

WINTER 2024

# S A M E N A

•SWIM & RECREATION CLUB•



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

## SWIM

Swim lessons for kids and adults, swim team, and more!

## FITNESS

Try something new this fall like yoga, dance, or TRX. Fitness inclusive memberships available.

## KIDS

Sign up now for this school year's Before & After Care or Preschool Programs.



ABOUT US

Samena is a member-based, family recreation club located in the Lake Hills neighborhood of east Bellevue since 1958. The Club offers members access to 3 pools (Indoor, Outdoor, and Wading), an expansive fitness center, tennis courts, an outdoor play area, quality programming, and a safe and inviting atmosphere. The Club is governed by a volunteer board of Samena members and managed by a professional staff of experienced employees.

CONTACT

**Executive Director**, Scott Polovitch-Davis  
scottp@samena.com, ext. 112

**Membership**  
membership@samena.com, ext. 113

**Billing**, Dues, Preschool, and B&A Tuition  
billing@samena.com, ext. 124

**Children’s Programs**  
childrens@samena.com, ext. 117

**Front Desk**  
frontd@samena.com, ext. 0

**Preschool**  
preschool@samena.com, ext. 140

**Room Rentals & Birthday Parties**  
party@samena.com, ext. 119

**Aquatics**  
swimlessons@samena.com, ext. 115  
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CONTENTS

2	GENERAL CLUB INFO
4	SPECIAL EVENTS
6	CHILDREN’S PROGRAMS
7	PERSONAL TRAINING
8	FITNESS & WELLNESS
12	AQUATICS
15	POOL SCHEDULES

CLUB MEMBERSHIP

Samena has been providing recreation, swimming, fitness, and fun to families of the greater Bellevue area since 1958!

If you’re not a member yet, we want to welcome you to the Samena family. As part of this community, you will enjoy full access to our Indoor & Outdoor Pools, Fitness Center, and seasonal Tennis Courts. In addition, members also benefit from discounted rates and priority registration on our terrific programs.

Contact us at 425-746-1160 ext. 113 or membership@samena.com to schedule a tour and learn about the variety of membership options we offer.

MISSION & VALUES

Samena’s 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 that serves the community it is rooted in; providing a safe and inclusive environment that promotes activities and educational programs for individuals and families of all backgrounds, ages, and abilities. At Samena everyone is welcome.



NEW MEMBER MEETUP

Welcome to the Samena family!

If you’re a recent addition to the Club, join us for a New Member Meetup—an afternoon of connection and fun! Come meet fellow new members, engage with our Membership Coordinator, and discover how Samena can enrich your life. Dive into the excitement as we answer questions about the latest programs and activities Samena will be offering for the new season. Don’t miss out on the chance to elevate your Samena experience and create lasting connections. Light refreshments provided and activities planned.

Long-time members are always invited to attend as well and help us welcome everyone to the Samena community!

**Saturday, April 20 | 2:30–3:30pm**

YOUTH CLUB USE

Member children ages 13 and up may use the Club without a parent once they have completed a swim test (25 yards freestyle, jump into the deep end, tread water for 1 minute). Ask a lifeguard to administer the test, as time and pool capacity permits. Turn in the test slip to the Front Desk for a check-in card and picture. For policies regarding the Fitness Center and class participation, see Youth Fitness, page 11.

GUESTS

Guests of Members are welcome, when accompanied and signed in by a Member. An adult guardian must sign in guests under 18 years and actively supervise guests under age 13.

- \$8 Adult (18 years & up)
- \$6 Child (2–17 years)
- \$17 Family (up to 2 adults & dependents)

Discounted packages of 10 Adult or 10 Child guest passes available to members. Inquire at the Front Desk.



ROOM RENTALS

Rent space for your celebration, meeting, or special event. Tables and chairs available.

**The Hall:** Located upstairs, our largest room holds 80 people, includes a kitchen, restroom, and deck access overlooking the outdoor pool.

**Rec Room:** Located on the main floor, this room holds 35 people. This is a great place for meetings and birthday parties.

**Funbrella:** Located near the playground, enjoy an outdoor informal gathering. Offered seasonally with no rain contingency. Members only.

Contact the Front Desk or party@samena.com for booking!

SHRIMP SPOT (3 mo.–5 yrs)

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 punch-card and contact the Front Desk. Mon–Thurs evening hours require a reservation by 1pm.

**Mon–Fri, 9am–1pm | Mon–Thurs, 4–7pm**  
**Cost Per Hour:** \$6/M; \$10/NM  
**Cost for 10 Hour Punch-Card:** \$55/M; \$95/NM

TODDLER PLAY HOUR

Rainy days are no longer a problem with our Member Toddler Play Hour! Parents can enjoy a cup of coffee while their toddlers are busy burning off their built-up energy. We’ve got you covered, providing a safe and comfortable environment where kids can freely explore on our padded floor mats and tumbling blocks. Whether you’re looking for a way to connect with other families or just keep your kid engaged and active, Samena’s Member Toddler Play Hour is here for you. Stop on by and join the fun!

