

COMSUBRON 11




WELCOME ABOARD

COMMANDER SUBMARINE SQUADRON 11 ARRIVAL PACKET



2024-2025 EDITION

WELCOME TO SAN DIEGO



Welcome to San Diego! Moving to San Diego can be a challenging process. You may be asking yourself, "What do I do next?" The purpose of this packet is to provide you with helpful tips and information to ensure a smooth transition to life in San Diego for you and your family. If you have any questions, please don't hesitate to contact your Command Ombudsman or sponsor. You can visit www.ombudsmanregistry.org and use the "Contact Your Ombudsman" feature. On behalf of Commander, Submarine Squadron 11, we wish you a successful tour on this beautiful waterfront and safe travels when arriving. **Welcome aboard!**

NOTHING IN THIS BOOKLET SHOULD BE CONSIDERED TO BE AN ENDORSEMENT OF ANY PARTICULAR ACTIVITY OR ORGANIZATION

MOVING/CONTACT

Moving to San Diego	4
Pre-Arrival	4
Budgeting	4
Emergency Contact	5
Commands	6

HOME

Housing and Temporary Lodging	14
Navy Gateway Inn & Suites (NGIS)	14
Personal Property Office	15
ID Card/DEERS Office	15
Military Housing Map	16

FAMILY

Schools and Education	18
Public, Private and Home Schools	18
College	19
Child and Youth Programs	20
Child Development Centers	20
Youth Services	21
Pets	22
Deployment Care	22
Travel Guidelines	22
Veterinary Clinics	22

SUPPORT

Tricare Enrollment	23
Water Safety	24
Legal Assistance	25

EXPLORE

Local Area	26
MWR	26
Military Discounts to Local Attractions	27

Moving to San Diego

Pre-Arrival

Flying To San Diego

1. Before traveling: call OPCON (619-553-8666) to schedule a duty driver for pick-up prior to arrival date. Clarify if needing a barracks room, living out in town or staying at an NGIS (pg. 14).
2. Stop by Pass and ID (174 Rosecrans St., San Diego, CA 92106) to get CAC coded for enclave access.
3. Meet with CDO at CSS-11 QD. Give orders to OPCON to be stamped and given guidance on next steps.

Driving To San Diego

1. Before traveling: call OPCON (619-553-8666) to notify of arrival date. Clarify if needing a barracks room, living out in town or staying at an NGIS (pg. 14).
2. Stop by Pass and ID (174 Rosecrans St., San Diego, CA 92106) to get CAC coded for enclave access.
3. Meet with CDO at CSS-11 QD. Give orders to OPCON to be stamped and given guidance on next steps.

Budgeting

Moving to a high cost-of-living area like San Diego can be exciting, but it requires careful financial planning to maintain stability. A good rule-of-thumb is to start with researching housing options and consider areas you would like to reside in and take a look at the BAH rates for appropriate paygrade (with or without dependents). This amount is averaged based on the total combined cost of rent, electricity and utilities. Next, look at creating a detailed budget accounting for higher expenses such as utilities, groceries, transportation and entertainment. Additionally, build an emergency fund before relocating to provide a buffer while you adjust to the new cost environment. Finally, check in with your Command Financial Specialist-they can help you learn about resources, discounts and ways to connect with others who have navigated similar moves.

NOTES

Emergency Contact

Ambulance	911
Fire	911
Police	911
NCIS Hotline	(877) 579-3648
NTC	(619) 881-9001
Balboa Emergency Room	(800) 453-0491
Naval Base Point Loma Security	(619) 553-0601
OPCON	(619) 553-8666
Command Duty Officer	(619) 571-5136
Duty Driver	(619) 634-1841

YOUR IMPORTANT CONTACTS *(Fill in as necessary)*

Your Command's Contact Info: _____

Sponsor's Contact Info: _____

Ombudsman Contact Info: _____

Other: _____





Commander, Submarine Squadron 11 (CSS-11)

Ombudsman

css11ombudsman@gmail.com

Contact Information

Quarterdeck: (619) 553-8666

Admin Office: (619) 553-8728

Command Duty Officer: (619) 571-5136

Command Duty Driver: (619) 634-1841

Command Chaplain: (619) 524-9826

Mail

Commander, Submarine Squadron 11
140 Sylvester Rd
San Diego, CA 92106

Official Social Media Pages:

Facebook: [@COMSUBRON11](https://www.facebook.com/COMSUBRON11)

X: [@COMSUBRONELEVEN](https://twitter.com/COMSUBRONELEVEN)

Instagram: [@Squadron_Eleven](https://www.instagram.com/Squadron_Eleven)

LinkedIn: [@Submarine-squadron-eleven](https://www.linkedin.com/company/Submarine-squadron-eleven)

What is CSS-11?

