



# VTAP

## Navy Virtual Transition Assistance Program



**TRANSITION ASSISTANCE PROGRAM**



The Navy provides interactive virtual webinars through the Virtual Transition Assistance Program (VTAP) for all eligible service members preparing to transition back to civilian life. Service members must complete their required congressional-mandated training at no less than 365 days before their official retirement or separation from military service. VTAP is designed for Service members who are unable to attend in-person training sessions in a timely manner. VTAP webinar classes are available to Service members and their spouses at any stage of their career and at any time zone.

### JULY 2026

*Schedule is Subject to Change*

WEEK of 6-10 JULY		Date	EDT	Millington	San Deigo	Hawaii	Bahrain	Japan			
2 hrs.	Pre-Separation Briefing	6 Jul	7:00 AM	8:00 AM	4:00 AM	6 Jul	2:00 AM	6 Jul	2:00 PM	6 Jul	8:00 PM
30 mins.	Managing Your Transition	6 Jul	9:15 AM	10:15 AM	6:15 AM	6 Jul	3:15 AM	6 Jul	4:15 PM	6 Jul	10:15 PM
1.5 hrs.	MOC Crosswalk	6 Jul	10:00 AM	9:00 AM	7:00 AM	6 Jul	4:00 AM	6 Jul	5:00 PM	6 Jul	11:00 PM
4 hrs.	Financial Planning for Transition	7 Jul	7:00 AM	8:00 AM	4:00 AM	7 Jul	2:00 AM	7 Jul	2:00 PM	7 Jul	8:00 PM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	8 Jul	7:00 AM	8:00 AM	4:00 AM	8 Jul	2:00 AM	8 Jul	2:00 PM	8 Jul	8:00 PM
WEEK of 13-17 JULY		Date	EDT	Millington	San Deigo	Hawaii	Bahrain	Japan			
2 hrs.	Pre-Separation Briefing	14 Jul	8:00 AM	7:00 AM	5:00 AM	14 Jul	2:00 AM	14 Jul	3:00 PM	14 Jul	9:00 PM
30 mins.	Managing Your Transition	14 Jul	10:15 AM	9:15 AM	7:15 AM	14 Jul	3:15 AM	14 Jul	5:15 PM	15 Jul	11:15 PM
1.5 hrs.	MOC Crosswalk	14 Jul	11:00 AM	10:00 AM	8:00 AM	14 Jul	5:00 AM	14 Jul	6:00 PM	15 Jul	12:00 AM
4 hrs.	Financial Planning for Transition	14 Jul	1:00 PM	12:00 PM	10:00 AM	14 Jul	7:00 AM	14 Jul	8:00 PM	15 Jul	2:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	15 Jul	8:00 AM	7:00 AM	5:00 AM	15 Jul	2:00 AM	15 Jul	3:00 PM	15 Jul	9:00 PM
6 hrs.	DoW (2Days) MY Education Day 1 8 am-3pm Day 2 8 am-3pm	16 Jul	8:00 AM	9:00 AM	5:00 AM	16 Jul	2:00 AM	16 Jul	3:00 PM	-	-
		17 Jul	8:00 AM	9:00 AM	5:00 AM	17 Jul	2:00 AM	17 Jul	3:00 PM	-	-
WEEK of 20-24 JULY		Date	EDT	Millington	San Deigo	Hawaii	Bahrain	Japan			
2 hrs.	Pre-Separation Briefing	21 Jul	9:00 AM	8:00 AM	6:00 AM	19 Jul	3:00 AM	19 Jul	4:00 PM	19 Jul	11:00 PM
30 mins.	Managing Your Transition	21 Jul	11:15 AM	10:15 AM	8:15 AM	19 Jul	5:15 AM	19 Jul	6:15 PM	20 Jul	12:100 AM
1.5 hrs.	MOC Crosswalk	21 Jul	12:00 PM	11:00 AM	9:00 AM	19 Jul	6:00 AM	19 Jul	7:00 PM	20 Jul	1:00 AM
4 hrs.	Financial Planning for Transition	21 Jul	2:00 PM	1:00 PM	11:00 AM	19 Jul	8:00 AM	19 Jul	9:00 PM	20 Jul	3:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	22 Jul	9:00 AM	8:00 AM	6:00 AM	20 Jul	3:00 AM	20 Jul	4:00 PM	20 Jul	11:00 PM



