

SAMENA

•SWIM & RECREATION CLUB•

SUMMER 2022

SUMMER CAMPS



Weekly themed camps
for ages 3 to 14!

Register online at
samena.com/summer-camps

*Connecting & enriching our community
through wellness, education, & fun since 1958!*



(425) 746-1160

samena.com

15231 Lake Hills Blvd, Bellevue, WA 98007



Preschool Kids Camp

June 20 - 24: Dinosaur Roar

Get ready for some giant-sized fun as we discover the land before time and all its wonders. Act like a T-Rex, dig for dinosaur bones and fossils, and take a trip through history while learning prehistoric facts. If it roars, squeals, stomps, or chomps - it's a dinosaur!

June 27 - July 1: Van Goghs

Discover your inner artist, create masterpieces, and learn all the fun things about being creative... on paper, on tables, on walls, on the street - EVERYWHERE! Make sure to wear clothes you don't mind adding some color to... get ready to be messy and have lots of fun!

July 4 - 8: Let's Go Camping

Do you like to explore the great outdoors? Then let's celebrate summer with a cookout! Pitch your tents and join us for this fun week of camping fun, where s'mores and hot dogs along with camp songs are just part of our day. We'll take hikes and finish our day with a quick jump in Lake Samena (our wading pool).

July 11 - 15: Once Upon a Time

Fairy tales, dressing up, and make-believe will be fun while we use our imaginations! We'll create a wonderful world of princes, princesses, queens, kings, jesters, castles, and dragons! Your little ones will be fascinated by classic storybook tales and the ones they create!

July 18 - 22: Legos, Legos, & more Legos!

What could be more fun than playing with Legos all day? We'll build, paint, create, tell stories, work together, and so much more! We're fostering creativity, peer-to-peer collaboration, fine motor skills, problem-solving skills, and story-telling.

July 25 - 29: Tropical Heat Wave

We feel a heat wave comin' on! Put on your hula skirts, Hawaiian shirts, and leis for a heatwave in the tropics! A Luau will end our week of exciting stories, songs and rhythms, with traditional and non-traditional foods and Hawaiian dancing.

August 1 - 5: It's a Bug's Life

If you aren't afraid of getting your hands dirty, have we got a camp for you! Dig in the dirt, look under rocks, and discover the world of insects. We will have a great time with bugs that crawl and fly as we squirm and wiggle like worms. Don't miss this chance to get ants in your pants! Let's go buggy!

August 8 - 12: Grrr.... Animals

Have you ever wondered what it would be like to be a bird? Or maybe a wolf? Here's a chance to "go wild" exploring lots of animals and their habitats. We'll hunt for lions, tigers, and bears - OH, MY! Roar like a lion and squeak like a mouse... either way it will be a hoot!

August 15 - 19: Under the Sea

Fishing for fun won't be hard as we spend the week learning all about the ocean. Explore the sea (and land) for exciting discoveries. Come enjoy the water play, sandcastles, fishing, and marine life, Take a look at what lives under the sea, do "fishy" things, and have a splashing good time.

August 22 - 26: Things That Move

What moves faster than a train? Maybe YOU?! Transportation exploration (planes, trains and automobiles), creative body movements, and experiments with moving "things" won't be the only things that will "move" this week. If things that "go!" are your thing, you don't want to miss this week!

Ages 3 - 5

Kids Campers will be immersed in crafts, games, music, stories, fun learning opportunities, and more! We'll play on the playground and take a dip in the wading pool when it's sunny! Children must be 3 years old by their first week of camp & fully toilet trained.

Lunch Bunch required if doing AM & PM Camps.

