

Naval Base San Diego

# **N92 MORALE, WELFARE, AND RECREATION**

## **JULY 2025**

[sandiego.navylifesw.com](http://sandiego.navylifesw.com)



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# COMMUNITY RECREATION



## BUBBLE DAY

Tue, July 8 | 2:00 PM

Float into fun! Bring the family to this joyful outdoor celebration full of pop-tastic play and sudsy surprises and get ready to let those bubbles fly.



## COUNTRY CONCERT

Sat, July 12 | 6 PM

Kick back, two-step and sing along under the stars to country songs from your favorite artists! Grab your hat, slip on your boots, and come on down to experience the show.



## FAMILY FLOAT FEST

Sat, July 19 | 11:00 AM

Join us for some fun in the sun at our Family Float Fest! Enjoy ice cream floats, music, games and pool floaties. Life guards at our world famous Adm. Prout Pool are provided.



## PAINT & BREW

Thu, July 31 | 6 PM

Sip, create, repeat! Get creative with magazine cutouts and craft your own masterpiece-all while sipping on a refreshing cold brew. Unleash your creativity one sip at a time.

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# COMMUNITY RECREATION



JUL 02	10:00 AM	Storytime Craft & Play
JUL 04	3:00 PM	NBPL Freedom Fest
JUL 08	2:00 PM	Bubble Day
JUL 12	9:00 AM	Auto Skills Class
JUL 12	12:00 PM	Dip & Discover
JUL 12	6:00 PM	Country Concert
JUL 13	6:00 PM	Sunset Cliffs Sunset Stroll
JUL 15	10:00 AM	Coronado Dog Beach Day
JUL 17	7:00 PM	Bingo
JUL 19	11:00 AM	Family Float Fest
JUL 19	3:00 PM	Pedal Prep
JUL 20	12:00 PM	Belmont Park Day Trip
JUL 26	6:00 PM	Sights & Sips
JUL 27	10:00 AM	Trail Tikes
JUL 31	6:00 PM	Paint & Brew

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# RECYARD LIBERTY – ACTIVE DUTY E1-E6 & GEO BACHELORS



**TRIP TO K1 SPEED**



**COUNTRY CONCERT AT  
PACIFIC BEACON**



**TRIP TO CABRILLO NATIONAL  
PARK AND TIDE POOL**



JULY 01	6:00 PM	Trip to K1 Speed
JULY 04	12:00 PM	4TH OF July BBQ
JULY 11	9:00 PM	Grunion Run Experience at Solana Beach
JULY 12	6:00 PM	Country Concert at Pacific Beacon
JULY 15	5:30 PM	AMC Movie Trip
JULY 18	5:30 PM	Sunset Hike
JULY 19	12:30 PM	Video Game Tournament
JULY 20	10:00 AM	Trip to Cabrillo National Park & Tidepool
JULY 22	5:00 PM	Mindfulness and Meditation
JULY 24-27	7 AM	Comic Con Volunteer

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# TICKETS & TRAVEL



Come by our ticket offices today to purchase your SD County Fair tickets!

Admission only:

Adults \$18.75

Child 6-12 and Seniors 62+ \$14.50

Call for more information: 619-556-2174

Ticket Prices Are Subject to Change

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# OUTDOOR ADVENTURE CENTER



**Your Adventure,  
Our Gear**

**619-556-7493**

**3223 Norman Scott Rd.**



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# OUTDOOR ADVENTURE CENTER

## Your Adventure, Our Gear

### Water Equipment Special:

Rent 1, Get 1 50% Off on Water Sports Rentals (Kayaks, Paddleboards, et.) From June to August

Call for more Info: 619-556-7493

3223 Norman Scott Rd.



NAVAL BASE SAN DIEGO

SPLASH MORE, SPEND LESS!