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### AUGUST 2026

*Schedule is Subject to Change*

WEEK of 4-8 Jul		Date	EDT	Millington	San Deigo	Hawaii	Bahrain	Japan			
2 hrs.	Pre-Separation Briefing	4 Jul	7:00 PM	6:00 PM	4:00 PM	4 Jul	1:00 PM	5 Jul	2:00 AM	5 Jul	8:00 AM
30 mins.	Managing Your Transition	4 Jul	9:15 PM	8:15 PM	6:15 PM	4 Jul	3:15 PM	5 Jul	4:15 AM	5 Jul	10:15 AM
1.5 hrs.	MOC Crosswalk	4 Jul	10:00 PM	9:00 PM	7:00 PM	4 Jul	4:00 PM	5 Jul	5:00 AM	5 Jul	11:00 AM
4 hrs.	Financial Planning for Transition	5 Jul	7:00 PM	6:00 PM	4:00 PM	5 Jul	1:00 PM	6 Jul	2:00 AM	6 Jul	8:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	6 Jul	7:00 PM	6:00 PM	4:00 PM	6 Jul	1:00 PM	7 Jul	2:00 AM	7 Jul	8:00 AM
WEEK of 11-15 Jul		Date	EDT	Millington	San Deigo	Hawaii	Bahrain	Japan			
2 hrs.	Pre-Separation Briefing	12 Jul	8:00 AM	7:00 AM	5:00 AM	12 Jul	2:00 AM	12 Jul	3:00 PM	12 Jul	9:00 PM
30 mins.	Managing Your Transition	12 Jul	10:15 AM	9:15 AM	7:15 AM	12 Jul	4:15 AM	12 Jul	5:15 PM	12 Jul	11:15 PM
1.5 hrs.	MOC Crosswalk	12 Jul	11:00 AM	10:00 AM	8:00 AM	12 Jul	5:00 AM	12 Jul	6:00 PM	13 Jul	12:00 AM
4 hrs.	Financial Planning for Transition	12 Jul	1:00 PM	12:00 PM	10:00 AM	12 Jul	7:00 AM	12 Jul	8:00 PM	13 Jul	2:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	13 Jul	8:00 AM	7:00 AM	5:00 AM	13 Jul	2:00 AM	13 Jul	3:00 PM	14 Jul	9:00 PM
8 hrs.	SBA (2Days) Vocational Track Day 1 8am-4pm Day 2 8am-4pm	14 Jul	8:00 AM	7:00 AM	5:00 AM	14 Jul	2:00 AM	14 Jul	3:00 PM	-	-
		15 Jul	8:00 AM	7:00 AM	5:00 AM	15 Jul	2:00 AM	15 Jul	3:00 PM	-	-
WEEK of 18-22 Jul		Date	EDT	Millington	San Deigo	Hawaii	Bahrain	Japan			
2 hrs.	Pre-Separation Briefing	19 Jul	9:00 AM	8:00 AM	6:00 AM	19 Jul	3:00 AM	19 Jul	4:00 PM	19 Jul	11:00 PM
30 mins.	Managing Your Transition	19 Jul	11:15 AM	10:15 AM	8:15 AM	19 Jul	5:15 AM	19 Jul	6:15 PM	20 Jul	12:100 AM
1.5 hrs.	MOC Crosswalk	19 Jul	12:00 PM	11:00 AM	9:00 AM	19 Jul	6:00 AM	19 Jul	7:00 PM	20 Jul	1:00 AM
4 hrs.	Financial Planning for Transition	19 Jul	2:00 PM	1:00 PM	11:00 AM	19 Jul	8:00 AM	19 Jul	9:00 PM	20 Jul	3:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	20 Jul	9:00 AM	8:00 AM	6:00 AM	20 Jul	3:00 AM	20 Jul	4:00 PM	20 Jul	11:00 PM



