Sea ‘n Air Golf Course, Naval Air Station North Island** The 19th Hole Restaurant & Lounge is the place for a full breakfast, great lunch specials and a menu that offers a variety to meet your appetite and taste. Our restaurant and lounge is open daily – we keep golfers’ hours. Enjoy lunch on our patio overlooking our lush, green course with a San Diego skyline backdrop. 619-545-9656 or 619-545-3660

**The Pizza Parlor at Naval Air Station North Island** Are you in the mood for a great pizza? The Pizza Parlor, near the movie theater, offers a great selection of pizza, pasta, salads and more! Bring the family in on the weekend for a special Family Meal Deal. And the Pizza Parlor now delivers on Naval Base Coronado. Call 619-545-7229 or visit DineOnTheGo.com to place your order. FREE delivery with a $10 minimum.

**10 Pin Cafe & Lounge at Naval Air Station North Island** Located inside the Sea ‘n Air Bowling Center, the 10 Pin Cafe offers a variety of food that will satisfy your taste buds. Choose from our selection of menu items or our daily specials. 619-545-9709

**The I-Bar at Naval Air Station North Island** Possibly one of the last old-fashioned military aviation officers clubs left, the I-Bar is a cozy little place with the heart of an old-style English pub. Stop in for a drink, peruse the Naval Aviation memorabilia and share a few tall tales. Open weekday late afternoons and evenings, on Fridays we open at 11:30 a.m. 619-545-9199

**Pierside on the Point at Naval Base Pt Loma Main Base** Adjacent to the Hub Liberty Center, up the hill from the Autoport, the Pierside on the Point is a cozy recreation center with great lunch and snack food. Enjoy pizza, burgers, hot dogs and more alongside a cold one! 619-553-4475

**Bayside Deli at Naval Amphibious Base** Adjacent to Navy Gateway Inns & Suites, Bayside Deli is your affordable, high quality weekday lunch solution. Bayside is known for its handmade sandwiches, soups and sweet snacks. 619-553-4475

Visit us at NavyLifeSW.com for current hours and menu items. Don’t stand in line, order online at DineOnTheGo.com.
Welcome to the world of Morale, Welfare and Recreation (MWR) at Navy Region Southwest, where our goal is to bring you the widest variety of recreational and leisure activities.

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

Think of MWR for fun and relaxing options from exercise and fitness programs with state-of-the-art equipment to modern recreation centers and dining facilities, six Single Sailor Liberty Centers, youth programs, child care, bowling, two spectacular golf courses, the Naval Base Golf Performance Center and a variety of special events throughout the year.

The following is a snapshot highlighting the many possibilities MWR has to offer for filling your leisure time with fun. Visit www.navylifesw.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-foot waterslide, heated outdoor pool and a wading pool for infants and smaller children. Saturday swim lessons, pool parties and pool rentals are also available.

**AUTO SKILLS**

Don’t let car repair costs set you back. Save money, get it done right and have the satisfaction of knowing you did it yourself at the Naval Base San Diego and Naval Air Station North Island Auto Skills centers. The Auto Skills staff will help you analyze your engine or set your car up on the lube rack. You can buy or order the parts you need at the center’s Auto Skills Shop or find what you need at the well-stocked resale shop. If they don’t have an item in stock, they’ll make every effort to find it for you. They’ll supply the tools and know-how, you provide the labor.
BEACH FUN
The most pristine beach in town is on Naval Air Station North Island, right next door to Coronado Beach, and was voted the best beach in California. Military surfers, swimmers and sunbathers flock to Breakers Beach, which offers a breathtaking view of Point Loma and is lifeguarded year-round. If you’re looking for a large, wide-open beach area with swimming, surfing, grills, bathrooms, showers, cabanas and fire rings, Breakers Beach is the place.

