

# NAVAL BASE SAN DIEGO COMMUNITY RECREATION

# JULY 2023

REGISTRATION REQUIRED FOR ALL EVENTS. FULL EVENT LISTING AVAILABLE ONLINE [NAVYLIFESW.COM/NBSDCR](http://NAVYLIFESW.COM/NBSDCR)



## THE NBPL FREEDOM FESTIVAL

TUESDAY, JULY 4, 2023 | 3 PM-9 PM  
140 SYLVESTER RD, SAN DIEGO, CA 92106

Join us at the Naval Base Point Loma Freedom Festival, where we celebrate the spirit of Freedom. Experience an exciting lineup of activities that include a bean bag tournament, Kid's Run, and a Family Fun Zone.

## TODDLER STORYTIME CRAFT & PLAY

WEDNESDAY, JULY 5, 10 AM | FREE  
SAY SAN DIEGO RESOURCE CENTER- 3487 SANTO RD.

Bring your toddler for a special Story Time, Craft, and Play event! Get ready for an exciting day of fun and adventure!

## JUNIOR LIFEGUARD

### PREREQUISITE & COURSE

FRIDAY, JULY 7, 11 AM | \$10 (PREREQUISITE)  
SATURDAY, JULY 15- SUNDAY, JULY 16, 8 AM- 5 PM  
\$175 (COURSE) | ADMIRAL PROUT POOL, BLDG. 3279A

Class will include a pocket mask and all necessary supplies. Students who pass the course will receive an American Red Cross lifeguarding certificate and are eligible to apply for employment with Naval Base San Diego MWR Aquatics. Must be between the ages of 15 and 18.

## AUTO SKILLS CLASS AND TOUR

SATURDAY, JULY 8, 9 AM-11 AM | FREE  
NBSD AUTO SKILLS CENTER

Get the skills you need to keep your car running smoothly. Sign up for this month's class on rear differential service & under car inspection.

## FAMILY GLOW BINGO

SATURDAY, JULY 8, 7 PM | \$5  
ADMIRAL ROBINSON BOWLING ALLEY, BLDG. 3223

Get your glow on with the family and be the Bingo champion of NBSD!

## BUBBLE DAY VOLUNTEER

TUESDAY, JULY 11, 8:30 AM- 1:30 PM | FREE  
ADMIRAL BAKER PICNIC GROUNDS

Help volunteer with MWR for our bubble day event. Tasks include: set up, tear down, check in, bubble stations, etc. Everyone will receive a LOA for their time. Light snacks and water will be provided for volunteers. Jeans/ shorts, tennis shoes are ok, event is outside on grass. Must be 18 yrs+

## BUBBLE DAY

TUESDAY, JULY 11, 10 AM-12 PM | FREE  
ADMIRAL BAKER PICNIC GROUNDS

Join us for a fun day playing with bubbles! We will have bubble crafts, bubble games, bubble wands, and bubble machines!

## GUITAR LESSONS

TUESDAY, JULY 11, 18, 25, AUGUST 1, 10 AM- 11 AM | \$95  
NBSD WATERFRONT RECREATION CENTER

Ever want to learn how to play guitar. This 4-week session will introduce strumming open chords, reading tablature, learning popular songs along with finger exercises and other elements to start your guitar journey or reinvigorate those who've had some previous experience. Must bring your own guitar!

## FLATBREAD PIZZA AND CANDLE MAKING

THURSDAY, JULY 13, 6 PM | \$16  
NBSD WATERFRONT RECREATION CENTER

Join us as we make our own flatbread pizza and candles! A gluten free option will be available. All supplies included.

## MASTERS GLOW BALL GOLF TOURNAMENT

FRIDAY, JULY 14, 7:30 PM | \$30  
NBSD GOLF PERFORMANCE CENTER

Join us for a 12-hole golf tournament! Entry fee includes a meal.

## WONDERS OF SCIENCE

SATURDAY, JULY 15, 11 AM | \$15  
NBSD WATERFRONT RECREATION CENTER

Unlock your potential for scientific discovery! Join us as we make crystal geodes!

## DIVE N MOVIE

FRIDAY, JULY 21, 7:30 PM | FREE  
NBSD ADMIRAL PROUT POOL, BLDG. 3279

Join us for a swim 'n' movie under the stars! Enjoy games, floating inflatables, and popcorn! Lifeguards provided. All children under 48" or wearing a lifejacket must be within arm's reach of parent/guardian when inside the pool. All children 17 & under must be accompanied by an adult while inside the facility.

## MASSAGE THERAPY

THURSDAY, JULY 27, 10 AM-1 PM | FREE  
WATERFRONT REC CENTER BLDG. 45

Enjoy a 10 minute relaxing massage during lunch time at Waterfront Rec Center. No preregistration, check in with the front desk.

## COM REC TO THE SOCCER GAME

SATURDAY, JULY 29 | \$30  
CHECK IN 6:30 PM, KICK OFF AT 7 PM  
TORERO STADIUM 5998 ALCALA PARK, SAN DIEGO

Come help us cheer on the SD Loyals for a fun night of soccer. After the game we will be able to take a photo on the field followed by the battle of the base soccer match.



JUNIOR LIFEGUARD  
PREREQUISITE & COURSE



BUBBLE DAY



GUITAR LESSONS



@COMRECSO  
@NAVYLIFENBSD

Events open to All ID cardholders & guests. All programs, events, and pricing subject to change. To register for all events, visit [navylifesw.com/nbsdcr](http://navylifesw.com/nbsdcr)

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