9:00am - 12:00pm (M-Th/M-F)

1:00 - 4:00pm (M-Th)

Lunch Bunch: 12:00 - 1:00pm

Contact: Rebecca Luke
(425) 746-1160, ext. 140
rebeccal@samena.com

PRICING PER WEEK

Samena Members:

Mon - Fri (AM): \$165

Mon - Thur (AM/PM): \$140

Lunch Bunch: \$60 weekly
\$13 daily

Summer Program Member:

\$50 Program Registration Fee

Mon - Fri (AM): \$200

Mon - Thur (AM/PM): \$170

Lunch Bunch: \$70 weekly
\$16 daily



Swim & Tennis Day Camp

June 22 - 24: Space Explorers

Space cadets prepare for action! The S.S. Samena Starship is flying into asteroid fields and it's all hands on deck! Space cadets will participate in a multitude of out-of-this-world activities including games, science experiments, and even building our very own lightsabers. (Weds-Fri, \$252/M, \$291/NM)

June 27 - July 1: Treasure Island

Argh, maties! Welcome to the Samena crew. We'll make a pirate out of ye yet. This week pirates will compete in all sorts of shenanigans including building duct tape boats and sailing them across the pool to test their seaworthiness, going on a treasure hunt, and much more.

July 4 - 8: Junior Innovators

Welcome young builders and innovators to the Samena Workshop! This week we'll learn how to build fun and useful things from ordinary items found around the house! Campers will brainstorm ideas for their counselor to present at the Samena Shark Tank. The counselors with the worst idea will walk the plank into Samena's very own shark-infested waters.

July 11 - 15: Camp MTV

Join us for our popular Music Video Week and get ready to ROCK IT! Each group will prepare and record a music video and receive a DVD of this memorable week. On Friday our video premieres on the big screen!

July 18 - 22: Shark Week

Get ready to get wet and wild with some 'Jaw'some activities as we swim our way through shark-infested waters. Shark and water-themed games, crafts, and learning will take a bite out of this week. Don't forget to pack an extra pair of clothes or you'll be all washed up.

July 25 - 29: Superheroes & Comics

Join the Samena Super Team for a week of Superhero Boot Camp. Trainees will be led by our team of superheroes through trials that include designing their superhero costume, writing their own comic book origin story, and competing in superhero challenges! Be forewarned young heroes, for evil may be closer to Samena than expected. A villain hides amongst you, and your team of heroes must work together to stop them before it's too late!

August 1 - 5: It's Game Time

It's Game Time! This week we'll roll the dice to play an assortment of board games, retro video games, and even design our own board or card games to take home! We will finish out the week with a counselor talent show judged by the kids; losing counselors will face Game Over as they end up in the pool fully clothed!

August 8 - 12: Let's Go Adventuring

This week we'll set out on a Pokémon adventure! On the first day, the kids will be given a Pokémon card that they will use to battle wild "Pokémon" hidden all around Samena and challenge various staff around the club to battles to earn badges! Various other activities inspired by popular adventures will be offered as we have one adventurous week!

August 15 - 19: SamenaLand

Step through a magical portal to the kingdom of SamenaLand! Be you an elf, giant, wizard, or troll, compete in the Grand Tournament through a multitude of games and crafts, including pool noodle jousts and wand crafting. If you gather enough favor with the royalty, you may earn the title of Knight of SamenaLand!

August 22 - 26: H2O Yeah

With super-soaker wars, big splash contests, raft races, and floatie pool parties, there won't be a dry eye in the place! Squirt, splash, and soak your way to laughter. Don't forget to bring another set of clothes, or you'll be all washed up! Bring your labeled super-soaker on Friday and end the week at the Samena dunk tank!

Ages 5 - 12

Lots of water fun will fill our weeks! Have a blast playing, swimming and making new friends. Each week includes 2 swim lessons, 2 tennis lessons, daily open swim, and lots of indoor and outdoor play.