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

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

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

FITNESS PROGRAM
Staying fit and healthy can be challenging, but MWR can keep you on track with exercise classes, fun runs and personal trainers. MWR’s state-of-the-art fitness centers are complete with Nautilus, StairMasters, 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 whitewater rafting, rock climbing, hiking, fishing and camping. Recreation equipment such as tents, sleeping bags, skis and snowboards, kayaks, stand-up paddle boards, backpacks, bicycles and fishing poles are available for checkout.

GOLF
If you’d like to learn or practice the game of golf, the Naval Base San Diego Golf Performance Center has the tools you need, including golf instruction for those just getting started. The facility offers a driving range, putting greens and a pro shop for all the latest golf gear plus snacks and beverages. Golf enthusiasts and beginners alike can test their skills at Sea ’N Air Golf Course, located at Naval Air Station North Island, and 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 beachside golf at MWR’s Sea ’N Air Golf Course. If you’re looking for new clubs, gloves or other golf gear, visit...
the fully stocked pro shops for the latest golf equipment and attire. Both clubhouses feature relaxing lounges and restaurants for breakfast, a quick snack, a leisurely lunch and 19th hole refreshments.

LIBERTY CENTERS

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

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

MOVIES

The most popular ticket in town is free — free, first-run movies are shown daily at both the Naval Base San Diego and Naval Air Station North Island theaters, with a number of movies offered in 3-D! Both theaters offer two showings nightly, matinees on weekends, frequent sneak previews and occasional studio premiers. Bring the family and enjoy reasonably priced concessions in our comfortable theaters. Current listings are always available at www.navylifesw.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 Interstate 15. MWR picnic areas have playgrounds, barbecue pits, sports fields, courts, 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 Park is in the midst of a lush park area with a swimming pool and picnic grounds and is adjacent to two 18-hole golf courses.

SPORTS

The sports program offers male and female team and individual sports competitions at the base level. Tournaments and leagues are offered on a year-round basis and include softball, flag football, basketball, volleyball, soccer, tennis, racquetball, running and swimming. Skill development clinics are also offered.

TICKET OFFICES

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

YOUTH CENTERS

MWR has a plan to keep you and your family entertained. Designed for maximum fun and low budgets, MWR Youth Recreation Centers, located in military housing areas, offer a multitude of activities for children of all ages: dancing, gymnastics, taekwondo, karate and jazzercise to name a few. Year-round youth sports programs, swim lessons, field trips and community events keep the kids moving and the parents cheering.
Welcome to San Diego, California's second-largest city, where blue skies keep watch over 70 miles of beaches and a gentle Mediterranean climate means paradise every day. Bordered by Mexico, the Pacific Ocean, the Anza-Borrego Desert and the Laguna Mountains, San Diego County’s 4,200 square miles offer immense options for business and pleasure. It can take years to discover all this diverse area has to offer — following are some of the highlights. Remember to check for MWR discount tickets to attractions and theme parks; current pricing is available at www.navylifesw.com/sandiego.

VISITOR INFORMATION
For visitor information, maps, brochures and visitor guides, stop at the International Visitor Information Center, an official visitor center of the San Diego Tourism Authority. Located at 1140 N. Harbor Drive, the visitor center is open 9 a.m. to 4 p.m. daily October through May and 9 a.m. to 5 p.m. daily June through September. Call 619-236-1212 or visit www.sandiego.org for more information.

PLACES OF INTEREST
Embarcadero
Start your exploration on Harbor Drive at the foot of Pacific Highway near downtown. Stroll along the waterfront through bustling Seaport Village, where you’ll find an eclectic mix of bistros and boutiques, live music and talented street performers. Past the historic fish market heading north is the USS Midway Museum where you can experience life at sea without leaving port by visiting this historic naval aircraft carrier museum. Less than a block away on Broadway Pier you can take a harbor excursion or a ferry across to Coronado. Next is the Cruise Ship Terminal, where cruise ships dock when calling on San Diego. Further along the Embarcadero, see one of the world’s top collections of historic ships at the Maritime Museum of San Diego. Ships include the ferryboat Berkeley, built in 1898; the luxury yacht Medea, built in Scotland; and the Star of India, the oldest acting sailing ship, built in 1863. Visit www.thebigbay.com for more information about the Port of San Diego.