Commander, Submarine Squadron 11 provides training, material and personnel readiness support for the medium auxiliary floating dry dock ARCO (ARDM 5), Undersea Rescue Command and Los Angeles-class fast-attack submarines, capable of supporting various missions, including: anti-submarine warfare; anti-ship warfare; strike warfare; and intelligence, surveillance, and reconnaissance. CSS-11 was commissioned on July 1, 1986 aboard her flagship USS McKee (AS 41), at Naval Base Point Loma, as a result of a reorganization of Commander, Submarine Group 5.



Tenant Commands and Submarines



USS Scranton (SSN 756)



USS Alexandria (SSN 757)



USS Santa Fe (SSN 763)



USS Greenville (SSN 772)



**Undersea Rescue Command
(URC)**



**Floating Dry Dock ARCO
(ARDM 5)**



USS Scranton (SSN 756)

Ombudsman
ssn756@gmail.com

Mail
USS Scranton (756)
Unit 100269 BOX 1
FPO AP 96692

*For boat phone number, contact CSS-11
OPCON at (619) 553-8666.*

Chief of the Boat
cob@scranton.navy.mil

What is SSN 756?

The Los Angeles-class fast-attack submarine USS Scranton (SSN 756) is capable of supporting various missions, including: anti-submarine warfare; anti-ship warfare; strike warfare; and intelligence, surveillance, and reconnaissance. Scranton is the second vessel to be named for Scranton, Pennsylvania. She was laid down on August 29, 1986, launched on July 3, 1989 and commissioned January 26, 1991.



IRON HORSE



USS Alexandria (SSN 757)

Ombudsman
alexandriaomb@gmail.com

Mail
USS Alexandria (SSN 757)
Unit 100270 BOX 1
FPO AP 96660

*For boat phone number, contact CSS-11
OPCON at (619) 553-8666.*

Chief of the Boat
cob@alexandria.navy.mil

What is SSN 757?

The Los Angeles-class fast-attack submarine USS Alexandria (SSN 757) is capable of supporting various missions, including: anti-submarine warfare; anti-ship warfare; strike warfare; and intelligence, surveillance, and reconnaissance. Alexandria is the third vessel in the history of the United States Navy to bear the name Alexandria and is named for both Alexandria, Virginia and Alexandria, Louisiana. Her keel was laid down on June 19, 1987. She was launched on June 23, 1990 and commissioned June 29, 1991.



TWICE AS STRONG





USS Santa Fe (SSN 763)

Ombudsman
ombudsman763@gmail.com

Mail
USS Santa Fe (SSN 763)
Unit 100159
FPO AP 96678

*For boat phone number, contact CSS-11
OPCON at (619) 553-8666.*

Chief of the Boat
cob@santa-fe.navy.mil

What is SSN 763?

The Los Angeles-class fast-attack submarine USS Santa Fe (SSN 763) is capable of supporting various missions, including: anti-submarine warfare; anti-ship warfare; strike warfare; and intelligence, surveillance, and reconnaissance. Santa Fe is the second vessel to be named for Santa Fe, New Mexico. Her keel was laid down on July 9, 1991, launched on December 12, 1992 and commissioned January 8, 1994.



IRON SAINT



USS Greenville (SSN 772)

Ombudsman
ombudsman763@gmail.com

Mail
USS Greenville (SSN 772)
Unit 100176
FPO AP 96666

*For boat phone number, contact CSS-11
OPCON at (619) 553-8666.*

Chief of the Boat
cob@greenville.navy.mil

What is SSN 772?

The Los Angeles-class fast-attack submarine USS Greenville (SSN 772) is capable of supporting various missions, including: anti-submarine warfare; anti-ship warfare; strike warfare; and intelligence, surveillance, and reconnaissance. Greenville is the only vessel in United States Navy history to be named after Greenville, Tennessee. Her keel was laid down on February 28, 1992, launched on September 17, 1994 and commissioned February 16, 1996.