FREE for Samena Members  
**Tuesdays, 9:30–10:30am**  
**Location:** Hall



POLAR PANCAKE SWIM

If you love Samena’s Outdoor Pool and enjoy the crisp Northwest air, splash into winter with the return of our 24th Annual Polar Pancake Swim! Splash into the brand new Wading Pool, then warm back up in the Indoor & Outdoor Pools. The Polar Swim will be followed by a tasty pancake breakfast. Don’t miss this classic Samena event!

**Saturday, Feb 10**  
**9–10am, Swim; 10–11am, Pancakes**  
**Cost:** \$8/M; \$12/NM  
**Location:** Outdoor Pool, Hall

SPRING FEVER FUN RUN

Sprint into Spring with Samena’s Spring Fever Fun Run! This community event is a great way to get some exercise with your neighbors, family and friends. A 5K course has been mapped out on the trails surrounding the Lake Hills area, while kids can run the shorter Daisy Loop. Awards will be given to winners of each race. Snack and drinks are provided, and a souvenir t-shirt is included in the cost and will be available for pick up day of. Children under 18 must be accompanied to the event by a parent. Family rate includes both races.

**Saturday, April 13**  
5K check-in: 8:30am, 5k start 9:00am  
Kids Loop check-in: 10:00am, Kids Loop start 10:30am  
**Cost:** \$30/M, \$35/NM; Individual 5k \$18/M, \$25/NM; Individual Loop \$50/M, \$60/NM; Family (Family rate includes both races. )

WALK-N-TALK

Join us for a monthly walking group for 50+ exploring the trails around Samena. Get out, try something new, and maybe meet and chat with your neighbors in the process! Meet in the Samena lobby & get ready to explore the Bellevue trail system and new connections. All levels welcome.

**2nd Saturdays: Jan 13, Feb 10, Mar 9, Apr 13 | 2pm**  
**Location:** Meet in the lobby  
Free for all Samena members & local community!  
Pre-registration recommended.

BIRTHDAY PARTIES

Samena is a terrific venue to host your child’s birthday party! A minimum of two weeks’ notice is all we need to organize your event.

**Dolphin Party | Cost:** \$260/M; \$360/NM  
The parents/party planners bring all the supplies for the birthday party, set up and tear down with the assistance of the party coordinator. The package includes 1 hour in the pool and 1 hour in the party room for 12 kids including the birthday child. Parties can be held on Saturdays or Sundays depending on availability and pool schedule.

**Orca Party | Cost:** \$420/M; \$540/NM  
This package includes everything you will need for your birthday party. We do it all, including 1 hour of games and swimming in the pool, 1 hour in the party room, cake, candles, punch, snacks, decorations, party coordinator, and more. Choose from a variety of themes!

**Birthday Party Contact:** party@samena.com

SAMENA’S 12<sup>th</sup> ANNUAL COMMUNITY HEALTH & FITNESS FAIR

**Saturday, January 27 • 10am–1pm**

It’s a new year! Bring your friends and family to our annual Samena Health & Fitness Fair dedicated to health, wellness, and fun! Dress to participate, optional but encouraged. All levels welcome! No experience needed.

LOCAL HEALTH & WELLNESS PROFESSIONALS

- Free samples
- Free fitness classes
- Wellness education
- Discreet body fat testing
- Free blood pressure screening
- Posture assessment

FITNESS GAMES & CHALLENGES

Try fun fitness activities, get a quick workout, and win cool prizes!

RAFFLES

- Free Samena membership
- Free fitness classes
- Free personal trainer consults

FAMILY FUN

Free activities for kids & teens ages 4–16 while parents enjoy the fair!  
• Inflatable obstacle course  
• Youth fitness classes  
• Fire truck, police car, &/or ambulance



SPRING FAMILY FESTIVAL

Join us for Samena’s Spring Family Festival! You will be hopping up and down with the “eggstra” special activities we have planned. Invite friends and family to participate in one or all of the fun spring themed events. Hop to it and get registered at the Front Desk today!

FLASHLIGHT EGG HUNT (AGES 4 & UP)

Bring your flashlight, basket, and sleuthing abilities to seek and find in the dark of the evening! Eggs will be hidden throughout Samena’s park...they won’t be easy to find. All eggs will be turned in for a special prize and golden egg prizes will be awarded. This event will be outside, so wear your boots!

**Friday, Mar 29 | 8–8:45pm**  
**Cost:** \$10/M; \$15/NM  
**Location:** Hall, Backyard

MAD SCIENTIST SHOW

Attention, science enthusiasts! Get ready to be wowed by The Mad Scientist’s Fire and Ice Show at 11:30am. So, what are you waiting for? Let’s blast off into the unknown and unlock the universe’s biggest mysteries!