SUMMER SPECIAL

RENT 1, GET 1

**50% OFF**

WATER SPORTS RENTALS

**JUNE - AUG.**

CALL 619-556-7493 FOR MORE INFO

QR CODE

250th Anniversary

MWR

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OAC explore

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f @navylifenbsd

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# ADMIRAL BAKER PARK

## Command Picnics

AT ADMIRAL BAKER PARK

Beautiful Scenery • Great Rates • Perfect Location

**Reserve your spot today!**



**(619) 487 - 0019**

## Stay & Play

AT ADMIRAL BAKER



**(855) 968 - 7697**

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# ADMIRAL BAKER PARK – RV CAMPGROUND

**New!** OUTDOOR FITNESS EQUIPMENT AT THE RV CAMPGROUND



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# SPORTS, FITNESS & AQUATICS



**AQUATICS**  
**CLASS SCHEDULE**

**Admiral Prout Pool**

<b>TUESDAYS</b>	<b>0930-1030</b>	<b>WATER AEROBICS</b>	LOW IMPACT HIT WORKOUT FOR ALL SKILL LEVELS!
	<b>1200-1245</b>	<b>SECOND CLASS SWIM PREP</b>	PREP FOR YOUR 2ND CLASS SWIM QUALIFICATION. ALL LEVELS ARE WELCOMED.
	<b>1700-1745</b>	<b>ACTIVE DUTY SWIM LESSON</b>	ADULT LEARN TO SWIM LESSONS. ALL BEGINNING LEVELS WELCOME!
<b>THURSDAYS</b>	<b>1200-1245</b>	<b>ACTIVE DUTY SWIM LESSONS</b>	ADULT LEARN TO SWIM LESSONS. ALL BEGINNING LEVELS WELCOME!
	<b>1400-1445</b>	<b>WATER POLO CLINIC</b>	LEARN BASIC KEY WATERPOLO FUNDAMENTALS SUCH AS PASSING, SHOOTING, DEFENSIVE STRATEGIES, AND TEAM COORDINATION.
	<b>1700-1745</b>	<b>SECOND CLASS SWIM PREP</b>	PREP FOR YOUR 2ND CLASS SWIM QUALIFICATION. ALL LEVELS ARE WELCOMED.
<b>SATURDAYS</b>	<b>1000-1100</b>	<b>TECHNIQUE ENHANCEMENT SWIM CLASS</b>	FOCUS ON REFINING TECHNIQUE THROUGH SWIM SETS AND SKILL DEVELOPMENT.

FOR MORE INFORMATION, CALL (619) 520-3048

**MWR**  
AQUATICS

## TUESDAYS

0930-1030 Water Aerobics  
1200-1245 Second Class Swim Prep  
1700-1745 Active Duty Swim Lesson

## THURSDAYS

1200-1245 Active Duty Swim Lessons  
1400-1445 Water Polo Clinic  
1700-1745 Second Class Swim Prep

## SATURDAYS

1000-1100 Technique Enhancement Swim Class

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# SPORTS, FITNESS & AQUATICS



**Splash!**

**NBSD Family Float Fest**

Saturday, July 19, 11 AM- 1PM, \$6 (2 & under FREE)

Join us for some fun in the sun! Enjoy pool floats, ice cream floats, music & games. Lifeguards provided. Register: [navylifesw.com/NBSDCR](http://navylifesw.com/NBSDCR)

[navylifesw.com](http://navylifesw.com)

MWR AQUATICS



**Splash & Bond**

**SATURDAY, JULY 12 | 12 PM | \$3**  
**NBSD ADMIRAL PROUT POOL, BLDG. 3279A**

Splish splash together! Introduce your little one (6 months-3 years old) to the water with comfort and confidence. This gentle, parent-child swim class uses songs, guided play and simple instruction to build safety, early swim skills and precious bonding time.

[navylifesw.com](http://navylifesw.com)

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**CHALLENGE ACCEPTED!**

**Reverse Triathlon Event**

Friday, July 11, 9am, FREE  
 NBSD Admiral Prout Pool

Get fit and get wet! Join us for a challenging 2 mile run, 1.5 mile stationary bike ride, and 500 meter swim that will be sure to get your heart pumping!  
 For more information call 619-520-3048

[NAVYLIFESW.COM](http://NAVYLIFESW.COM)

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# SPORTS, FITNESS & AQUATICS



## RED, WHITE & BLUE WORKOUT

July 2, 2025 OLDE GYM

Come participate in a MWR fitness instructor led workout!  
It will be a 45-minute workout held in the functional room of  
The Olde Gym, using kettlebells, weights, and anything in between!

Register today!