Undersea Rescue Command (URC)

Ombudsman

undersearescuecommandombudsman@gmail.com

Admin: (619) 545-6886

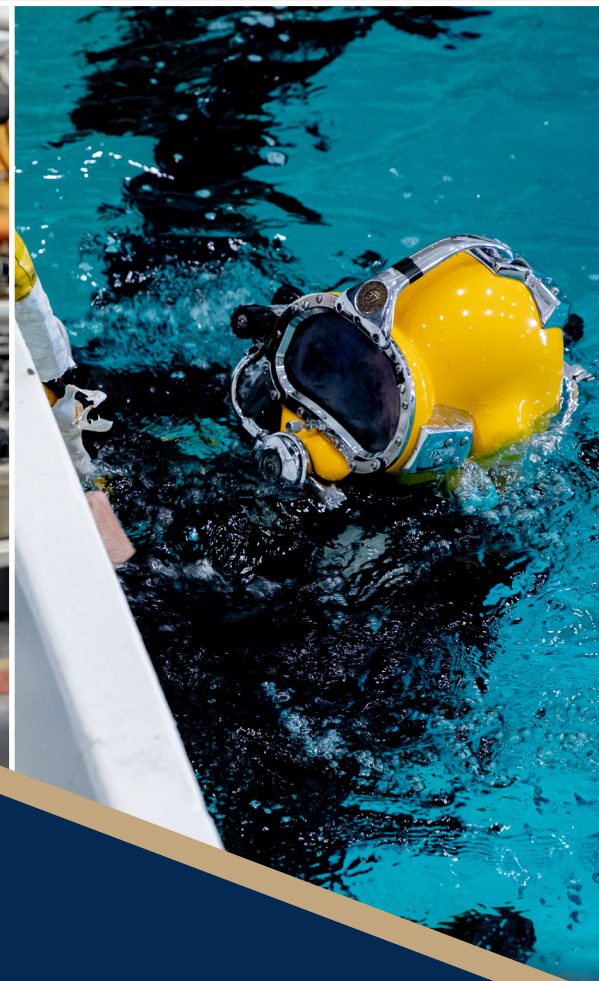
Mail

URC

Moffett Rd Bldg 497
San Diego, CA 92135

What is URC?

Undersea Rescue Command (URC) is home to the United States Navy's submarine rescue specialists. URC provides operational, administrative, maintenance and logistical oversight of the Navy's shallow and deep water rescue systems as well as the Remotely Operated Vehicle (ROV) intervention system. URC uses a combination of active duty Sailors, Reserve component personnel, and government contractors to provide 24/7 worldwide submarine rescue coverage for the United States and allied submarines. URC is the sole U.S. provider of submarine rescue capability for the United States Navy and is located onboard Naval Air Station North Island.



ERIPÉ PARATI



ARCO (ARDM 5)

Ombudsman
ombudsmanarco@gmail.com

Mail
ARCO (ARDM 5)
140 Sylvester Road
San Diego, CA 92106

Quarterdeck: (619) 553-9348

Admin: (619) 553-9356

What is ARDM 5?

ARCO (ARDM 5), the second drydock to bear the name ARCO, was built by the Todd Pacific Shipyard Corporation, Seattle, Washington. ARCO was placed in service on June 23, 1988. ARCO has a lifting capacity of 1800 long tons, is 492 feet long, 96 feet wide and has a wing wall height of 61 feet. The drydock is equipped with two wing wall cranes capable of lifting up to 25 tons each. ARCO is used primarily for dry-docking and servicing Los Angeles-class submarines.



NATIONAL TREASURE

Housing and Temporary Lodging

Housing Office

Services Offered: Home finding services, Inspection services, Issue Resolution, Housing Discrimination Complaints, Cost Savings and Relief Programs and Services for Unaccompanied Sailors.

Housing Services Center (HSC) is the Service member's government advocate for providing assistance for any type of housing: rental or purchase, on-base or off-base, community, government and Public/Private Venture (PPV) at any installation worldwide (Navy HSC Locator).

Contact information

2625 LeHardy St., Bldg. 3544, San Diego, CA 92136

Phone: (619) 556-8443 | Fax: (619) 556-8012

Website: <http://navylifesw.com/sandiego/housing/>

Email: sandiegohousing@navy.mil

Hours: Mon - Fri | 0800-1700



Navy Gateway Inn & Suites (NGIS) Locations

Website: <http://ngis.dodlodging.net/>

NGIS Naval Base Point Loma, Main Base *(Pet Friendly)*

Contact information

Phone: (619) 553-0594 | (619) 365-4985

Fax: (619) 553-0613

Toll Free: 1-877-NAVY-BED

Location

Naval Base Point Loma, Main Base

Kerrick Road BLDG 601

San Diego, CA 92106

NGIS Naval Base Point Loma, North Harbor Drive Annex *(Pet Friendly)*

Contact information

Phone: (619) 524-0557 | (619) 365-9041

Fax: (619) 524-0754

Toll Free: 1-877-NAVY-BED

Location

Naval Base Point Loma, North Harbor Drive Annex

32444 Echo Lane BLDG 82

San Diego, CA 92147

NGIS Naval Base San Diego *(Pet Friendly)*

Contact information

Phone: (619) 556-8672

Fax: (619) 556-7263

Toll Free: 1-877-NAVY-BED

Location

Naval Base San Diego

2450 McHugh Street BLDG 3362 (Donnelly Hall)

San Diego, CA 92136

NGIS NAS North Island Coronado *(For Pets on Coronado, contact NGIS Naval Amphibious Base Coronado)*