**Saturday, Mar 30 | 11:00–11:45am**  
**Cost:** \$10/M; \$15/NM  
**Location:** Hall



PRESCHOOL MEETUPS (AGES 3–5)

Hats off to Dr. Seuss! Join us for a whimsical preschool playdate celebrating the imaginative world of Dr. Seuss! We will create art, have story time, they’ll get a paper hat, a snack and learn about the Cat! Let your child’s creativity shine as they engage in different Seussical activities, where the imagination knows no bounds. Secure your spot now for a wacky good time and don’t miss out on this unforgettable adventure! Children must be fully toilet trained to participate.

**Saturday, Mar 2 | 9am–12pm**  
**Cost:** \$25/M; \$35/NM

TODDLER EGG HUNT (AGES 2–5)

This special hunt is for toddlers and our young non-swimmers. Eggs will be hidden in Samena’s backyard and playground areas rain or shine. Don’t forget to bring a basket for their egg gathering treasures.

**Saturday, Mar 30**  
**Time:** 12pm, 2 years & under | 12:30pm, 3–5 years  
**Cost:** \$10/M; \$15/NM  
**Location:** Backyard

UNDERWATER EGG HUNT (AGES 5–12)

Eggs are splished, splashed, and sunk to the bottom of the pool. Swim and search to gather eggs and prizes from the water. All participants will turn them in for a treat bag. Children can wear their goggles, but no snorkels please. Please check the age group times listed below. All participants must be able to swim on their own.

**Saturday, Mar 30**  
**Time:** 5 years, 1pm; 6 years, 1:15pm; 7 years, 1:30pm; 8 years, 1:45pm; 9 years, 2pm; 10–12 years, 2:15pm  
**Cost:** \$10/M; \$15/NM  
**Location:** Indoor Pool

KIDS NIGHT OUT (AGES 5–12)

Give yourself a much deserved parents’ night off while your kids have fun with us! They’ll enjoy swimming, games, and a movie. Pizza and a treat will be served. 5-year-olds must be in kindergarten.

**Friday, Jan 19, Mar 15 | 6:30–10pm**  
**Cost:** \$52/M; \$64/NM

KIDS DAY AWAY (AGES 5–12)

Join us for a special Kids Day Away! Activities include a trip to mini golf, dinner, and a movie! This is a great way to get some much-needed time off while your kids have a blast with us. Bring swim stuff, sleeping bag and a pillow, and let’s play the night away! 5-year-olds must be in kindergarten.

**Feb 17, Apr 20 | 2:30–8:30pm**  
**Cost:** \$100/M; \$110/NM

**Special Events Contact: Hailey Donley, haileyd@samena.com**



SAMENA PRESCHOOL

We have been teaching children in Bellevue for over 50 years! Your child will explore and learn in a creative, nurturing, safe and FUN environment. Here at Samena, we know children learn best through hands-on experiences. Our well-rounded programs have a play-based curriculum that offers students plenty of opportunities to do just that. Play motivates, stimulates, and supports children in their development of skills, concepts, language acquisition, communication skills, and concentration.

Our programs and teachers support children in their cognitive, social, and emotional development while they grow a love for learning and exploring. To top it off, children learn water safety, stroke development skills, and enjoy constructive physical activity. Age-appropriate activities include: art, reading and writing skills development, number recognition, Spanish, music, science, cooking, storytelling, health, exercise, and more.

3-5 year olds

This program focuses on learning through play with an emphasis on the discovery process. Theme related projects help introduce students to reading/writing, Spanish, math skills, music and movement, science, and storytelling. Play time helps develop important motor and socialization skills. *Sign up for 2, 3, 4, or 5 days!*

- M/W/F, T/Th, or M-F, 9am-12pm or 9am-1pm
- M/W, T/Th, or M-Th, 12-4pm or 1-4pm

Pre-K (Mon/Wed/Fri, 9am-12pm, 9am-1pm)

Our bilingual Pre-K curriculum centers on discovery learning with a focus on social/emotional and academic kindergarten preparation. Students gain a knowledge base for Spanish, higher math and reading ideas, phonics, science, and in-depth projects.

2024 School Year Registration:

March 4: Members | March 11: General Public  
**More info:** [samena.com/preschool](http://samena.com/preschool)  
**Contact:** Rosie Steinhauer, Preschool Coordinator  
[rosies@samena.com](mailto:rosies@samena.com)

PRESCHOOL BREAK CAMPS (AGES 3-5)

Join our half-day preschool day camp where we provide a safe and exciting environment for your child to have a week full of fun while staying active and engaged. With our nurturing staff, this camp packs in a lot of activities including art, crafts, play and swimming with a lifejacket in our indoor pool. Your child will be burning off that extra energy, so please send them a nut-free snack and lunch. They will come home tired, happy and with new friends. Children must be fully toilet trained.

