

SAMENA

• SWIM & RECREATION CLUB •

OUTDOOR POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 - 10:00	Lap Swim 5:00 – 10:00*					Pool Closed	
	Masters 5:45 - 6:45	Swim-4-Tri 5:45 - 7:45	Masters 5:45 - 6:45	Swim-4-Tri 5:45 - 7:45	Masters 5:45 - 6:45	Adult Lap Swim 7:00 - 11:00	Adult Lap Swim 9:00 - 11:00
10:00 - 12:15	Pool Closed					Lap Swim 11:00 - 2:00	Lap Swim 11:00 - 2:00
12:15 - 2:00	Lap Swim						
2:00 - 4:00	Pool Closed					Pool Closed	
4:00 - 5:30	2 Lap Lanes + Pre-Comp 2 Lanes + Swim Team 2 Lanes (4:30 - 5:30)						
5:30 - 7:00	3 Lap Lanes + Swim Team 3 Lanes						
7:00 - 10:00	Pool Closed / Aquatic Team Programs						

Lap swim is for anyone who is lap swimming, water walking, or doing vertical exercise.

***Ages 11-13 must have an adult in the water with them. Ages 14 & up can lap swim unsupervised**

Outdoor Pool open for Family Swim 9:00 - 10:00am Saturday, January 13th for the Polar Pancake Swim

Polar Pancake Swim

If you love Samena's Outdoor Pool and enjoy the crisp Northwest air, splash into winter with our 19th Annual Polar Pancake Swim! The Wading Pool will also be heated and open for the younger kids. The Polar Swim will be followed by a tasty, warm pancake breakfast. Don't miss this classic Samena event!

Day: Saturday

Date: January 13

Time: 9:00 - 10:00am Swim
10:00 - 11:00am Pancakes

Cost: \$5/M; \$10/NM

Location: Hall, Outdoor Pool



WIBIT!

This fun, floating obstacle course will be fun for the entire family! Check the schedule for your next opportunity to take the Wibit Challenge. On your mark, get set... have fun!

Family Wibit Day

Age: All Ages
Day: Friday
Date: January 19, March 16
Time: 7:00 - 8:00pm

Family Wibit Day

Day: Saturday
Date: January 6, February 3,
March 3, April 7
Time: 1:00 - 3:00pm

Teen Wibit Day

Age: 11 - 17 years
Day: Friday
Date: February 16, April 20
Time: 7:00 - 8:00pm

INDOOR POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 - 9:00	Adult Lap Swim / Ageless H2O 7:45 - 8:30 M/W/F (3 Lanes)					Pool Closed	
						Adult Lap Swim 7:00 - 11:00	Adult Lap Swim 9:00 - 11:00
9:00 - 11:00	Family Swim + Lap Swim	Swim Lessons + Family Swim + 1 Lap Lane + Deep H2O 9:15-10:15	Family Swim + Lap Swim	Swim Lessons + Family Swim + 1 Lap Lane + Deep H2O 9:15-10:15	Family Swim + Lap Swim	Adult Lesson + Adult Lap 9:00 - 10:00 Lap Swim 10:00 - 11:00 Swim Lessons 10:00 - 11:00	
11:00 - 12:00	Preschool Swim Lessons + Family Swim + 1 Lap Lane					Swim Lessons 11:00 - 12:00 + Family Swim + 1 Lap Lane	SUP Yoga 11:45 - 1:15 + 1 Lap Lane + Family Swim
12:00 - 1:00	Adult Lap Swim						
1:00 - 3:30	Family Swim + Lap Swim	Swim Lessons + Family Swim + 1 Lap Lane	Family Swim + 1 Lap Lane	Swim Lessons + Family Swim + 1 Lap Lane	Family Swim + Lap Swim	Family Swim + 1 Lap Lane + Adapted Lessons 3:30 - 5:00 + Special Olympics 5:00 - 7:15	Family Swim + Lap Swim 12:00 - 9:00
3:30 - 4:00	Preschool Swim Lessons + Family Swim + 1 Lap Lane						
4:00 - 8:00	Swim Lessons + Swim Team + Family Swim + 1 Lap Lane NO LAP 5:30 - 6:15 NO FAMILY 6:15 - 7:00	Swim Lessons + Swim Team + Family Swim + 1 Lap Lane NO LAP 5:30 - 6:15 NO FAMILY 6:15 - 7:00 Evening H2O 7:00 - 7:45	Swim Lessons + Swim Team + Family Swim + 1 Lap Lane NO FAMILY 5:30-6:15 NO LAP 6:15 - 7:00	Swim Lessons + Swim Team + Family Swim + 1 Lap Lane NO FAMILY 5:30 - 6:15 NO LAP 6:15 - 7:00 Evening H2O 7:00 - 7:45	Family Swim + 1 Lap Lane + Adapted Lessons 3:30 - 5:00 + Special Olympics 5:00 - 7:15	Family Swim + 1 Lap Lane + Adapted Lessons 3:30 - 5:00 + Special Olympics 5:00 - 7:15	Family Swim + Lap Swim 12:00 - 9:00
	8:00 - 9:00	Family Swim + Lap Swim					
9:00 - 10:00	Adult Lap Swim						

ALL SCHEDULES SUBJECT TO CHANGE

For most up-to-date pool schedule please check www.samena.com

Lap swim is for anyone who is lap swimming, water walking, or doing vertical exercise.

Indoor Pool Closed 10:45am - 12:00pm on Saturday March 31st for the Spring Festival



Parents, your special 'shrimp' can safely enjoy activities, games, & professional supervision for up to 2 hours while you use the club!

To make a reservation, purchase a discounted Punchcard and contact the Front Desk. Drop-ins welcome, but reservations recommended. To avoid fees, please call in advance to cancel.

For evenings and Saturdays, Shrimp Spot opens only with an advance reservation: Monday - Thursday reserve by 3:00pm day of; Saturday by 7:00pm Friday.

Age: 3 months - 5 years

Hours: Monday - Friday: 9:00am - 12:30pm
Monday - Thursday: 5:30 - 8:00pm
Saturday: 7:00 - 11:00am

Cost per hour: \$4/M; \$5/NM

Additional siblings: \$3/M; \$4/NM

Punchcard: \$30 (\$35 value)