Contact information

Phone: (619) 545-9551

Fax: (619) 545-7546

Toll Free: 1-877-NAVY-BED

Location

NAS North Island Coronado

1300 Rogers Road BLDG 1521

San Diego, CA 92135

NGIS Naval Amphibious Base Coronado *(Pet Friendly)*

Contact information

Phone: (619) 365-9043

Toll Free: 1-877-NAVY-BED

Location

Naval Amphibious Base Coronado

3628 Tulagi Rd BLDG 504

San Diego, CA 92155

Fleet and Family Support Center (FFSC)

FFSC supports individual and family readiness through a full array of programs and resources which help Navy families to be resilient, well-informed and adaptable to the Navy environment. The Naval Complex San Diego FFSC serves active duty members, retired personnel and family members with programs and services to enhance their quality of life.

Public/Private Venture (PPV) Housing

PPV housing is also referred to as privatized military housing. Naval Complex San Diego has partnered with Lincoln Military Housing to offer you and your family outstanding PPV housing choices. PPV housing is owned by Lincoln Military Housing and governed by business agreements in which Lincoln Military Housing is responsible for the maintenance and day-to-day management of the housing. PPV housing may be located on or off government property.

Community Housing

Community Housing is any housing that a service member may choose that is not PPV or government operated. This is housing outside of the base that is privately owned and operated. This can include apartment complexes and single family homes for rent.

Housing Early Application Tool (HEAT)

HEAT allows Sailors and their spouses to apply for housing at one or more locations before or after they receive their PCS orders. Spouses can use the application as well, needing only minimal information about their Sailor. Naval Complex San Diego currently accepts HEAT applications.

Personal Property Office

Verify status and location of your Household Goods shipment by contacting the Personal Property Office. Office location is directly across from the Housing Office onboard Naval Base San Diego.

Contact information

2623 LeHardy St., Bldg. 3376, San Diego, CA 92136

Phone: (855) 444-6683

Hours: Mon - Fri | 0730-1600

Personnel Support Services

Your command administrative department will be your main point of contact for most of the personnel supportive services and will be able to direct you to necessary points of contact.

ID Card/DEERS Office

Ensure you and your dependents' ID cards are current. If the expiration date is within 90 days consider renewing immediately. Appointments can be booked online, or see available walk-in times, at: <https://idco.dmdc.osd.mil/idco>.

Contact information

49250 Electron Drive, Bldg. 61, San Diego, CA 92106

1st Floor, Room 110

Phone: (619) 553-0511

Hours: Mon - Fri | 0730-1600



LIBERTY
MILITARY HOUSING

PROPERTY

UNITS

1	Admiral Hartman	434
2	Bayview Hills	723
3	Beech St. Knolls	72
4	Bonita Bluffs	75
5	Chesterton & Chesterton Townhomes	457
6	Chollas Heights & Chollas Historical	419
7	Eucalyptus Ridge	290
8	Gateway Village	460
9	Hilleary Park	37
10	Holly Square	13
11	Home Terrace	85
12	Howard Gilmore Terrace	244
13	La Mesa Park	56
14	Lofgren Terrace	200
15	Marine Corps Air Station Miramar	527
16	Mira Mesa Ridge	65
17	Murphy Canyon	2,319
18	Naval Air Station North Island	45
19	Naval Amphibious Base Coronado	42
20	Naval Regional Medical Center	4
21	Naval Station San Diego	2
22	Navy Submarine Base Pt. Loma	8
23	Paradise Gardens	46
24	Park Summit	30
25	Pomerado Terrace	120
26	Prospect View	84
27	Ramona Vista	88
28	River Place	78
29	Silver Strand I & II	390
30	Terrace View Villas	236
31	The Village at NTC	500
32	The Village at Serra Mesa	900
33	Vista Ridge	24
34	Woodlake	48

- ★ Naval Base San Diego
- ★ Balboa Medical Center
- ★ Naval Base Coronado
- ★ MCAS Mirmar
- ★ MCRD