619-556-7450

[zane.h.zimmermann.naf@us.navy.mil](mailto:zane.h.zimmermann.naf@us.navy.mil)

[sandiego.navylifesw.com](http://sandiego.navylifesw.com)

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# SPORTS, FITNESS & AQUATICS

NAVAL BASE SAN DIEGO

## GROUP X SCHEDULE

4<sup>th</sup> Quarter • July – Sept 2025

### MONDAYS

0600 Boot Camp (OG)  
1100 Core Power (HS)  
1100 Regen/Yoga (MU)  
1200 WOD (FS)  
1500 Yoga (FS)  
1630 Spin (FS)

### THURSDAYS

1000 HIIT (HS)  
1100 Yoga (FS)  
1200 WOD (FS)  
1700 Sweat & Burn (FS)

### TUESDAYS

0930 NOFFS Aquatics (FHP)  
1000 HIIT (HS)  
1200 WOD (FS)  
1700 Sweat & Burn (FS)  
1800 Dance Cardio (FS)

### FRIDAYS

0915 Yoga (FS)  
1100 Boot Camp (OG)  
1200 WOD (FS)

### WEDNESDAYS

0700 Spin (FS)  
1100 Core Power (HS)  
1100 HIIT (MU)  
1600 Yoga (FS)  
1800 Pound (FS)

### SATURDAYS

1100 Sweat & Burn (FS)

### Command PT Appointments

derek.j.seiler.naf@us.navy.mil, 619-556-7897 (Admiral Prout)  
zane.h.zimmermann.naf@us.navy.mil, 619-556-9509 (Olde Gym)  
eric.l.littman.naf@us.navy.mil, 619-767-6417 (Harborside)



4<sup>th</sup> Quarter • July – Sept 2025

**Boot Camp:** Work hard with kettle bells, bands, TRX, weights & more

**Command PT:** Schedule an appointment for your command for any class type you desire

**Core Power:** Focus on core stability, endurance & pushing/pulling techniques

**Dance Cardio:** Dance incorporated into fitness with fun music & energized instructors

**HIIT:** Full-body movements, alternating high and low intensity exercises

**NOFFS Aquatics:** Build your muscles in the pool and get a great workout (Shallow end)

**Pound:** Grab the drum sticks & turn on the music. Workout while having lots of fun

**Spin:** High Intensity cardio, low impact workout with motivating instructors and music

**Sweat & Burn:** Cardio Based workout using explosive exercises

**Workout of the Day (WOD):** Variety of exercises focusing on total-body strength training

**Yoga/Regeneration:** Promote relaxation & recovery with gentle stretches & breathing

FS = Fitness Station Bldg 3417

HS = Harborside Gym Bldg 3477

OG = Olde Gym Bldg 223

FHP = Field House Pool Bldg 3279

MU = Mussels Downtown Bldg 750



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# SPORTS, FITNESS & AQUATICS

**OLDE GYM Bldg. 223 and Harborside Gym Bldg. 3477**  
**NOW OPEN 24/7**

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# Adm. Baker Clubhouse | Anchors Catering & Conference Center



## Your perfect venue awaits!

**AFFORDABLE ELEGANCE | NO BASE ACCESS REQUIRED  
FULL-SERVICE CATERING FACILITIES**

Our event spaces feature charming indoor and outdoor options ideal for ceremonies, receptions, and formal gatherings. With premium amenities such as one-of-a-kind fine-dining experiences and comprehensive conference support, any impression you make at one of Naval Base San Diego's catering facilities is sure to last.

**ADMIRAL BAKER CLUBHOUSE**  
2400 ADMIRAL BAKER RD. SAN DIEGO, CA 92120 • 619.467.0026



This stunning clubhouse features panoramic views and early California-style architecture, perfectly complemented by its Mission Gorge River location. Nestled between two 18-hole golf courses, it offers a picturesque setting for any occasion.

The Presidio Ballroom features soft arches, sparkling chandeliers, and dark wood beams that will surround your event in rich style. The dining room opens to the Presidio Patio that overlooks the sprawling lush greens of our golf courses. Groups up to 200 can be accommodated at Admiral Baker Clubhouse.