**February 19-23 | 9am-1pm**  
**Cost:** \$265/M; \$285/NM, weekly

**April 8-12 | 9am-1pm**  
**Cost:** \$265/M; \$285/NM, weekly



BEFORE & AFTER SCHOOL CARE FOR ELEMENTARY STUDENTS

Samena's Before School & After School Care Program is state licensed and a great place for elementary school-age kids! Samena staff strive to create positive relationships with parents and children in our Before and After Care Program. Children enjoy snacks that follow USDA guidelines, while staff help facilitate and lead constructive activities. Swimming is offered on Wednesdays and Fridays, in addition to indoor and outdoor active games, playground time, homework club, board games, crafts, and more!

We currently provide transportation to/from Bennett, Lake Hills, Phantom Lake, Sherwood Forest, Spirtridge, and Puesta del Sol. Care follows the Bellevue School District calendar and includes the Bellevue School District's Wednesday half-days. Your choice of 2-5 days per week with options of mornings only, afternoons only, or both before and after school care.

**Info:** [samena.com/before-after-school/childrens-programs](http://samena.com/before-after-school/childrens-programs)

SPRING BREAK CAMP (AGES 5-12)

Play boredom away during your school break! Fill the days with excitement as we engage in swimming, active games, STEAM activities, board games, friends and plenty of fun to last all break long! 5-year-olds must be in kindergarten.

**April 8-12, 9am-4pm | Extended Care: 7-9am, 4-6pm**  
**Cost:** \$300/M; \$345/NM, weekly  
AM or PM Care: \$100/M; \$110/NM, weekly  
AM & PM Care: \$170/M; \$190/NM, weekly

MUSIC TOGETHER (AGES INFANT-5 YEARS)

Music Together classes build on your child's natural enthusiasm for music and movement. During our 45-minute family class we sing, dance, clap, enjoy finger plays, rhythmic chants, and even have an instrument play-along. This fun, non-performance-oriented setting will introduce a new song collection each term. These collections feature original and traditional songs with a wide variety of nationalities, meters and cultural styles. *(Not a Samena class, contact Music Together for registration & details.)*

**Fridays, January 12-March 22 (No class 2/23)**  
**Time:** Class A: 10:15-11am | Class B: 11:15am-12pm  
**Contact:** Mrs. Chrisi 425-753-4575,  
[Musictogetherwithmrschrisi.com](mailto:Musictogetherwithmrschrisi.com)



**Marianne Taylor**, CPT, NCSA-PT  
[mariannet@samena.com](mailto:mariannet@samena.com)

Marianne has over 20 years' experience working with all ages and styles of training. She holds an Associates of Applied Science degree in fitness, is Level 1 Precision Nutritionist certified, and is a certified fitness specialist in the areas of cancer recovery, youth mental health aid, and osteoporosis. She's constantly learning to become the best personal trainer for your needs.



**Lesley Sweeney**, CPT  
[lesleys@samena.com](mailto:lesleys@samena.com)

Lesley has worked in the fitness industry for over 30 years. She has trained clients of all ages and backgrounds and is always attentive to their goals and concerns. Lesley will motivate you, create an individual program for you designed to improve strength/mobility/balance/core, and address any injuries or muscle imbalances.



**Ben Bigglestone**, CPT, NASM  
[benb@samena.com](mailto:benb@samena.com)

With over 30 years of experience working with athletes of all abilities, a degree in sport and exercise science, and being a NASM-certified personal trainer and Pain-Free Performance Specialist, Ben specializes in helping clients achieve long-term fitness and wellness. His focus is on improving movement patterns, addressing deficits, and promoting longevity of activity.

SAMENA PERSONAL TRAINING

ACCOUNTABILITY & ENCOURAGEMENT • INVEST IN YOUR HEALTH AND FITNESS!

Adults and kids of all ages and fitness levels have experienced the rewards of Personal Training at Samena. Now you and your family can too! Samena personal trainers provide encouragement, accountability, and make every workout challenging and fun.

Our innovative, effective, and efficient workouts are tailored specifically to you and your personal goals because we truly care about your success.

FREE MEMBER FITNESS CONSULTATIONS

Whether you're looking for a stronger, leaner body, more energy and confidence, or better body awareness and improved overall movement, Samena's personal trainers will support you every step of the way.

Give us a call today to set up your FREE one-on-one Member Fitness Consultation. Your personal trainer will answer your questions and show you some new techniques and equipment. Receive an assessment that will help you improve the foundations of a fit, active body: core, posture, balance, and flexibility.