HOUSING MILES TO BASE

SAN DIEGO

PROPERTY	MCAS	MCRD	NBC	NBPL	NBSD	BALBOA MEDICAL CENTER
Admiral Hartman	13	5	13	8	11	10
Bayview	18	12	9	14	6	9
Beech Street Knolls	15	7	6	9	3	2
Bonita Bluffs	23	17	12	19	8	16
Chesterton	9	7	11	10	9	8
Chesterton Townhomes	9	7	11	10	9	8
Chollas Heights	18	11	11	14	9	8
Eucalyptus Ridge	19	23	25	26	22	22
Gateway Village	16	0	10	3	7	6
Hilleary Park	9	23	27	26	24	24
Holly Square	25	16	14	19	11	14
Home Terrace	14	10	7	12	5	5
Howard Gilmore	20	13	13	16	10	10
La Mesa Park	16	15	13	18	10	10
Lofgren Terrace	24	17	16	20	12	14
Mira Mesa Ridge	2	18	21	21	18	17
Miramar	0	16	19	19	16	15
Murphy Canyon	8	10	14	13	10	13
Naval Amphib Base	22	12	1	13	6	7
Naval Station SD	16	7	5	9	0	5
North Island	20	10	1	12	0	6
Paradise Gardens	19	15	10	18	7	7
Park Summit	13	5	8	8	6	2
Pomerado Terrace	2	16	20	19	17	16
Prospect View	13	18	20	21	17	17
Ramona Vista	23	37	45	40	37	40
River Place	12	19	21	22	18	17
Silver Strand I & II	23	12	2	14	8	9
Subase	19	3	12	0	9	9
Terrace View	14	10	7	12	5	4
Village at NTC	17	1	9	2	7	7
Village at Serra Mesa	9	11	12	14	11	7
Vista Ridge	30	40	50	43	46	45
Woodlake	17	21	23	24	20	20

Schools and Education

Public School

The San Diego Unified School District is the largest in the county, and the eighth largest urban school district in the nation. The district serves most of the metropolitan area within the San Diego city limits and provides a variety of educational programs and options for students in kindergarten through high school. It operates as a system of neighborhood schools with all children eligible to attend the school serving their residential address. School districts in San Diego allow families to transfer from one school to another within the same school district or transfer to another school district. Timelines of enrollment period should be noted if parents are considering transferring their children.

Private School

San Diego County is home to more than 200 private primary and secondary schools. These alternatives to public schools offer families a learning atmosphere tailored to their own philosophies and their children's specific needs.

Accreditation by independent agencies is available to private schools. Schools volunteer to have their programs inspected and evaluated. Tuition varies by each school.

Private schools widely vary, from highly structured to self-directed learning environments, to college prep and curriculum strong in artistic expression.

Home School

Each state has different laws governing home schooling. Many communities have organizations that assist home schooling families with curriculum and opportunities to meet other home school students. Options for homeschooling your child include:

- The local school district
- Online programs
- Private companies
- Independently (by filing an affidavit with the State of California)

If homeschooling your child is provided through the local school district, online program or private company, your child will be provided a standard curriculum to follow and assigned a teacher who will monitor your child's progress.

If you wish to home school independently, you must file a private school affidavit with the state of California. You, as the parent, will then be responsible for creating your own curriculum and submitting all documentation and testing to the state.

Naval Base Point Loma School Liaison Program

Contact information

School Liaison, 140 Sylvester Rd, Bldg. 211, San Diego, CA 92106

Phone: (619) 553-8290

Website: <https://sandiego.navylifesw.com/fleet-family//fleet-family/child-youth-programs/school-liason-officers>

Greatschools.org

Contact information

1999 Harrison Street, Suite 1100, Oakland, CA 94612

Website: www.greatschools.org

Provides trusted rating and school information that helps parents find the right school for their family and improve schools in their communities. The thousands of articles, tips and interactive tools help parents support their child's learning and wellbeing every day.

Local Colleges

- University of California, San Diego (UCSD)
- San Diego State University (SDSU)
- University of San Diego (USD)
- San Diego Community College District
- Grossmont College
- San Diego Regional Occupational College District (ROP): The San Diego County ROP offers FREE occupational training programs to anyone age 16 and over. More than 265 courses are offered per year. Courses taken for college credit may require payment to a local community college.

Navy College

Contact information

Virtual Education Center, 472 Polaris Street, Suite 214, Virginia Beach, VA 23461

Phone: 1-877-838-1659

Website: <http://www.navycollege.navy.mil/>

The Navy College Program (NCP) provides opportunities for Sailors to earn college degrees by providing academic credit for Navy training, work experience and off-duty education. While the NCP is primarily geared towards enlisted Sailors, some NCP components are also available to officers. The NCP services include:

- Educational counseling
- Apprenticeship opportunities
- Distance learning
- College credit by examination/experience
- Tuition assistance (TA) and much more.