**EVENT SPACES**

<b>PRESIDIO BALLROOM</b> Capacity 300 - 200	<b>NORTH PRESIDIO PATIO</b> Capacity 100 - 150
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Scan here to inquire about our event venues, availability and booking

**EXCLUSIVE OFFERINGS**

- Free Parking
- Convenient, historic locations
- Supports local Morale, Welfare, and Recreation programs
- Free High-Speed internet and in-house audiovisual capability

**ANCHORS CATERING & CONFERENCE CENTER**  
2375 RECREATION WAY, SAN DIEGO, CA 92136 • 619.556.7788



Located at Naval Base San Diego, just outside of the Main Street Gate, Anchors Catering & Conference Center provides easy access for both military and non-military guests. Whether hosting an elegant wedding or a traditional ceremony, our versatile venue provides the perfect setting.

With a capacity of up to 400 guests, our facility boasts two spacious banquet rooms and convenient break-out areas. The ballroom features a stage, a beautiful hardwood dance floor, and even a bridal changing room, ensuring every detail of your event is seamlessly accommodated.

**EVENT SPACES**

<b>ATLANTIC ROOM</b> Capacity 50-130	<b>MEDITERRANEAN ROOM</b> Capacity 25-50
<b>PACIFIC ROOM</b> Capacity 75-100	<b>ARCTIC ROOM</b> Capacity 25-50
<b>GRAND PACIFIC BALLROOM</b> Capacity 100 - 400	



## Your Perfect Venue Awaits!

**At Anchors Catering & Conference Center**

Full service catering and events facility  
Easy access for non-military guests  
Two large banquet rooms and convenient break out areas  
Hardwood dance floor, stage, and bridal changing room available





From elegant weddings to lively command celebrations, we've got you covered. Our versatile event space is perfect for Halls and Farewells, luncheons, dinners, holiday celebrations, birthdays, anniversaries, and wedding receptions. Don't miss out - book your unforgettable event today!

*Event Spaces*



<b>Grand Pacific Ballroom</b> Capacity 100-400	
<b>Atlantic Room</b> Capacity 50-130	<b>Mediterranean Room</b> Capacity 25-50
<b>Pacific Room</b> Capacity 75-100	<b>Arctic Room</b> Capacity 25-50

For information and booking inquiries, contact us at 619-556-7788.



2375 Recreation Way, San Diego, CA 92136  
Located at Naval Base San Diego, just outside of the Main Street Gate



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# ANCHORS CATERING & CONFERENCE CENTER

## BEEF UP!

**PRIME RIB LUNCH BUFFET  
WEDNESDAYS AND FRIDAYS  
11 AM – 1 PM**

ONLY AT NSBD  
ANCHORS CATERING & CONFERENCE CENTER, BLDG 3210



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# ADMIRAL ROBINSON RECREATION CENTER



- Café is now OPEN! Serving breakfast, lunch and dinner 7 days a week as well as ESM Meals on Nights and Weekends. Check out our Daily Deals menu as well!
- Kids Bowl Free! June 1 – Sept 1. Register online at [kidsbowlfree.com/navy](http://kidsbowlfree.com/navy) and receive 2 free games each day!
- Every Thursday FREE active duty and Retiree Bowling from 1100-1700
- Host Command Functions at the bowling alley! \$9 per person includes shoe rental and 2hrs of bowling.
- Visit our fully stocked Pro Shop open Tues – Sat for great deals on bowling balls, shoes, bags, ball drilling and more!
- Book parties and command functions in our Banquet Room! Catering packages available. No Outside Food or Drinks allowed.

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# NBSD AUTO SKILLS CENTER

**MONTHLY MAINTENANCE  
TRAINING CLASS**

**JULY 12<sup>TH</sup> 0900-1200**

**REAR DIFFERENTIAL SERVICE &  
UNDER CAR INSPECTION**



**MWR**  
MORALE, WELFARE AND RECREATION

**NAVAL BASE SAN DIEGO**  
**AUTO SKILLS CENTER**  
WE SUPPLY THE TOOLS AND THE KNOW HOW, YOU PROVIDE THE LABOR



**BLDG. 3234**  
**619-556-7009**  
**WWW.NAVYLIFESW.COM**



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# NBSD PERSONAL STORAGE



## NBSD MWR PERSONAL STORAGE

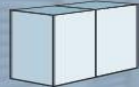
2375 Recreation Way Bldg. 3654 • San Diego, CA 92136  
OFFICE HOURS: Monday-Friday: 8 am-4:30 pm