Gaslamp Quarter
Located in the heart of the city, the Gaslamp Quarter has become the hub of cultural activities. Encompassing 16 blocks, the Gaslamp Quarter has a predominantly Victorian feel among the skyscrapers surrounding the district. With more than 200 restaurants, shops, galleries and clubs, and music ranging from jazz to country and western, this locality promises quality time in a quality setting. Visit www.gaslamp.org for more information.
Balboa Park
Balboa Park is the largest urban cultural park in the U.S. It was named for the Spanish explorer Vasco Nunez de Balboa, who discovered the Pacific Ocean in 1513. Many buildings in the park are Spanish Colonial Revival architecture, constructed for the Panama-California Exposition (1915-1916), and used for the California Pacific International Exposition in 1935. The cultural heartland of the city, it is home to the world-famous San Diego Zoo, 15 museums, art galleries, the Reuben H. Fleet Science Center, the Tony Award-winning Old Globe Theater, one of the nation’s largest outdoor organ pavilions and the iconic California Tower. Visit www.balboapark.org for more information.

Old Town State Historic Park
San Diego’s Old Town marks the site of the first European settlement on the West Coast, founded by Father Junipero Serra in 1769. Nestled below Presidio Park, Old Town represents San Diego’s Hispanic heritage from 1821 to 1872, when the area was the center of San Diego. You can also visit charming Heritage Park Row, where a number of Victorian buildings scheduled for demolition were relocated. Visit www.oldtownsandiego.org for more information.

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

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

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

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

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

LEGOLAND California
Located in Carlsbad, LEGOLAND is a 128-acre family theme park geared for families with children ages 2 to 12. LEGOLAND offers great amusement...
rides, astonishingly accurate Lego brick models, lively music and a chance to let your imagination run free. Also on-site is the Sea Life Aquarium, and for summer fun, LEGOLAND Water Park. Visit http://california.legoland.com for more information.

San Diego Zoo
The world-famous San Diego Zoo occupies 100 acres of Balboa Park, and houses 3,700 animals of more than 668 species of rare or endangered animals and more than 700,000 exotic plants. The exhibits feature animals in their natural shared environments, and the zoo is known for its conservation work, especially with giant pandas from China. Visit http://zoo.sandiegozoo.org for more information.

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

SeaWorld
SeaWorld is San Diego’s leading tourist attraction and one of the most popular marine-life parks in the world. The founding principles of education, entertainment, research and conservation make SeaWorld an ideal place to learn about, enjoy and gain an appreciation for some of the ocean’s most fascinating animals. Spread across 189 acres on beautiful Mission Bay, SeaWorld San Diego is known for spectacular animal shows, interactive attractions, aquariums, rides, beautiful landscaping, dining facilities and education programs for all ages. SeaWorld exhibits range from the Penguin Encounter to one of the largest collections of sharks in the world. And of course, Shamu! Be sure to catch the firework shows in the summer, too. Visit www.seaworldparks.com/seaworld-sandiego for more information.

SeaWorld also has a water park, located in Chula Vista. Aquatica San Diego blends up-close animal experiences, water from serene to extreme, high-speed thrills and a sandy beach. Visit www.aquaticabyseaworld.com for more information.

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

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

**Qualcomm Stadium**

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

**San Diego Convention Center**

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

**Viejas Arena**

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

**BEACH COMMUNITIES**

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

- **Imperial Beach** is the most southerly city on the U.S. mainland. South of Imperial Beach are the Tijuana Estuary, Border Field State 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. It’s known for its long, sandy state beach and campground.