**Contact:** Daniel Flahiff, [danielf@samena.com](mailto:danielf@samena.com)

SESSION PACKAGE	NO. OF CLIENTS	PACKAGE COST PER PERSON	PACKAGE SAVINGS & BRIEF DESCRIPTION
PERSONAL TRAINING-HOUR SESSIONS			Individualized for 1-on-1 attention & specialization. This option will achieve maximum benefits. Ideal for clients currently inactive, post-injury, seeking sports-specific training or a push to the next level.
1	1	\$76	
4	1	\$304	
8	1	\$608	
16	1	\$1216	
SMALL GROUP TRAINING-HOUR SESSIONS			Experience the high quality & safety of Fitness Training at a reduced cost. A social & motivational way to achieve the benefits of having a fitness coach. Each participant is challenged at his or her own ability level. Your team members provide additional encouragement. Gather friends & coworkers, or sign up at the Front Desk to be places with others—the more people in your group, the lower your rate per person.  This option is not recommended for injured or immediate post-rehabilitation clients.  <i>(SGT percentage discounts are based on the price of 1 session with no discounts)</i>
4	2	\$260	
8	2	\$520	
16	2	\$1040	
4	3	\$240	
8	3	\$480	
16	3	\$960	
4	4	\$220	
8	4	\$440	
16	4	\$880	
4	5	\$200	
8	5	\$400	
16	5	\$800	
PERSONAL TRAINING-30-MINUTE SESSIONS			Best for experienced fitness clients needing a shorter amount of time to experience training benefits. Brief warm-ups strongly recommended before start of session.
1	1	\$47	
4	1	\$188	
8	1	\$376	
16	1	\$752	



FITNESS CENTER

Samena's Fitness Center, located upstairs in the back pool building, offers a variety of cardio equipment like treadmills and ellipticals, circuit strength training machines, free weights, and a stretching area. A safe, functional, and comfortable area for anyone pursuing their exercise and health related goals, our Fitness Center is a great spot for tough workouts but also a place to unwind, socialize, recharge, and have a good time.

LOCKER ROOMS

The General Women's and Men's Locker Rooms are available for both Member and Non-Member usage in the main pool lobby. Access to the Adult Member Only Locker Rooms, where the dry saunas are located, can be obtained via key code from the Front Desk or Lifeguard Desk. Family Changing Rooms are also available, located in the hallway parallel to the Indoor Pool.

GET UNLIMITED FITNESS CLASSES

Are you a Samena Fitness Class fan? Ask about upgrading your membership to Fitness Inclusive! All of Samena's Group Fitness Classes can be included with your membership dues. Sign up at the Front Desk!

**2 Adult Family**  
\$75/Monthly, \$810/Annually

**1 Adult Family, Couple, Senior Couple**  
\$63/Monthly, \$680/Annually

**Individual, Senior Individual, Student**  
\$56/Monthly, \$605/Annually

FITNESS AGES FYI

The Fitness Center and classes are available for teens and tweens!

- Ages 12-13 may attend a class or use the Fitness Center with supervision of a parent or legal guardian.
- Ages 14 and up can attend a class or use the Fitness Center\*
- Ages 11 and under may be present in the Fitness Center exclusively in a session with a Samena Trainer, see page 7.

\*For their safety, children under 18 years should schedule a Free Fitness Consultation with a Samena Trainer before using the Fitness Center. Class participation is subject to Instructor approval.

MASSAGE

Reduce muscle and joint pain and restore range of motion to overused, stiff muscles. Massages are customized to your desired pressure—communication with your therapist is key.

**MEET EVA HUI**  
Eva has over 15 years of experience in spa and medical facilities. Experience her "Relaxation & Therapeutic Flow Art," as she loves to address specific areas with a detailed massage. She uses multiple innovative forms and traditional techniques from light to deep tissue, feeling like waves moving for your body to achieve relaxation and provide pain relief. A good massage will make you feel balanced and bring harmony to your mind, body, and spirit. Take time for yourself, give her a try!

**Contact Eva:** 425-998-7824 | relaxationbyeva@gmail.com

**Cost for 1-hour massage:** \$80/M, \$95/NM

- Discounted package options available
- Book online or at the Front Desk

FITNESS PUNCH CARDS

Love Samena's classes but not the commitment of upgrading to a Fitness Class Inclusive membership? Our punch card options are a great choice for drop-ins!

<b>General Fitness</b> 5 classes: \$56/M; \$77/NM 10 classes: \$112/M; \$154/NM	<b>Yoga</b> 5 classes: \$91/M; \$119/NM 10 classes: \$182/M, \$238/NM
<b>Senior Fitness</b> 5 classes: \$32/M; \$43/NM 10 classes: \$64/M; \$86/NM	<b>Senior Yoga</b> 5 classes: \$52/M; \$68/NM 10 classes: \$104/M; \$136/NM

\*See Fitness Classes on pages 9-11 for specific punchcard eligibility

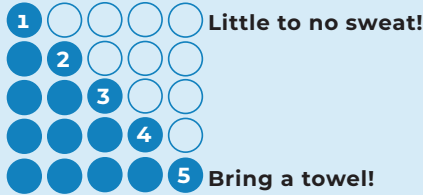
TALK TO OUR TRAINERS!

