

ANAHEIM RED SHIELD

REOPENING GUIDELINES & SCHEDULE

Volume 1, Issue 2

October 2020



The Anaheim Red Shield has missed all of our members over the past 6 months. We are pleased to welcome everyone back. We have worked hard over the last few weeks to make sure that our programs have been properly modified to comply with County and State guidelines for a safe re-opening. We understand that the modifications represent a shift for all of our members and we appreciate your understanding and compliance as we work to make our re-opening safe for all of our members, employees and guests. We are excited to have everyone back!

OCTOBER AQUATICS & FITNESS HOURS

MONDAY, TUES., THURS., FRI

7:45 am– 5:00 pm

CLOSED WEDNESDAYS

DAY CAMP/DISTANCE LEARNING HOURS

MONDAY-FRIDAY

7:45 am– 5:00 pm

RED SHIELD CHURCH– SUNDAYS

9:30– Prayer Meeting

10:30– Worship Service

1:00 pm– The Well (Small Groups)

OCTOBER FOOD DISTRIBUTION

SUNDAYS– 1:00 pm– 3:00 pm

*****All programs and hours subject to change per County/State mandates******



CONNECT WITH US
anaheimredshield.org
TEXT: "RSTELLME" to 474747
facebook.com/salvationarmyanaheim
Instagram: [thesalvationarmyredshield](https://instagram.com/thesalvationarmyredshield)



ANAHEIM
RED SHIELD
COMMUNITY CENTER



THE RED SHIELD IS FOR EVERYONE

STRONG INDIVIDUALS

STRONG FAMILIES

STRONG COMMUNITY

Becoming a member at The Anaheim Red Shield Community Center is much more than signing up for a gym. This is a place where you will feel welcomed and supported no matter what your physical, educational or social goals. Every person in our community is a critical component.

WHICH MEMBERSHIP IS RIGHT FOR YOU?

MONTHLY MEMBERSHIP PLANS

YOUTH
Ages 3-18
\$25

ADULT
Ages 19-64
\$30

SENIOR
Ages 65+
\$27

FAMILY
\$70

*Infant memberships for children ages 0-2 are free. Listed pricing requires automatic payments. Contact the Community Center to find out more about our monthly, in-person rates. Membership rates and details are subject to change. See Front Desk for details.

CONTACT THE RED SHIELD

General Info	714-491-1450
Membership	714-783-2334
Fitness Programs	714-783-2334
Aquatics Programs.....	714-783-2343
Red Shield Kids	714-783-2356
Red Shield Church	714-783-2348
Red Shield Rentals.....	714-783-2331
Family Services	714-783-2344

If you or your family needs assistance— with food, rent, or utilities, please contact our Family Services Office at 714-783-2344. Our Family Services team wants to help you get the help you need. They can walk you through necessary paperwork, making an appointment, connecting with a pastor, or referral to other programs in Orange County.



The Salvation Army, an international movement, is an evangelical part of the universal Christian church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

OCTOBER WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45 am	DOORS OPEN for 1st Session	DOORS OPEN for 1st Session	CLOSED	DOORS OPEN for 1st Session	DOORS OPEN for 1st Session	CLOSED	CLOSED
8:00 am	WATER EXERCISE PROGRAM☀☀ 8am-8:40 am LAP SWIM Fitness Room One (Virtual Classes) Fitness Room Two (Cardio/Weight Equipment)	WATER EXERCISE PROGRAM☀☀ 8am-8:40 am LAP SWIM Fitness Room One (Virtual Classes) Fitness Room Two (Cardio/Weight Equipment)	CLOSED	WATER EXERCISE PRO- GRAM☀☀ 8am-8:40 am LAP SWIM Fitness Room One (Virtual Classes) Fitness Room Two (Cardio/Weight Equip- ment)	WATER EXERCISE PROGRAM☀☀ 8am-8:40 am LAP SWIM Fitness Room One (Virtual Classes) Fitness Room Two (Cardio/Weight Equipment)	CLOSED	CLOSED
9:15 am	DOORS OPEN for 2nd Session	DOORS OPEN for 2nd Session	CLOSED	DOORS OPEN for 2nd Session	DOORS OPEN for 2nd Session	CLOSED	CLOSED
9:30 am	WATER EXERCISE PROGRAM☀☀ 9:30-10:10 am LAP SWIM Fitness Room One (Virtual Classes) Fitness Room Two (Cardio/Weight Equipment)	WATER EXERCISE PROGRAM☀☀ 9:30-10:10 am LAP SWIM Fitness Room One (Virtual Classes) Fitness Room Two (Cardio/Weight Equipment)	CLOSED	WATER EXERCISE PRO- GRAM☀☀ 9:30-10:10 am LAP SWIM Fitness Room One (Virtual Classes) Fitness Room Two (Cardio/Weight Equip- ment)	WATER EXERCISE PROGRAM☀☀ 9:30-10:10 am LAP SWIM Fitness Room One (Virtual Classes) Fitness Room Two (Cardio/Weight Equipment)	CLOSED	PRAYER MEETING 9:30-10:15 am WORSHIP SERVICE (10:30 am) *Childcare provided for children 8 and under for participants during church programs
1:00 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	SMALL GROUPS FOOD DISTRIBUTION