- **Point Loma** is a secluded community located on a peninsula with the same name; Sunset Cliffs, Cabrillo National Monument, the Old Point Loma Lighthouse, and tide pools make it unique.

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

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

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

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

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

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

Oceanside
Oceanside is situated on 3.5 miles of sandy beaches and is an ideal mix of urban and rural environments blessed with almost perfect year-round weather. Oceanside Harbor and Harbor Beach are the ideal spots for an afternoon stroll, picnic, boating, surfing or fishing. For shopping, Cape Cod Village plays host to many unique shops and restaurants.

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

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

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

All area codes are 619 unless otherwise listed.

Regional Community Support Programs Administration
Community Support Programs (CSP) 532-2063
CSP Finance, Accounting, Procurement and IT 556-7165
CSP NAF Human Resources 556-8916
Dining Services 532-2470
Fleet and Family Support Center 566-7404
Housing (Unaccompanied and Family Housing) 556-8443
Morale, Welfare and Recreation 532-2063

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

Dining Services
Bowling Center Food Court 545-8709
Catering Department 545-9655
CPO Cantina 545-3214
Pizza Parlor/Recreation Center 545-7229
Sea ‘N Air 19th Hole Restaurant & Lounge 545-9660
Starbucks 522-9500
World Famous “I” Bar 545-0120
Galley 545-7512

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

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

Morale, Welfare and Recreation (MWR)
Administration 545-0046
Athletics Office 545-2876
Auto Skills 545-7235
Bowling Center 545-7240
Breakers Beach Cabana Reservations 545-2874
Crews Pool 545-2880
Golf Course (Sea ‘N Air) 545-9659
Island Club Pool 545-7228
Liberty Rec Enlisted Recreation Center 545-2878
Lock & Leave Storage 522-9460
Main Fitness Center 545-2877
Racquetball/Tennis Court Reservations 545-2876/0237
Sports Information/Reservations 545-2876
Sports Warehouse 545-0237
Theater, Lowry Theater (Movie Recording) 545-8479
Theater Office 545-8042
Ticket Office 545-9576
Vehicle Storage 545-7235

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

San Diego Child and Youth Programs (CYP)
Child Development Center (NAB) 437-5807
Child Development Home Child Care Office 556-7394
Child and Youth 24/7 Center 545-5617
Child Development Center 545-0259
Child Development Center (NAB) 437-5807
Requesting Child Care www.militarychildcare.com
Silver Strand Youth Recreation Center 435-5056
Youth Programs Information 858-268-2828

NAVAL AMPHIBIOUS BASE, NBC

Dining Services
Bayside Deli 437-2160
Galley 437-2044

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

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

Morale, Welfare and Recreation (MWR)
Administration 545-0046
Athletic Field Reservations (Turner Field) 437-3065
Fiddler’s Cove Marina and RV Park 522-8680
Gator Beach Cabana Reservations 437-3028
Lock & Leave Storage 437-3028
NAB Gymnasium 437-2186
Peak Physique Fitness Center 437-2984

Q-Zone, Liberty Enlisted Recreation Center 437-5135/3190
Q-Zone, Movie Theater (Movie Recording) 437-5487
Vehicle Storage 437-3028

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

San Diego Child and Youth Programs (CYP)
Child Development Center (NAB) 437-5807
Child Development Home Child Care Office 556-7394
Child and Youth 24/7 Center 545-5617
Child Development Center 545-0259
Child Development Center (NAB) 437-5807
Requesting Child Care www.militarychildcare.com
Silver Strand Youth Recreation Center 435-5056
Youth Programs Information 858-268-2828

NAVAL AUXILIARY LANDING FIELD
SAN CLEMENTE ISLAND, NBC

Dining Services
Sally Crab Restaurant and Lounge 524-9227

Fleet and Family Support Center
Fleet and Family Support Center, North Island 545-6071
Centralized Scheduling (Toll Free) 866-923-6478