CNRSW Navy Voluntary Education Region Advisor

Contact information

Building 3290 Rm 418 (TSC Complex) San Diego, CA 92136

Phone: (619) 556-3254

Child and Youth Programs

Child Development

Contact information

Naval Base Point Loma, BLDG 377, San Diego, CA 92106

Phone: (619) 553-0765

Hours: M-F | 0700-1900

Exceptional Family Member Program Family Connections

Contact information

Fleet and Family Support Center - EFMP

140 Sylvester Rd. Bldg 212, San Diego, CA 92106

Phone: (619) 553-7505

Hours: M-F | 0730-1630

Navy Region Southwest's Exceptional Family Member Program (EFMP) offers childcare while parents focus on improving the quality of life for their families with an exceptional family member through support, resources and providing a social forum to network and share information.

Child Care

Military families may request child care by visiting MilitaryChildCare.com. This Defense Department online request for care system serves military families worldwide who are seeking child care through child development centers, school-age care programs and DOD certified family child care providers. Families may search for and request care, manage their requests and update their profile online, simplifying the process for finding child care.

Child Care Fee assistance is available for eligible families through Child Care Aware of America. This national organization is contracted to administer the Military Child Care in your Neighborhood programs, MCCYN and MCCYN-PLUS. These Defense Department programs provide fee assistance to qualifying families who are unable to access installation child care. Visit ChildCareAware.org and select your service branch to learn more about military child care programs in your neighborhood.

About the Navy Child & Youth Programs

Accessibility: We support our Service members and families with 227 facilities and 3,000 Child Development Homes world-wide and accredited commercial partnership spaces throughout the continental United States.

Affordability: We are committed to the economic viability of military families. We offer affordable care based on household income.

Quality: Navy Child and Youth programs are among the highest quality in the nation. Navy Child Development Centers are accredited with the National Association for the Education of Young Children. Our Child Development Home Providers are certified by the Department of Defense, applicable state licensing agencies, and are currently accrediting with the National Association for Family Child Care. Navy before and after-school programs are currently accrediting with the National AfterSchool Alliance. And, our Youth programs are affiliated with the Boys and Girls Clubs of America.

Eligibility: Developmental child care and youth recreational programs are available to all active duty military, activated reservists and guardsmen, DoD civilian personnel and DoD contractors. Youth recreational programs are also available to military retirees and DoD civilian retirees.

Youth Services

CNRSW Child & Youth Programs (CYP) operates eight area recreation centers, in or near military family housing. In addition, CYP offers a variety of recreation programs for children ages 3 to 17, including open recreation, field trips, teen programs, youth sports, and special events, as well as the programs listed below.

Contact information

4649 Donaldson Dr., San Diego, CA 92109

Phone: (858) 270-2060

Before and After School Program

This program is designed to meet the needs of school-aged youth (5 to 12 years) in the hours before and after school. Organized and supervised activities are conducted at specific times before and after regular school hours. For more information, go to: MilitaryChildCare.com

Day Camp / Intercession

This program is offered for youth between the ages 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.

Tiny Tot Program

Tiny Tot classes are offered all year to children ages 3 to 5 years old. This part-time program provides an open environment where your child can participate in arts and crafts, music and rhythm, story time, social games, movement and much more.



Pets

Dogs on Deployment

Address: 970 W. Valley Parkway, Box 667, Escondido CA 92025

Phone: (619) 800-3631

Website: www.dogsondeployment.org

Eligibility: Active duty or activated reserve / E6 and Below for grants.

Network or pet boarding during service member's time away due to military commitment, emergency grants for vet expenses.

FAA Pet Travel Requirements

Address: Federal Aviation Administration

Phone: 1-866-835-5322

Website: https://www.faa.gov/passengers/fly_pets/

Pet Registration for Bases

If living on a military installation, check with their local guidance on pets onboard the installation.

Veterinary Clinic

Veterinary Treatment Facility - Miramar

Address: 6360 Bauer Rd., Bldg. 6360, San Diego, CA 92145

Phone: (858) 307-6552 | (858) 307-1773

Hours: M-F | 0700-1530



TRICARE Enrollment

Region Information

Tricare West

Enroll in Tricare for this region by contacting their support with your DOD ID to register and be assigned a Primary Care Manager.

Contact information

1-800-440-3114

<https://www.tricare-west.com/content/hnfs/home/tw.html>

Naval Medical Center San Diego - Balboa Medical Center

Contact information

34800 Bob Wilson Dr., San Diego, CA 92134

Quarterdeck: (619) 532-6400

Naval Base Healthcare Naval Training Center (NTC)