**NEED A PLACE TO STORE YOUR BELONGINGS?  
CALL 619-556-3320 FOR AVAILABILITY.**



1 Door - \$70/month  
4 x 4 x 8 (16 sq. ft)

### AVAILABLE UNIT SIZES



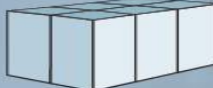
2 Door - \$90/month  
4 x 8 x 8 (32 sq. ft)



4 Door - \$135/month  
8 x 8 x 8 (64 sq. ft)



3 Door - \$115/month  
4 x 12 x 8 (48 sq. ft)



6 Door - \$170/month  
12 x 8 x 8 (96 sq. ft)

**DAILY ACCESS HOURS: 5:30 am-9 pm**

Pricing and hours subject to change without notice. Please call the office for up-to-date information.  
To allow sufficient time for contracting, no applications for personal storage will be accepted after 4 pm.



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navyllifesw.com



## NBSD MWR

# VEHICLE STORAGE

**OFFICE HOURS: MON-FRI, 8 AM-4:30 PM (CLOSED HOLIDAYS)**

2375 Recreation Way Bldg. 3654, San Diego, CA 92136

### VEHICLE STORAGE

**DROP-OFF & PICK-UP HOURS:  
MONDAY-FRIDAY, 8 AM - 3 PM\*  
CLOSED ON HOLIDAYS**

Standard vehicle storage: \$65/month  
Deployed service members: \$40/month\*\*

\* No pick-ups or drop-offs accepted after 3 pm. Cutoff for same-day contracts (incl. drop-off) is 1 pm.

\*\* Discounted price only valid for 1 vehicle for SHIPS HOMEPORTED IN NBSD and for qualified ship deployments. Must bring deployment letter made out to MWR. Due to high volume of deploying service members, it is highly recommended to contract at least 3 business days prior to deployment.

### RV AND BOAT STORAGE

**24-HOUR ACCESS**

**LOT INCLUDES 325 SPACES, WASTE STATION,  
AND ELECTRONIC ENTRY/EXIT GATES**

**AVAILABLE SPACES:**

15' x 12': \$65/month  
20' x 12': \$80/month  
25' x 12': \$95/month  
30' x 12': \$110/month  
35' x 12': \$125/month  
40' x 12' (uncovered): \$140/month  
40' x 12' (covered): \$170/month  
50' x 12': \$170/month



**TAGS, REGISTRATION, AND INSURANCE FOR ANY VEHICLE STORED ON MWR PROPERTY MUST  
BE UP TO DATE. ALL VEHICLES MUST BE COMPLETE AND IN OPERATIONAL CONDITION.**

Open to all MWR eligible patrons. Please call (619) 556-3320 or email NBSD\_MWRSTORAGE@us.navy.mil for availability.  
Pricing and hours subject to change without notice. Contact the office for up-to-date information.



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# NBSD GOLF PERFORMANCE CENTER (BLDG.348)



**ELEVATE  
YOUR GAME**

**MON-SUN: 7 AM-7 PM**  
NBSD GOLF PERFORMANCE CENTER (BLDG. 348)

**NAVAL BASE  
GOLF PERFORMANCE  
CENTER**

Improve your performance at  
our newly upgraded facility!

AMENITIES INCLUDE:

- Golf Simulator (with 150+ courses)
- Improved Pro Shop and Driving Range
- Food & Beverages
- FREE Wi-Fi and more

 Follow us!

CALL 619-556-7502 FOR INFO AND RESERVATIONS.



**MWR  
GOLF**

Monday – Sunday  
7AM – 7PM

NBSD Golf Performance Center (Bldg. 348)

Call 619 556 7502 –For Info and Reservations

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# NBSD GOLF PERFORMANCE CENTER (BLDG.348)

## GLOW BALL TOURNAMENT

Every 2nd Friday of the Month  
Starting January 10

\$30 per person

NBSD Golf Performance Center

Register in person

For more info, call 619-556-7502



**LIGHT UP THE NIGHT**

**GLOW BALL TOURNAMENT**

Every 2nd Friday of the Month  
Starting January 10  
\$30 per person  
NBSD Golf Performance Center

Register in person.  
For more info, call  
619-556-7502

Experience golf like never before! Come play under the stars and fire at the pin. Whether you're a seasoned pro or a newbie, this is your chance to swing into a night of fun, laughter, and unforgettable memories. Open to all MWR eligible patrons.