Housing Program
Unaccompanied Housing 524-9202

Morale, Welfare and Recreation (MWR)
Administration 524-9143
SCI Bowling 524-9144

NAVAL BASE POINT LOMA (NBPL)
MAIN BASE, NBPL

Dining Services
The Oceanview Room 524-6287
Galley (Dolphin Inn) 553-7544

Fleet and Family Support Programs
Fleet and Family Support Center 553-7505
Centralized Scheduling (Toll Free) 866-923-6478
Fleet and Family Support Counseling Services 556-8809

Housing Programs
Unaccompanied Housing 553-7530
Navy Gateway Inns & Suites 553-9381
Family Housing Referral Office……556-8443
Lincoln Military Housing…………………556-7667
Morale, Welfare and Recreation (MWR)
Administration…………………………553-7162
Aquatics Office……………………………553-0931
Athletics Office……………………………553-6457
Fitness Center……………………………553-7552/7553
Fitness Office……………………………553-4259
Gear Rental, Point Loma…………………553-9138
The HUB, Liberty Center…………………553-9138
Pierside on the Point, Recreation Center….553-4475
Third Fleet Fitness Center…………………553-8525
Ticket Office, Liberty Station Maxi Mart……221-1005
Navy Exchange……523-1214
San Diego Child and Youth Programs (CYP)
Child Development Center………………553-0765
Patrick Wade Child Development Center
(Liberty Station)…………………222-3400
Child Development Home Child
Care Office……………………………556-7394
Requesting Child Care……………………www.militarychildcare.com
Youth Programs Information……………..858-268-2828
NAVAL BASE SAN DIEGO (NBSD)
Dining Services
Admiral Kidd Catering &
Conference Center……………524-6287/0372/0280
Galley……………………………524-0025
Fleet and Family Support Center
Fleet and Family Support Center
(Main Base)…………………553-7505
Centralized Scheduling (Toll Free)………866-923-6478
Fleet and Family Support
Counseling Services…………………556-8809
Housing Programs
Navy Gateway Inns & Suites………………524-0557
Unaccompanied Housing………………524-1597
Family Housing Referral Office………556-8443
Lincoln Military Housing…………………556-7667
Morale, Welfare and Recreation (MWR)
Administration…………………………553-7162
Athletic Field Reservations………………524-0526
Gear Rental Point Loma…………………553-9138
Liberty Hall, Liberty Center………………524-6587
Leagues and Sports Offices………………524-0526
NMAWC Gym……………………………524-4833
Swimming Pool (Seasonal)……………..524-6987
Ticket Office, Liberty Station Maxi Mart……221-1005
Vehicle Storage…………………………553-9138
Navy Exchange
Maxi Mart, Liberty Station…………………221-1067
San Diego Child and Youth Programs (CYP)
Child Development Home Child Care Office…556-7394
Patrick Wade Child Development Center
(Liberty Station)…………………222-3400
Requesting Child Care…………………www.militarychildcare.com
Youth Programs Information……………..858-268-2828

RECYARD, Liberty Enlisted
Recreation Center……………………..556-5078
RV Park, Admiral Baker…………………..487-0090
Swimming Pool, Admiral Baker…………284-4054
Swimming Pool, Admiral Prout…………520-3048
Theater, Naval Base
(Movie Information Line)…………………556-5568
Theater, Naval Base (Office)……………..556-1885
Ticket Office (Waterfront Recreation Center)……556-2174
Ticket Office (Admiral Robinson Rec. Center/
Ticketmaster)…………………………556-2180
Ticket Office (Main Exchange)…………556-7498
Navy Commissary/Exchange
Commissary…………………………….556-8657
Navy Exchange…………………………544-2100