Contact information

2051 Cushing Rd., San Diego, CA 92106

Quarterdeck: (619) 532-8225

Naval Medical Center San Diego

Contact information

2450 Craven St. Bldg. 3300, San Diego, CA 92136

Quarterdeck: (619) 881-9202

MHS Genesis Patient Portal

Contact information

Website: <https://my.mhsgenesis.health.mil>

- If you do not have a common access card (CAC) or a MyPay account, you will need to create a DS Logon account to access the MHS Genesis Patient Portal.
- To ensure MHS Genesis can confirm your identity and provide the highest levels of cyber security and safeguards of your health information, you will be required to complete a brief verification process. You will be provided 3 minutes to complete a 4-question quiz to verify your identity. Responses may include providing your DoD ID number and some personnel information, including: financial questions, past addresses, etc.
- You will create your MHS Genesis Patient Portal password in the online registration process. A new password will need to be created 180 days.
- Once you have successfully created your DS Logon, click on "Upgrade To Premium Account" to upgrade your account to Premium Access to view your health information.
- Active duty military and families will need to keep your TRICARE Online accounts. i.e. When you PCS from another base/location, your new duty station's military hospital or clinic may not be using MHS Genesis yet.

Sign up for TRICARE ONLINE SECURE MESSAGING:

<https://tolsecuremessaging.com>

Water Safety



Frequently Asked Questions



Advisories



Warning



Closures

The Department of Environmental Health and Quality's Beach and Bay Water Quality Monitoring Program protects the public health of millions of residents and visitors each year through beach water testing, public education, outreach and beach postings. Beach postings can include water **advisories**, **warnings** and **closures** when there is contamination, such as sewage.

Refer to sdbeachinfo.com to check the beach water quality status to make informed decisions about water quality health risks. Health risks are higher when water samples fail state health standards and this website is updated immediately when beach status changes (advisories or closures) are made. The website also provides external links to the State's sample results and advisories database.

BEACH WATER MANAGEMENT TIERED SYSTEM

NEW!

1. ADVISORY

2. WARNING

3. CLOSURE

ADVISORY!
BACTERIA LEVELS EXCEED HEALTH STANDARDS
CONTACT WITH THIS WATER MAY CAUSE ILLNESS
¡AVISO!
EL CONTACTO CON ESTA AGUA PUEDE CAUSAR ENFERMEDADES LA CANTIDAD DE BACTERIAS EXCEDE LOS NIVELES DE SALUD

WARNING!
BEACH WATER MAY CONTAIN SEWAGE AND MAY CAUSE ILLNESS
¡ADVERTENCIA!
EL AGUA DE LA PLAYA PUEDE CONTENER AGUAS RESIDUALES Y PUEDE CAUSAR ENFERMEDADES

KEEP OUT OF WATER
SEWAGE/CHEMICAL CONTAMINATED WATER
WATER CONTACT MAY CAUSE ILLNESS

SDbeachinfo.com

Legal Assistance

ENSURE YOUR POWER OF ATTORNEY, WILLS, OR OTHER LEGAL DOCUMENTS ARE VALID AND UP TO DATE.

The Region Legal Service Office (RLSO) is dedicated to providing legal assistance in a variety of areas to assist you. These services are available to all active duty Navy and Marine Corps personnel and their dependents, as well as retired military personnel.

Address

3395 Sturtevant St.
Suite 9, Bldg. 56
San Diego, CA 92136

Phone Number (619) 556-0049

Hours Monday-Friday | 0730-1630



APPOINTMENTS

Appointments to discuss legal matters with a legal assistance attorney are generally available daily at the RLSO. Legal Assistance appointments are available 0730-1630 Monday-Friday. If you are interested in setting up an appointment, please call their appointment line at the number above.

A legal assistance attorney can help you with a wide range of topics including:

- Will/Estate Planning Preparation
- Adoption (Step-Parent)
- Family Law (Divorce/Separation/Child Custody)
- Consumer Issues
- Landlord/Tenant

WALK-IN SERVICES

Walk-in Services are available Monday-Friday from 0730-1630.

- Notary
- Power of Attorney (*Forms available at www.jag.navy.mil/legal_services/spoa.html*)
- * You must present your military, dependent, or retiree ID card and a state ID, driver's license, or passport upon checking in.



Local Area



MWR Locations

MWR Naval Base Point Loma

Contact Information:

Community Recreation, Naval Base Point Loma, San Diego, CA 92106

Phone: (619) 553-9138 | Hours: Mon-Fri 0900-2000 | Sat-Sun 0900-1700 (Closed holidays)

MWR Naval Base San Diego

Contact Information:

Waterfront Community Recreation Center, Brinser St., Bldg. 45, Pier 2, Naval Base San Diego, San Diego, CA 92136

Phone: (619) 556-9597

MWR Naval Base Coronado

Contact Information:

Bldg. 337 Naval Base Coronado, Community Recreation, Coronado, CA 92155

Phone: (619) 520-8179 | Hours: 0900-1700 Daily | Ticket Office: Mon-Fri 0900-1700