Monday - Friday
9:00am - 4:00pm

Extended Care:
7:00 - 9:00am
4:00 - 6:15pm

Contact: Jessica Robinson
(425) 746-1160, ext. 117
jessicar@samena.com

PRICING PER WEEK

Samena Members:
\$420

AM care: \$90

PM care: \$100

AM & PM care: \$170

Summer Program Member:
\$485

+ \$100 Program Registration Fee

AM care: \$100

PM care: \$110

AM & PM care: \$190



Vanapalooza

June 22 - 24: Wild Waves

School's out, so get ready to make a splash at Samena. Grab your swim stuff because this week we will cool off with super soaker games, swim at lifeguarded beaches, and test your balance on the standup paddleboard. We will ride the waves on a ferry ride to Bainbridge for some island adventures. Let's get out and soak up the sun! (Weds - Fri, \$279/M, \$315/NM)

June 27 - July 1: Gamers Paradise

Do you have what it takes to be #1 on the leaderboard? Join us as we visit local arcades to put your skills to the test. Explore a different reality with VR games, and play classic board games at MOX. We will get our hearts pumping with dodgeball and team challenges to round out our week. Got game?

July 4 - 8: Let's Go Skate

It's time to go skate and catch some Pokémon all around the Seattle area. This week we will visit tons of fun parks that are home to great skating areas and plenty of Poke Stops in the popular mobile game Pokémon Go. Phones and/or skating equipment is strongly recommended for this week.

July 11 - 15: Master Chef

Ready to test your palate? Kitchen fun will prepare us for the team cook-off challenge. Explore Pike Place Market to experience local foods, prepare for camp-out cooking, and create the perfect s'more. If you like chocolate, you will love our trip to Theos, Boehms, and Sees, complete with tastings and even chocolate fondue. We'll provide the toppings and crust — you be the Pizza Picasso!

July 18 - 22: Bullseye

Ready, aim, fire! Do you have a steady hand and a good eye to hit the bullseye? Test your skills this week with activities including archery, dodgeball, and target games galore! Bring your game face and prepare to battle with Nerf Tag. Try drills with friendly competition as we play disc golf around town.

July 25 - 29: Look Out Below

3.. 2.. 1.. JUMP! Get ready for some exhilarating jumps this week as we visit Flying Circus Trampoline Park. Prepare to get wet as we explore beaches and hikes with swimming areas featuring exciting jumps!

August 1 - 5: Need for Speed

Put the pedal to the metal as we hit the track in go-karts. Test your skills with high-speed racing video games, relays, and box car derby. Take a visit to the skate park! Rev your engines and be ready for a Hot Wheels competition. End the week retro style, going to XXX Restaurant for delicious root beer floats.

August 8 - 12: Nature Trek

Head to the great outdoors! Nature hikes will give you an opportunity to hone your outdoor 'survival' skills. Traversing the riverbed at the falls and riding the natural waterslides at Denny Creek are a few of the adventures that await us. Bring your bug spray... we're headed to the woods for exploration and fun!

August 15 - 19: Dash and Splash

Dive into a week filled with slip and slide competitions as we splash around at local beaches to stay active and play in the sun! It's "Game on!" as we launch into a water balloon competition at a local park. Enjoy a trip to the International Fountain. Get your tastebuds wet as we take a ferry ride to Bainbridge Island to visit Mora's Ice Creamery.

August 22 - 26: Full Throttle

This week we will go full throttle with camper favorites! Head to Flying Circus to bounce around, Family Fun Center to test our skills behind the wheel, and MOX Games for some gameplay competition to name a few. It will be swimming galore at all the best beaches around the Sound as we enjoy the last week of summer with friends.

Ages 11 - 14

Ready for adventure? Each week Teens and Tweens take a daily trip in the Samena van headed for excitement. Let's hit the road... Destination: Fun!

Monday - Friday
9:00am - 4:00pm

Extended Care:
7:00 - 9:00am
4:00 - 6:15pm

Contact: Jessica Robinson
(425) 746-1160, ext. 117
jessicar@samena.com

PRICING PER WEEK

Samena Members:
\$465

Summer Program Member:
\$525
+ \$100
Program Registration Fee



Junior Lifeguards

Ages 12 - 14

Session 1: July 25 - 29

Session 2: August 1- 5

Get a jump start on your future with these valuable lifesaving skills. This unique weeklong program offers 12 - 14 years olds an opportunity to learn skills and leadership from our professional lifeguards. Students gain a wide variety of knowledge and experience. These include first aid, CPR, AED usage, how to prevent aquatic emergencies, water rescue techniques, teamwork, responsibility, and the importance of physical fitness.