NAVAL BASE SAN DIEGO (NBSD)
Dining Services
Admiral Baker River’s Edge Cafe & Bar……487-0090
Admiral Baker Clubhouse
Catering Department……………………487-0016
Anchors Catering and Conference Center……556-7788
Budweiser Brew House (near Pier 2)………556-9498
Corner Pin Cafe (Bowling Center)………556-9083
Galley……………………………………556-7039
Starbucks (Waterfront Recreation Center)……556-9472
Weldeck Pizza Parlor and
Recreation Center…………………556-2356
Fleet and Family Support Programs
Fleet and Family Support
Counseling Services…………………556-8809
Fleet, Family and Child
Programs Administration………………556-5690
Fleet and Family Support Center…………556-7404
Centralized Scheduling (Toll Free)………866-923-6478
Relocation/Information and Referral…………556-7404
Fleet and Family Support, Life Skills………553-4744
Transition and Employment/
Financial Programs…………………556-8666
Bayview Hills Branch…………………556-1275
Gateway Village Branch………………222-5548
Murphy Canyon Branch………………858-277-4259
Village at Serra Mesa Branch……………556-1277
Retired Activities Office, Building 259……556-8897
Housing Programs
Unaccompanied Housing………………556-8144
Navy Gateway Inns & Suites………………556-8672
Family Housing Welcome Center………556-8443
Lincoln Military Housing…………………556-7667
Navy Lodge San Diego…………………234-6142
Pacific Beacon/Palmer Hall………………231-3400
Morale, Welfare and Recreation (MWR)
Administration…………………………556-7745
Admiral Prout Field House………………556-7443
Auto Skills Shop………………………556-7008/7009
Bowling Center
(Admiral Robinson Recreation Center)……556-7486
Deployed Forces Support………………556-3327
Fields and Picnic Area Reservations………556-7444
Fitness Station…………………………556-8471
Golf Course, Admiral Baker………………487-0090
Golf Performance Center………………556-7502
Harborside Sports and Fitness Complex……556-2064
Indoor Racquetball Courts………………556-7452
Leagues and Sports Office………………556-7444
MWR Personal/Vehicle Storage…………556-3320
Mussel’s Fitness (Building 1)………………532-1341
Olde Gym…………………………………556-7450
Outdoor Adventure Center and
Gear Rental……………………………556-7493

FACILITY DIRECTORY
SAN DIEGO BASE LEGEND
Naval Base San Diego (NBSD)
San Diego, CA 92136
Naval Air Station North Island (NASNI)
Coronado, CA 92118
Naval Amphibious Base (NAB)
Coronado, CA 92155
NBPL, Main Base
Point Loma, CA 92160
NBPL, Naval Mine and Anti-Submarine
Warfare Command (NMAWC)
Point Loma, CA 92147
**TELEPHONE DIRECTORY**

**Naval Medical Center San Diego (NMCS) (Balboa Park area)**
San Diego, CA 92134

**AQUATICS**

Admiral Baker Pool
Mission Gorge, Building 179...284-4054

Admiral Prout Field House, Outdoor Pool
NBSD, Building 3279/1494...520-3048

Balboa Athletic Complex Pool
NMCS, Building 12..............532-5757

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

Crews Pool
NASNI, Building 400.............545-2880

Island Club Pool
NASNI, Building 579.............545-7228

NMASC Pool, Point Loma
NMASC........524-6987

NPBL, Main Base Pool
Building 1........................533-0934

**ATHLETICS AND FITNESS**

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

Balboa Athletic Complex
NMCS, Building 12..............532-8516

Balboa Fitness Center
NMCS, Building 26..............532-7260

Fitness Station
NBSD, Building 3417............556-8474
(across from Medical)

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

Health and Fitness Assessments
Admiral Prout Field House, NBSD, Building 3279........556-7444
NPBL, Main Base, Building 1........533-7553

Leagues and Sports Offices
NMASC, Building 17A...........524-0526
NPBL, Main Base, Building 1........533-6457
NBSD, Building 3279.............556-7444
NASNI, Building 651..............545-2876
NAB, Building 162.................437-3066
NMASC, Building 12..............532-6080