MWR Naval Medical Center San Diego

Contact Information:

Building 26, Floor 1B, Balboa Community Recreation Center, Naval Medical Center San Diego, San Diego, CA 92134

Phone: (619) 532-8909 | Hours: Mon-Fri 0800-1300, Sat/Holidays 1000-1800, Closed Sun

Offers:

- Information & Resources
- Trips & Tours (Includes Outdoor Recreation)
- Classes & Activities
- Tickets & Travel
- Special Events
- Outdoor Equipment Rentals
- Parks, Picnic Areas & Playgrounds
- Command Recreation Support



PETCO Park

Discount: Active-duty service members, veterans and their families receive 25% off tickets on Sundays and 10% off all season long, available online through verification by GovX.

Before every Sunday home game, active-duty service members, veterans and their families, and USAA members will receive access to the USAA Military Appreciation Zone, where they can enjoy food and drink specials from the time gates open until first pitch in an exclusive area.

Legoland

Discount: \$4.50 off day ticket, 10% off rooms at Legoland California Resort Hotel

United States military, veterans and their families receive \$4.50 off 1-day Legoland tickets and 10% rooms at the LEGOLAND California Resort hotel (blackout days may apply).

**See MWR office for additional pricing*



Cabrillo National Monument

Discount: Active duty personnel enter free with ID.

Show active duty ID to attendant when passing through gate for entry.

Balboa Park

Discount: Active Duty personnel can apply for the *Military Appreciation Pass*.

The MAP Pass provides complimentary general admission for one year to sixteen cultural institutions in Balboa Park and is good for up to two adults and up to four children (ages 3-17).





San Diego Zoo

Discount: Free admission with valid active-duty ID

The San Diego Zoo offers a free 1-day pass for active-duty military. Military spouses and eligible dependents receive a 10% discount.

**See MWR office for additional pricing*

Seaworld San Diego

Discount: One complimentary admission per year for military personnel and as many as three direct dependents.

Active duty service member must provide military ID upon visitation. Dependents over the age of 10 must also show ID.

**See MWR office for additional pricing*



USS Midway Museum

Discount: Free admission for active-duty and reservists, \$18 off for retired military.

**See MWR office for additional pricing*

The New Children's Museum

Discount: \$5 off admission

Military personnel and their families can receive \$5 off admission with a valid military ID.

**See MWR office for additional pricing*





San Diego Botanic Gardens

Discount: Active-duty service members and up to five immediate family members get free admission. A valid ID is required at the ticket booth to receive free tickets for the day of your visit.

San Diego Air and Space Museum

Discount: Free admission for active-duty, \$4 for retired service members.

A valid ID is required.

Free for military, dependents and DOD every 2nd Tuesday of the month.



The Veterans Museum
at Balboa Park

Veterans Museum and Memorial Center

Discount: Free admission active-duty, \$1 off for retired military.

San Diego Natural History Museum

Discount: \$3 off admission

Military service members can receive \$3 off admission prices.

Free for military, dependents and DOD every 1st Tuesday of the month.





Birch Aquarium at Scripps

Discount: \$3 off admission

All active, reserve and retired service members and veterans receive \$3 off admission. Tickets must be purchased online in advance using promo code **MILITARY** at checkout. Valid for up to 6 tickets.

**See MWR office for additional pricing*

Amtrak

Discount: 10% off

Active-duty military, veterans and children/spouses of active military receive 10% off train tickets. Just use the Fare Finder at the beginning of your search and select 'Military' for each passenger as appropriate to receive the discount.



YMCA

Discount: \$0 initiation fee and 10% off monthly membership.

Active, veteran and retired military who join the YMCA do not pay the initiation fee and receive a 10% monthly discount on their membership.

24 Hour Fitness

Discount: \$0 initiation fee and \$5 off monthly dues.

Military personnel receive \$5 off monthly dues and a \$0 initiation fee.





Jiffy Lube

Discount: 25% off

Active duty and veterans can receive a 25% discount on MOST services. The PROMO code is **MIL25**.

Firestone Complete Auto Care

Discount: 10% discount

A 10% discount is given to those who serve.



O'Reilly Auto Parts

Discount: 10% discount

Active-duty, reserve, veterans and immediate family members of service members can receive 10% off the retail price of in-store items (except motor oil, antifreeze, sal items, online purchases, special order items and outside purchase items).

Discount Tire

Discount: 5% discount

Active duty, reserve members, and veterans can receive a 5% discount on certain services. Military members, veterans and reserves can use ID.me to verify their service during their online checkout on [discounttire.com](https://www.discounttire.com)



Commander, Submarine Squadron 11
140 Sylvester Road, San Diego, CA 92106-5200



COMSUIPDON E I E V E N