



Navy Life China Lake WINDY NEWSLETTER

May 2023 | 760-939-2602 | danielle.d.mouw.naf@us.navy.mil | [f/NAWSCL.FFR](#) | [chinalake.navylifesw.com](#)

Oasis Pool

Memorial Day Splash- Join us for our Luau themed kick off to summer!
Monday, May 29 12 pm - 6 pm.

**Oasis Pool Summer Hours- Monday - Friday 1 pm - 7 pm &
Saturday -Sunday 12 pm - 6 pm**

Swim Lessons- Session 1 sign ups May 22nd for Active Duty and May 29th for all others.

Call 760-939-2334 for any questions!

Barefoot Bar & Catering Reservations - Want to host your event on base give us a call! We can be reached at 760-939-8662.

Child Care options on base

Call the Child Development Center 760-939-3171 (ages 6 weeks to 5 years) or School Age Care 760-939-2909 (grades K-5th) the day of needing care for availability. Open for Active Duty, DoD, and Contractors. Active Duty families have priority. Questions? Call for details!



UPCOMING DATES/STUFF TO DO

Most activities are open to all with base access. Call program for details

Sun, May 7

- 4:30 am • Sun Rise B Mountain Hike

Call 760-939-3006 for more information!



Sat, May 13

- 6:30 9 am - 11 am •

Learn how to change Automatic Transmission Fluid

Community Recreation 760-939-3006

Fri, May 19



- 6 pm - 8 pm Pressed Flower Canvas Art! Call 760-939-3006 to reserve your spot!



Sat, May 20

- 9 am Spring Shuffle 5K Call 760-939-2334 for more information!

Mon, May 29 • 12 pm • Memorial Day Splash

Our annual opening of Oasis Outdoor Pool for the summer! Call 760-939-2334 for pre information.



Swim Lessons at Oasis Pool

Session 1 June 5-15

Sign-ups Active Duty begin May 22

All others begin

May 29.



Facility Hours

Auto Skills

Friday - Saturday: 9 am-6 pm
Tuesday - Thursday: By appointment only

Barefoot Bar

Summer Hours Beginning May 30.

Monday - Friday: 1 pm - 7 pm
Saturday & Sunday: 12 pm - 6 pm

Hall Memorial Lanes & King Pin Café

Monday: Closed

Tuesday - Thursday: 11 am - 8 pm

Friday: 11 am - 10 pm

Saturday: 12 pm - 10 pm

Sunday: 12 pm- 7 pm

Community Recreation

Monday - Friday: 9:00 am - 5:30 pm

Fitness

Monday - Thursday: 5 am - 9 pm

Friday: 5 am - 8 pm

Saturday & Sunday: 8 am - 6 pm

Holidays: 8 am - 4 pm

Golf

Monday - Sunday: Sunrise to Sunset

Liberty

Monday - Sunday: 12 pm - 9 pm

Mulligans

Monday - non flex Friday: 7 am - 2 pm

flex Friday - Sunday: 10 am - 2 pm

Oasis Pool

Summer Hours Beginning May 30.

Monday - Friday: 1 pm - 7 pm

Saturday & Sunday: 12 pm - 6 pm

Take Five

Monday - non flex Friday: 6 am - 2 pm

Flex Friday - Sunday: Closed

MWR Events



MWR Dining



QUINCE DE MAYO WRESTLING

Friday, May 5 • 5-9 pm at Solar Park

Be Ringside with **KnokX Pro Entertainment** for an evening of wrestling excitement and family friendly professional entertainment wrestling!

For more information: 760-939-3006
Open to all MWR eligible patrons
navylifesw.com

The Department of the Navy does not endorse any company, sponsor or their product or services.

Memorial Day Splash

MONDAY, MAY 29 | 12 PM - 6PM | OASIS POOL

Splash into summer with our Memorial Day Splash! Fun in the Sun! Lawn Games, Slide, Music, Snacks for purchase, & Swimming.

All customers 17 and under must pass a swim test and have their parent/guardian sign the swim test waiver before using the slide and/or entering the deep end.

Free to all with current base access. Beverages and snacks for sale at the Barefoot Bar.

navylifesw.com

STRONG

FITNESS CENTER

100% ID Check REQUIRED!

Active Duty & Dependents, Military Retired & Dependents, Retired DoD, 100% Disabled Vets, & DoD Free

Contractors, All Other Vets & Guests* \$7.00
Fit Pass for contractors, DoD Family & All Other Vets
\$35 monthly \ \$150 for a 6 month pass
*Limit of 2 guests per free patron

Fitness Center Hours
Mon - Thurs 5 am - 9 pm
Fri 5 am - 8 pm
Sat - Sun 8 am - 6 pm
Holidays 8 am - 4 pm

Lap Swim Hours
Mon - Fri
5 am - 7 am
11 am - 1 pm
5 pm - 7 pm
Sat & Sun
9 am - 12 pm

Open Basketball Ages 16 & Up
Mon - Fri
11 am - 1 pm
Mon | Wed | Fri
5:30 pm - 8 pm
Sat - Sun
11 am - 2 pm

Open Volleyball Ages 16 & Up
Tues & Thurs
5:30 pm - 8:00 pm

Racquetball
30 minute reservations
all day
Active Duty 2 day priority to reserve
all others 1 day priority

Fitness Classes
See posted schedule

<https://chinalake.navy.mil/navylifesw.com/> 760-939-2334 BLDG 0028

GROUP EXERCISE CLASS SCHEDULE

MAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 am				BARRE	
9:30 am					
12 pm	PERFORMANCE BOOTCAMP	INDOOR CYCLING	BARBELL STRENGTH	BIKE- BENCH- BAR	AQUALOGIX NON-FLEX
3 pm					
5 pm	BARRE	GENTLE YOGA		BARBELL STRENGTH	

GROUP EXERCISE ROOM IN FITNESS CENTER BUILDING 28
CALL THE FITNESS CENTER 760-939-2334 TO RESERVE YOUR PLACE.
Classes are subject to cancellation if less than 3 participants