Main Fitness Center
NASNI, Building 281.............545-2877
Group Exercise Class Info........545-2877

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

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

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

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

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

**Racquetball Courts**
NAB, Building 162.................437-2186
(check out key at Building 162)
NASNI, Building 478..............545-2876
(near the NEX/Commissary)
NASNI, Building 286..............545-2876
(across from Liberty Rec)
NBSD, Building 3317
(near softball fields)..............556-7452
9 a.m. to 7 p.m. Monday through Friday
NMAWC, Building 30..............524-4833
(check out key at Building 30; Reservations required except from 11 a.m. to 1 p.m.)
NMASC, Building 12...............532-8516

**Sports Warehouse (Sports and Fitness)**
NASNI, Building 651..............545-0237

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

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

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

**AUTO SKILLS**

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

**Auto Skills Shop**
NASNI, Building 825.............545-7235

Long-term Parking.................545-7235

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

**BOWLING**

Admiral Robinson Recreation Center
NBSD, Building 3233.............556-7486

Sea 'N Air Lanes
NASNI, Building 772..............545-7240

**CATERING**

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

Admiral Kidd Catering and Conference Center
NMAWC, Building A-3.............524-6287/0372/0280

Anchors Catering and Conference Center
NBSD, Building 3210.............556-7788

I-Bar Courtyard/Lobby
NASNI..........................545-9655

The Oceanview Room
NBPL, Main Base, Point Loma, BOQ, Building 501........524-6287

Sea 'N Air 19th Hole Restaurant & Lounge
NASNI, Building 800.............545-9655

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

**CHILD AND YOUTH PROGRAMS**

Resource and Referral
Requesting Child Care...www.militarychildcare.com

Child Development Home Child Care Offices
NBSD, Building 3639.............556-7394
MCAS Miramar........858-577-4145

**CHILD DEVELOPMENT CENTERS**

Child and Youth 24/7 Center
NASNI, Building 607.............545-5617/767-1172

Child Development Centers
Murphy Canyon, Building 3295........858-268-2221
NPBL, Main Base, Building 377........533-0765
Miramar, Building 2740........858-577-4144
NBSD, Building 3653.............556-3522
MCAS Miramar Building 3638........524-4430

Navel Medical Center, Building 15........532-7977
Navel Medical Center, Children's Waiting Room
Building 2, 1st Floor.............532-6665
Chollas Heights,
6205 College Grove Way........265-2115
NASNI, Building 606........854-0239/5609
NAB Coronado, Building 503........437-5867
Patrick Wade CDC at Liberty Station, Point Loma
2843 Hornet Way..............222-3400/3401

Miramar Infant and Toddler Center
Miramar, Buildings 2741 and 2742........858-577-7891

**Youth Centers**

Admiral Hartman Community Center
4649 Donaldson Drive........858-270-2060
Bayview Hills Community Center
1876 Sky Harbor Road........267-2018
Chesleton Community Center
7427 Linda Vista Road........858-268-2252
Gateway Village Community Center
2741 Mendonca Drive...........225-5628
Murphy Canyon Kids Connection
3493 Santo Road........858-268-2233
Murphy Canyon Youth Center
4677 Santo Road........858-268-2828

WWW.NAVYLIFESW.COM/SANDIEGO
TELEPHONE DIRECTORY

DANCE CLASSES

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

DEPLOYED FORCES

SUPPORT REGIONAL OFFICE
NBSD, Building 71.............................556-3327

FLEET AND FAMILY SUPPORT

Navy Base San Diego, Buildings 259, 261 and 263
3005 Corbina Alley, Suite 1..................556-7404
Navy Base Coronado, Buildings 318 and G
Saufley Road.......................................545-6071
Navy Base Point Loma, 140 Sylvester Road....553-8306
Bayview Hills Branch, 1967 Sky Harbor Road
San Diego, CA 92139..........................556-1275
Gateway Village Branch, 3207 Rosecrans Place
San Diego, CA 92110..........................556-2254
Murphy Canyon Branch, 4867 T Santo Road
San Diego, CA 92124.........................585-277-4259
San Diee Branch, 8120 Arlette St.
San Diee, CA 92071..............................571-4688
Village at Serra Mesa Branch, 3141 Alton Road
San Diego, CA 92123..........................556-1277
Appointments (24-hour).....................866-923-6478
Retired Activities Office,
NAB, Building 16..................................437-2780
Retired Activities Office,
NBSD, Building 259............................556-8987