WATER EXERCISE PROGRAM

A general conditioning exercise program designed for all individuals, including participants with various conditions which might hinder range of motion, as well as for those who are interested in general exercise.

LES MILLS VIRTUAL FITNESS

Partnering with Les Mills, the Red Shield is pleased to offer brand-new virtual fitness classes. Les Mills Virtual Workouts combine technology and high-definition action, with science-based programming. You get chart-topping music and instruction from the world's best talent, creating unparalleled virtual work-out experiences.



WHAT'S OPEN?

October Openings

During the initial phase of re-opening, these are the areas that are available for member use:

- Pool (group classes and lap swim)
- Swim Team
- Locker Rooms (changing only)
- Fitness Room One (Virtual Fitness)
- Fitness Room Two (Equipment)
- Coffee Cart (to-go only)
- Gym (Pickleball– late October)
- Meeting Rooms (for small groups)
- Church (Sundays only)
- Distance Learning Support (M-F)
- Food Distribution (Sundays)

We understand the limited offerings and schedules may require adjustment and flexibility. These modifications will allow for a safe re-opening and for us to add to the schedule safely.

COMING SOON

- More Aquatics Classes
- Swim Lessons
- Evening/Weekend Classes
- Gym use (Basketball)
- Mini-gym use
- In-person craft classes and book clubs

RESERVATIONS

Reservations Required

Reservations are required for attending a class or using the Fitness Rooms. Reservations are available online or in person during open hours. No walk-ins will be permitted in the first phase or re-opening. **NO PHONE RESERVA-**

Online is Best

Members and Guests are strongly encouraged to make their reservations online by visiting anaheimredshield.org.

This has the most up-to-date class information. Our Guest Services Team will be glad to show you how to complete this process online.

First Come, First Served

Reservations may be made 24 hours in advance (or Friday for Monday classes). To allow the most participants, members are not permitted to have more than one reservation per day and not permitted to use more than one area per day.

Cancellation

Please notify the Red Shield by emailing info@anaheimredshield.org if you need to cancel your reservation, so we can give your spot to another member

Class Schedules

Classes offered and Fitness Spaces are limited during the first phase of re-opening. Reservation times are for 1 hour, with 45 minutes between sessions to allow for proper cleaning and sanitation. Linger before or after classes is not permitted in the first phase.

SAFETY PROCEDURES

Designed for Social Distancing

All areas of the Red Shield have been modified (or closed) to comply with social distancing guidelines.

Stay Home If You're Sick

Members and staff should stay home if they are sick. The CDC and State Health Officials still encourage seniors and members of vulnerable populations, including those with underlying illnesses, to stay home. Members will be asked basic health screening questions on arrival at the Red Shield.

PPE

Staff and members are required to wear masks when in public areas. (aquatics staff may not wear masks). Masks may not be safe during high-exertion activities– we have modified cardio equipment to allow for social distancing.

Equipment

Please bring your own filled water bottle (fountains will be closed). Additionally, pool noodles, yoga mats and other hard-to-clean equipment is removed at this time. Members may purchase one from the Red Shield, simply at the cost to replace each item.

Locker Room Modifications

Please come prepared for your program– you will not be permitted to use the locker rooms until after your class.

Personal items will be kept on the deck, as lockers and showers are closed at this time. Locker rooms may only be used for towel off and changing after a class.

All locker rooms, equipment, restrooms and chairs will be cleaned between sessions to comply with sanitation and cleaning guidelines.