Campers will practice lifeguarding skills and team-building, and will work with our swim lessons gaining hands-on experience teaching. The camp includes two off-site excursions! First we will head to Gene Coulon Beach Park on Wednesday, then on Friday we will go to Wild Waves to finish off camp.

Contact: Mark Feeney
(425) 746-1160, ext. 115
markf@samena.com

PRICING

\$475/Members

\$575/Non-Members

All participants must be able to swim 100 yards of freestyle and tread water for 60 seconds. Includes Red Cross Adult and Pediatric First Aid/CPR/AED certification if all skills are accomplished.

Junior Counselors

Ages 13 +

Experience the summer of a lifetime! Earn your school's community service hours by volunteering with our swim and tennis camps! Learn leadership, team-building, communication, and safety skills. This is a great opportunity to enjoy an exciting, fun, laughter-filled summer. Fee includes: T-shirt, snacks, Junior Counselor in training meetings and volunteer service credit. No exception to age guidelines.

Monday - Friday, 8:30am - 4:00pm
Attend 1 week or all summer!

PER SUMMER PRICING

\$450/Member

\$510/Non-Member

Contact: Jessica Robinson
(425) 746-1160, ext. 117
jessicar@samena.com



SAVE ON CAMPS!

If you're not a member of Samena, join at a discounted initiation fee with at least 3 weeks of Camp sign-up. You'll receive member rates on our terrific camps and programs, and enjoy all the Club has to offer year-round, like our pools, fitness center, tennis courts, playground, and more!

Contact: Jathiya Hilber
(425) 746-1160, ext. 113
jathiyah@samena.com

What To Expect

Registration

- Register online at samena.com/summer-camps or stop by our Front Desk.
- You can hold your spot with a \$50 non-refundable deposit per camp week and the registration fee.
- Balances will be due two weeks before the camp start date.
- Cancellations must be made two weeks before the camp start date (\$50 deposit per camp week and registration fee non-refundable).

Please return the Medical Information Packet (download during registration or from our website) prior to the camp start date. This packet also has information on what to bring, how pick-up/drop-off works, etc.

You will receive a payment reminder email three weeks before the camp start date. Balance payments can be made at the Front Desk.

You will receive an email the Friday before camp starts with details about the next week.

Day Camp

- Apply sunscreen, pack a lunch, water bottle, swimsuit, & towel.
- For snack, pack a snack or purchase Club Bucks to be used at our concessions stand (nut free please!).

Preschool Kids Camp

- Apply sunscreen, bring a water bottle, and wear swimsuit under clothes.
- Pack a snack, if signed up for Lunch Bunch also pack a lunch (nut free please!).

Vanapalooza

- Apply sunscreen, pack a lunch, snack, water bottle, swimsuit, & towel.
- Weekly schedule sent the Friday before camp with other details on what to bring.

Keeping Your Kids Safe!

- All staff are required to have a valid First Aid/CPR certification and pass a background check.
- Samena camps comply with all State COVID rules.
- Samena grounds (backyard/playground) are fully fenced.
- Please ensure you add all authorized pick-up adults to the Medical Information Packet.



About Samena

Samena is a member-based, family recreation club in the Lake Hills neighborhood of east Bellevue since 1958.

We are committed to providing the highest quality year-round programs and services for all ages. We offer a safe environment and friendly atmosphere, with capable and professional staff, and we encourage active community participation. Our goal every day is to make the member experience outstanding in every way.

Our mission is to connect and enrich our community through wellness, education & fun. We are the premier non-profit family swim and recreation club on the Eastside; providing a safe environment that promotes activities and educational programs for families where people of all ages can strengthen their wellness and recreational pursuits.