GEAR RENTAL/OUTDOOR RECREATION

Outdoor Adventure Center
NBSD, Building 3223..........................556-7493
Outdoor Gear Rental — Point Loma
Building 546........................................553-9138
Party Rentals
NMCSD, Building 26, Floor 18..............532-8466

GOLF COURSES

Admiral Baker Golf Course
Mission Gorge, 2400 Admiral Baker Road...487-0090
Navy Base Golf Performance Center
NBSD, Building 348............................556-7502
Sea ‘N Air Golf Course
NBSD, Building 800.............................545-9659

LAUNDRY FACILITIES

Free and open to active duty only.
NMCSD, Midway Landing, Building 2002
(When ships are in port at Pier L)
NMCSD, Langley Landing, Building 2003
(Open when carrier in port at Piers K and J)

LIBERTY CENTERS

The HUB
NAB, Main Base, Building 546................553-9138
Liberty Center
NMCSD, Building 26, Floor 18...............532-8909

Liberty Hall
NMAWC, Building 51............................524-6587
Liberty Rec
NASNI, Building 2000..........................545-2878
Q-Zone
NAB, Building 337.........................437-5135/3190
The RECYARD
NBSD, Building 221.........................556-5078

LIBERTY CENTERS

Family Housing Referral.......................556-8443
Housing (CBH and Family)..................556-8144/8443
Navy Gateway Inns & Suites
www.dodlodging.net
North Island Beach Cottages
NASNI.............................................435-1227
Pacific Beach/Palmer Hall....................231-3400
www.pacificbeacon.com

MARINES

Fiddler’s Cove Marina
First exit south of NAB Coronado..........522-8680
Navy Yacht Club
Fiddler’s Cove Marina.........................437-0320

 MASSAGE THERAPY

BPBL, Main Base, Building 1.................553-7552
NAB, Building 162.............................437-2186
NASNI, Building 281..........................545-2877
NBSD, Building 223...........................556-7450
NMCSD, Building 26...........................532-7260

MOVIE THEATERS

Movie listings are at www.navylifesw.com.
Base Theater
NBSD, Building 71.............................556-5558
Lowry Theater and Movies on the Beach
NASNI, Building 650..........................545-8479
Q-Zone Theater
NAB, Building 337.............................437-5487

PICNIC AREAS

Admiral Baker Picnic Area
Mission Gorge, 2400 Admiral Baker Road...487-0090
Breakers Beach Cabanas
NASNI.............................................545-2874
Gator Beach Cabanas
NAB.................................................437-3028
NAB Turner Field
NAB, Bougainville Road and Eniwetok.....437-3065
NMAWC Picnic Area
NMAWC............................................524-0526
Picnic Area Reservations
NBSD..............................................556-7444
Playing Fields
NMAWC ..................................................... 524-0526
NASNI ........................................................ 545-2876
NBSD ......................................................... 556-7444
Smuggler’s Cove
NBPL, Main Base ............................... 553-6457
Vandergrift Field
NMAWC ..................................................... 524-0526

REC CENTERS
Pierside on the Point Recreation Center
NBPL, Main Base, Building 546 ................. 553-4475
Waterfront Recreation Center
NBSD, Building 45, Pier 2 .......................... 556-9597
Weldeck Recreation Center
NBSD, Building 454 ................................... 556-2356

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