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JUL 2026											
<i>Schedule is Subject to Change</i>											
WEEK of 1-5 JUL		Date	EDT	Millington	San Diego	Hawaii		Bahrain		Japan	
2 hrs.	Pre-Separation Briefing	1 Jul	2:00 PM	1:00 PM	11:00 AM	1 Jul	8:00 AM	1 Jul	9:00 PM	2 Jul	3:00 AM
30 mins.	Managing Your Transition	1 Jul	4:15 PM	10:15 AM	6:15 AM	1 Jul	10:15 AM	1 Jul	11:15 PM	2 Jul	5:15 AM
1.5 hrs.	MOC Crosswalk	1 Jul	5:00 PM	4:00 PM	2:00 PM	1 Jul	11:00 AM	2 Jul	12:00 AM	2 Jul	6:00 AM
4 hrs.	Financial Planning for Transition	2 Jul	2:00 PM	1:00 PM	11:00 AM	2 Jul	8:00 AM	2 Jul	9:00 PM	2 Jul	3:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	3 Jul	2:00 PM	1:00 PM	11:00 AM	3 Jul	8:00 AM	3 Jul	9:00 PM	4 Jul	3:00 AM
WEEK of 9-12 JUL		Date	EDT	Millington	San Diego	Hawaii		Bahrain		Japan	
2 hrs.	Pre-Separation Briefing	9 Jul	8:00 AM	7:00 AM	5:00 AM	9 Jul	2:00 AM	9 Jul	3:00 PM	9 Jul	9:00 PM
30 mins.	Managing Your Transition	9 Jul	10:15 AM	9:15 AM	7:15 AM	9 Jul	4:15 AM	9 Jul	5:15 PM	9 Jul	11:15 PM
1.5 hrs.	MOC Crosswalk	9 Jul	11:00 AM	10:00 AM	8:00 AM	9 Jul	5:00 AM	9 Jul	6:00 PM	10 Jul	12:00 AM
4 hrs.	Financial Planning for Transition	9 Jul	1:00 PM	12:00 PM	10:00 AM	9 Jul	7:00 AM	9 Jul	8:00 PM	10 Jul	2:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	10 Jul	8:00 AM	7:00 AM	5:00 AM	24 Jul	2:00 AM	24 Jul	3:00 PM	10 Jul	9:00 PM
8 hrs.	DOL (2Days) Employment Track Day 1 8am-4pm Day 2 8am-4pm	11 Jul	8:00 AM	7:00 AM	5:00 AM	11 Jul	2:00 AM	11 Jul	3:00 PM	-	-
		12 Jul	8:00 AM	7:00 AM	5:00 AM	12 Jul	2:00 AM	12 Jul	3:00 PM	-	-
WEEK of 20-24 JUL		Date	EDT	Millington	San Diego	Hawaii		Bahrain		Japan	
2 hrs.	Pre-Separation Briefing	23 Jul	11:00 AM	10:00 AM	8:00 AM	23 Jul	5:00 AM	23 Jul	6:00 PM	24 Jul	12:00 AM
30 mins.	Managing Your Transition	23 Jul	1:15 PM	12:15 PM	10:15 AM	23 Jul	7:15 AM	23 Jul	8:15 PM	24 Jul	2:15 AM
1.5 hrs.	MOC Crosswalk	23 Jul	2:00 PM	1:00 PM	11:00 AM	23 Jul	8:00 AM	23 Jul	9:00 PM	24 Jul	3:00 AM
4 hrs.	Financial Planning for Transition	23 Jul	4:00 PM	3:00 PM	1:00 PM	23 Jul	10:00 AM	23 Jul	11:00 PM	24 Jul	5:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	24 Jul	11:00 AM	10:00 AM	8:00 AM	24 Jul	2:00 AM	24 Jul	6:00 PM	24 Jul	12:00 AM



**CNIC's Learning Management System (LMS)**  
 Regardless of a sailor's career stage or time zone, VTAP webinar classes are available. To register for any session, log in to <https://mynavyfamily.com>