ISSUE 39

2025

MONTHLY NBVC QUALITY OF LIFE PROGRAMS NEWSLETTER FR Highlights





The Los Angeles Rams are excited to invite you for a day of fun practicing football drills and skills with Cheerleaders, Rampage, and other Rams activations!

SATURDAY, MARCH 29TH

11 AM - 2 PM



STINGERS PARK, NBVC PORT HUENEME PACIFIC ROAD BLDG. 5354, PORT HUENEME



ACTIVITIES FOR FAMILY AND FRIENDS:

- FOOTBALL SKILLS AND DRILLS ACTIVITIES (YOUTH GRADES K-5TH)
- FREE FOOTBALL CLINIC (YOUTH GRADES 6TH-12TH)
- · MEET RAMPAGE (RAMS MASCOT) AND RAMS CHEERLEADERS

U.S. NAVY CHILD & YOUTH PROGRAMS WELCOMES CHILDREN & TEENS OF ALL ABILITIES.
THE DON DOES NOT ENDORSE ANY COMPANY OR SPONSOR, THEIR PRODUCTS OR SERVICE.



NBVC CYP TEEN CENTERS

NBVC Teens and Parents here are our upcoming teen events &

MAR 7: Mugu Youth, Springtime Minute to win it

MAR 21: Mugu Youth, Beach Clean up, Ventura Pier

MAR 28: Mugu Youth, **Bowling Night, NBVC Lanes**

For information about registration and field trips contact your local youth center. All events/trips are subject to change without notice.

Camarillo: 805-383-6240 Port Hueneme: 805-982-4218 Point Mugu: 805-989-7580



NBVC MWR LIBERTY PROGRAM

MWR Liberty programs and trips are only open to MWR Sailors/Liberty personnel who are single active-duty military or Geobachelors.

MAR 1: Paint Ball Trip

8 am – 2 pm. \$35 per person. Registration required. Pick up from CoffeeNet at 8 am, pick up at SurfNet at 8:30 am.

MAR 8: Go Kart Racing

10 am – 3 pm. \$22.50 per person. Registration required. Pick up from CoffeeNet at 10 am, pick up at SurfNet at 10:30 am.

MAR 13: Paint & Chill Night

5 pm – 7:30 pm. Free activity, registration required. Transportation from Mugu available upon request

MAR 15: Day Hike

8 am – 1 pm. Free activity, Registration required. Pick up from CoffeeNet at 8 am, pick up at SurfNet at 8:30 am.

MAR 17: Ice Cream Shakes

11 am – 1 pm & 6 pm – 8 pm. Free activity, no Registration required.

MAR 28: Cosmic Bowling

6 pm – 10 pm. Free activity includes 1 hr. of lessons. No registration required. Transportation from Mugu available upon request.

MAR 29: Venice Beach Day

8 am – 5 pm. Free activity, Registration required. Pick up from CoffeeNet at 8 am, pick up at SurfNet at 8:30 am.

Needham Theater Movie Night – Every Friday

Liberty patrons receive a free snack combo.

To register for a trip please scan the QR code below.



If you have questions, please call us at 805-982-6695

Show off your ride



Automotive class



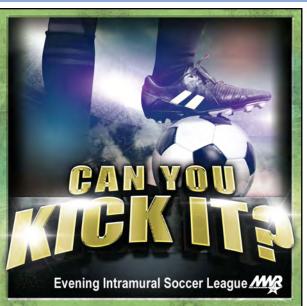
Point Mugu Auto Skills Classes

Each month the Point Mugu Auto Skills shop staff host a class for all authorized MWR patrons interested in learning about vehicle maintenance.

March's class is all about brakes. Registered students will learn how to inspect and how to change your brake pads. Each class is instructor lead & class sizes are limited to give students the time needed to learn a new skill.

Register in advance by visiting the Mugu Auto Skills shop. A small class fee is required.

Adult Intramural Soccer



NBVC MWR Athletics is looking for players and teams for the upcoming evening Soccer League at NBVC Port Hueneme

Coaches meeting: March 20 League starts: March 24

For more information, please check with any MWR gym. Hueneme Gym at 805-982-5173 or the Point Mugu gym at 805-989-7728.





Seabee Golf Course Happenings



The Seabee Golf Course is looking for players to participate in their 2-person golf tournaments.

Tournaments are open to all hands and civilian golf pass holders.

Included with your registration is your Green & Cart Fees, Range Balls, Food & Prizes.

Tournament Date UPDATED: Saturday March 22

All tournaments have an 8 am shotgun start.

To enter call the Pro Shop at 805-982-2620



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Mil Spouse Orientation

March 3 / 2 pm - 3:30 pm NBVC Port Hueneme

5 Love Languages

March 11 / 2 pm - 3:30 pm NBVC Port Hueneme

Effective Resume Writing

March 6 / 9:30 am - 11 am NBVC Point Mugu

Winning Interview Techniques

March 27 / 1:30 pm - 3:30 pm NBVC Port Hueneme

Sponsor Training

March 5 / 9 am – 10 am Port Hueneme

Vesting in TSP

March 13 / 1 pm - 2:30 pm Port Hueneme

Excel Basics

March 18 / 1 pm - 3 pm Port Hueneme

Smooth Move

March 4 / 2 pm - 3 pm Port Hueneme



805-982-5037

Upcoming Events...

- Hiking: Sandstone Peak
 April 5, 2025. More event details to be announced.
- Family Paint Night

 And 25 2025 More event details to be annual.

April 25, 2025. More event details to be announced.

Spring Event

April 12, 2025. More event details to be announced.

- 2 Person Golf Tournament
 April 26, 2025 More details to be announced.
- Mugu Cars & Coffee
 April 26, 2025. More event details to be announced.



Providing services that enhance the quality of life to sustain the Fleet, enable the Fighter, and support the Family! NBVC MWR'S Main Office is located at NBVC PH Bldg. 1180, Phone (805) 982-5554



Subscribe to our mailing list and receiving the FFR Highlights via email. Simply Email Richard.w.cobb2.naf@us.navy.mil to subscribe!

Find all the FFR information online at ventura.navylifesw.com

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