**Tuesdays, 2-3pm | Jan 2, Feb 6, Mar 5, Apr 2**

"Talk to a Trainer" is your exclusive opportunity to get expert answers to all your burning fitness questions! Join us every first Tuesday of the month from 2:00 PM to 3:00 PM at the Samena Fitness Center, where our certified trainers will be ready to provide personalized guidance, tips, and advice to elevate your fitness journey. Have questions about your workout routine? Wondering about the most effective exercises for your goals? Curious about nutrition tips for optimal performance? Our trainers have the answers! Don't miss this chance to tap into their knowledge and experience to fine-tune your fitness strategy.

FITNESS CLASS SWEAT SCALE

Wondering which workout may be what you're looking for? Check out the Sweat Scale indicated for each class option.



FITNESS CLASSES

**HATHA YOGA**

Yoga enhances both your mental and physical quality of life and increases stamina, strength, and flexibility. Classes include poses, breathing practices, flow of poses, and brief meditation. Hatha practices are designed to align and calm your body, mind, and spirit.

**Wednesday, 9:30-11am**  
Cost: Drop-In: \$20/M; \$25/NM  
[Yoga Fitness Punchcard Eligible](#)  
[FREE for Fitness Inclusive Members](#)  
Instructor: Perlas, Yoga Alliance certified  
Location: Hall

**MINDFUL FLOW YOGA**

Mindful Flow Yoga is a style of hatha yoga that focuses on a practice of postures aligned to individual needs, with a compassionate approach that emphasizes moving at your own pace, self-acceptance, physical healing, adaptability, and the flow of energy that creates a mindful awareness of the breath and thoughts.

**Sunday, 9-10:15am**  
Cost: Drop-In: \$20/M; \$25/NM  
[Yoga Fitness Punchcard Eligible](#)  
[FREE for Fitness Inclusive Members](#)  
Instructor: Karin  
Location: Rec Room

**GENTLE YOGA**

Meditate, stretch, strengthen, and balance your body. Gentle Yoga focuses on dynamic poses with breath awareness, emphasizing function over form, to tailor this class for everyone.

**Tuesday & Thursday, 6:30-7:45pm**  
Cost: Drop-In: \$20/M; \$25/NM  
[Yoga Punchcard Eligible](#)  
[FREE for Fitness Inclusive Members](#)  
Instructor: Barbara  
Location: Rec Room

'ABS'OLUTELY CORE

A burst of abs and core will get you riled up and ready for your day. Your core may be sore for a bit, but a strong mid-section will help in all facets of your daily activity.

**Tuesday & Thursday, 9:15-10am**  
Cost: \$13/M; \$17/NM  
[General Fitness Punchcard Eligible](#)  
[FREE for Fitness Inclusive Members](#)  
Instructor: Marianne  
Location: Rec Room

TIME TO TRAIN

Focusing on mobility, strength, and flexibility, this class incorporates balance and core exercises and ensures both prime movers and stabilizing muscle groups are activated. You must be able to get up and down from the floor. All levels; beginners welcome.

**Tuesday & Thursday, 7:45-8:30am**  
Cost: \$13/M; \$17/NM  
[General Fitness Punchcard Eligible](#)  
[FREE for Fitness Inclusive Members](#)  
Instructor: Lesley  
Location: Rec Room

BODY BLAST

Wake up early and start your day with movement! A variety of workouts will get your heart pumping and body moving. Body Blast is about keeping you strong and fit for your daily life.

**Monday & Wednesday, 5:45-6:30am**  
Cost: \$13/M; \$17/NM  
[General Fitness Punchcard Eligible](#)  
[FREE for Fitness Inclusive Members](#)  
Instructor: Paul  
Location: Rec Room





STEP INTO STRENGTH



Join Lesley for a workout alternating simple step choreography with strength exercises using dumbbells or body weight. Includes a core and flexibility finish. All levels welcome, modifications available and more advanced will also be able to challenge themselves.

Monday & Wednesday, 6:45–7:30pm

Cost: \$13/M; \$17/NM  
 General Fitness Punchcard Eligible  
 FREE for Fitness Inclusive Members  
 Instructor: Lesley  
 Location: Hall

WEIGHTLIFTING 101



An introduction to fitness for those who are new or a refresher for those wanting to learn more. This class includes learning about proper warm-ups, techniques, flexibility, exercises, free-weight use, machine use and safety. Everything you need to create a great exercise routine can be found here.

Monday & Wednesday, 10–10:45am

Cost: \$13/M; \$17/NM  
 General Fitness Punchcard Eligible  
 FREE for Fitness Inclusive Members  
 Instructor: Marianne  
 Location: Fitness Center

TRX



Workout with the TRX, using total body resistance! The TRX suspended system is effective for all fitness levels. It delivers an all-body workout that is fun, dynamic, and leverages body weight and gravity. Improve strength, balance, flexibility, and core in a unique way.