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**MWR**  
GOLF



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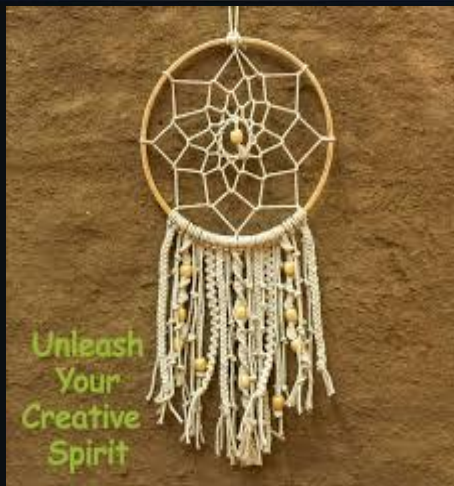
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# NMCSD COMMUNITY RECREATION



## JULY Calendar

Be A S.T.A.R With MWR: Build A Birdhouse 7/5 | 11 am | \$10

DIY Dream Catcher 7/12 | 1 pm | \$10

Great Navy Campout with NMCSD 7/18-7/20 | 6 pm | \$40



Phone: (619) 532-8909

**EVENTS ARE OPEN TO ALL HANDS: Daily Operations open only during stated hours of operation**

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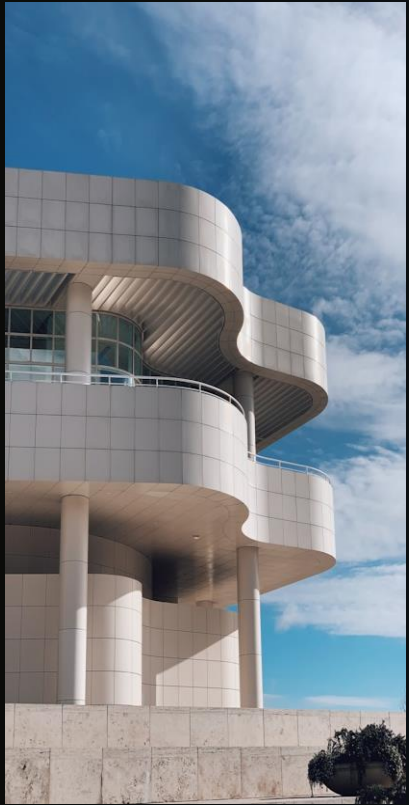


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# NMCSD LIBERTY PROGRAM

JULY Calendar



Pool Tournament

7/1 | 11 am | Free

Beginner Kayaking/Stand Up Paddle Boarding Lesson 7/12 | 8:30 am | \$5

Budget Friendly Meal: Crepe Class 7/22 | 12 pm | Free

## Recurring Events

Pawsitive Teams

7/2 , 7/9 , 7/16 | 10 am- 1pm | Free

Karaoke Sesh

7/11, 7/25 | 4pm-6pm | Free

More info: (619) 532-8909

**EVENTS ARE OPEN TO ONLY TO: ACTIVE DUTY E1-E6, WOUNDED  
WARRIOR & GEO BACHELORS**

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# NMCSD FITNESS



**BALBOA FITNESS CENTER**  
**BLDG. 26, 1B**  
**POWERLIFTING CHALLENGE**

**17 JULY**

**12 – 4 PM & 6 – 8 PM**

**750 lb. (female)**

**1000 lb. (male)**

**\*SQUAT \*BENCH PRESS \*DEADLIFT**

**More Info: (619) 532 - 7260**

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# NMCSD SPORTS & AQUATICS



**Balboa Athletic Complex Bldg. 12**  
**New fitness equipment just added!**

Sports / events

## SUMMER LEAGUES


**Basketball league starts June 9**

**Kickball league starts June 17**

**ALL Female Volleyball starts June 19**

**Phone: (619) 532-8516**

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