Wednesday & Friday, 9:15–10am

Cost: \$13/M; \$17/NM  
 General Fitness Punchcard Eligible  
 FREE for Fitness Inclusive Members  
 Instructor: Sarah  
 Location: Rec Room

GROUP CYCLE



Start your day with this great physical and mental cardio workout! Tone your body and improve your energy level in an environment that is fun and motivating for everyone. Beginners welcome—you control the intensity!

Tuesday & Thursday, 5:45–6:30am | Saturday, 7:15–8am

Cost: \$13/M; \$17/NM  
 General Fitness Punchcard Eligible  
 FREE for Fitness Inclusive Members  
 Instructor: Marianne  
 Location: Hall



MUSCLES IN MINUTES



Kick-start your day with high-intensity interval training. HIIT maximizes your time and boosts your metabolism for dramatic results! With agility, balance, core, and cardio-based exercises, it's ideal for all levels of time-crunched people looking for optimal results.

Monday, Wednesday, & Friday, 6:45–7:30am

Cost: \$13/M; \$17/NM  
 General Fitness Punchcard Eligible  
 FREE for Fitness Inclusive Members  
 Instructor: Kristina  
 Location: Rec Room

FUNCTIONAL FITNESS



Learn how to incorporate fitness into your everyday life! Work on how to properly use your muscles, increase mobility, and gain strength. This isn't your regular one size fits all class but instead workouts will be modified to various degrees for each participant's needs.

Wednesday, 5–5:45pm & Saturday, 8:15–9am

Cost: \$13/M; \$17/NM  
 General Fitness Punchcard Eligible  
 FREE for Fitness Inclusive Members  
 Instructor: Marianne  
 Location: Rec Room

ZUMBA



Zumba® is a total workout combining cardio, muscle conditioning, balance, flexibility, boosted energy and a serious dose of awesome with each class. Turn your workout into a fitness party! The movements and rhythms will be broken down for you and gradually expanded so that you can increase your intensity.

Thursday & Saturday, 9:15–10:30am

Cost: \$13/M; \$17/NM  
 General Fitness Punchcard Eligible  
 FREE for Fitness Inclusive Members  
 Instructor: Dawn  
 Location: Hall

AQUATIC CLASSES

AGELESS WATER AEROBICS



Combine a fun social environment with a healthy low-impact workout. Raise your heart rate in shallow water while improving flexibility, reducing joint pressure, building muscle strength, and improving cardio ability. Move at your own pace!

Monday, Wednesday, & Friday, 8–8:45am

Cost: \$13/M; \$17/NM  
 General Fitness Punchcard Eligible  
 FREE for Fitness Inclusive Members  
 Instructor: Sarah  
 Location: Indoor Pool

DEEP WATER EXERCISE



Strengthen and condition using water workout tools! Resistance and range of motion exercises target your legs, arms, and more with stretching, cardio, and strength training.

Tuesday & Thursday, 8–8:45am

Cost: \$13/M; \$17/NM  
 General Fitness Punchcard Eligible  
 FREE for Fitness Inclusive Members  
 Instructor: Marianne  
 Location: Indoor Pool

MASTERS SWIMMING WORKOUT



These coached swimming workouts provide a warmup, varied sets, and a cool down. Improve your endurance, strength, and overall conditioning. Workout adjusted for the intermediate to the advanced.

Monday–Friday, 6–7am

Cost: \$13/M; \$17/NM  
 General Fitness Punchcard Eligible  
 FREE for Fitness Inclusive Members  
 Instructor: Ben (M/W/F) & Michael (T/TH)  
 Location: Outdoor Pool



YOUTH CLASSES

MIDDLE SCHOOL MUSCLE



Middle school students can get in sports shape or improve their fitness, building habits that last a lifetime. This fun and motivating class incorporates functional strength training, cardio, and core in a non-competitive atmosphere. Challenged at their own abilities.

Wednesday, 2:15–3pm & 3–3:45pm

Cost: \$13/M; \$17/NM  
 General Fitness Punchcard Eligible  
 FREE for Fitness Inclusive Members  
 Instructor: Marianne  
 Location: Fitness Center

DANCE CLASSES

JAZZ DANCE



Jazz dance class will consist of warmup exercises including stretching to increase mobility as well as strengthening and balance. Dancers will learn a short dance routine set to a variety of different music styles. The focus of the class will be learning basic dance techniques and having fun!

Wednesday, 11:15am–12pm

Cost: \$13/M; \$17/NM  
 General Fitness Punchcard Eligible  
 FREE for Fitness Inclusive Members  
 Instructor: Kim  
 Location: Hall

LEARN TO SWING DANCE\*

Learn two of the original swing era dances! Join Peter & Lauren for their Balboa Basics and Intro to Swing series as they explore good partnering and dynamic social dancing. Perfect for brand new and experienced dancers alike. Wear comfortable shoes.

Monday, 6–9pm

\*Not a Samena class, peterlaurendance.com for info

BOLLYWOOD & SOUTH ASIAN DANCE\*

Join Chandrayee Bhattacharyya and learn classical Kathak and other international dance forms including experimental fusion! Chandrayee & her students have performed in dance festivals and on stages for 20 years! All levels are welcome.

Friday, 6–6:45pm & Sunday 10–10:45am

\*Not a Samena class, (425) 785-5217 for more info



SWIM LESSONS

Our trained and experienced instructors teach swimming and safety skills that last a lifetime!

Registration Dates

Member Registration opens December 15

Non-Member Registration opens:

- January Sessions: December 20
- February Sessions: January 5
- March Sessions: February 2
- April Sessions: March 1

Pre-Registration Closing Dates

- M/W, T/Th, and Sat Youth Lessons: two Sundays before the session starts or when classes are full
- 1 Week or 2 Week Youth Lessons: the Wednesday before the session starts or when classes are full
- Parent-Tot, Pre-Comp and Adult Lessons: when classes are full

Additional Registration Details

- We recommend signing up as soon as possible. The levels of current students are tracked in our system, so don't wait!
- Two time preferences must be given at enrollment for Youth Lessons. Priority will be given to Members first, then Non-Members, according to date of registration to the best of our ability. No credits or refunds will be given if you are assigned a class at your 2nd time preference.
- Cancellations must be received at least 72 hours prior to the session start; Club credits will be issued less a \$25 cancellation fee. No credits or refunds will be given for cancellations within 72 hours of session start or after session starts. Time and day changes after preregistration has closed may result in a \$25 change fee and not all changes can be accommodated. Exceptions to the cancellation policy for medical emergencies are at the discretion of the Aquatics Department, with a doctor's note.
- We are unable to offer makeup lessons, and there are no pro-rated credits or refunds for classes missed during the session or for late registrations.

YOUTH SWIM LESSONS

Samena's group swim lessons will provide a great foundation for learning important swimming and safety skills that will last a lifetime!

Our classic format of 30-minute swim lessons meet either once or twice a week in our Indoor Pool and are available for swimmers ages 2.5–13 years. You will request two time preferences at enrollment, and your specific time & instructor will be confirmed the Wednesday before classes begin.

Monday/Wednesday, 4, 4:30, 5, 5:30, 6, 6:30pm

**Dates:** January session: January 3–24  
February session: January 29–February 28 (No class 2/19, 2/21)  
March session: March 4–27  
April session: April 1–24 (No class 4/8, 4/10)  
**Cost:** \$130/M; \$158/NM, January  
\$148/M; \$180/NM, February, March  
\$129/M; \$156/NM, April

Tuesday/Thursday, 4, 4:30, 5, 5:30, 6, 6:30pm

**Dates:** January session: January 2–25  
February session: January 30–February 29 (No class 2/20, 2/22)  
March session: March 5–28  
April session: April 2–25 (No class 4/9, 4/11)  
**Cost:** \$148/M; \$180/NM, January, February, March  
\$129/M; \$156/NM, April

Saturday, 10, 10:30, 11, 11:30am

**Dates:** January/February session: January 6–February 17  
March/April session: March 2–April 27 (No class 4/6)  
**Cost:** \$130/M; \$158/NM  
\$148/M; \$180/NM

PARENT-TOT LESSONS

A great way to introduce infants and small children to the water! Classes provide a combination of water skills, playtime, and an opportunity to become comfortable in the pool with a parent in a fun and friendly environment.

Saturday, 9 or 9:30am

**Age:** 6 months to 3 years  
**Dates:** January/February session: January 6–February 17  
March/April session: March 2–April 27 (No class 4/6)  
**Cost:** \$130/M; \$158/NM, January, February  
\$148/M; \$180/NM, March, April

PRE-COMP

A great chance for your child to build endurance to prepare for swim team! For ages 11 & up, must have passed Level 6 or have equivalent skills.

Tuesday/Thursday, 5:30–6  
7–7:30pm, January session

**Dates:** January session: January 2–25  
February session: January 30–February 29 (No class 2/20, 2/22)  
March session: March 5–28  
April session: April 2–25 (No class 4/9, 4/11)  
**Cost:** \$148/M; \$180/NM, January, February, March  
\$129/M; \$156NM, April  
**Location:** Indoor Pool

WINTER SWIM TEAM

A fun, low-key foundational team for swimmers ages 5–18! Swimmers must be able to swim the length of the pool in front crawl, backstroke, breaststroke, and butterfly (equivalent of passing our Level 6). Tryouts required for new swim team participants.

- **Dates:** February 5–May 3
- **Tryouts:** January 3–5, 4–6pm
- **Member Registration:** December 15
- **Non-Member Registration:** December 20
- **Location:** 13+ & 11/12 Outdoor Pool  
9/10 & 8U Indoor Pool
- **Cost:** 13+ \$545/M; \$718/NM per session  
8U, 9/10, 11/12 \$363/M; \$479/NM per session

13 & up: M/W/F, 4–5pm or T/TH/F, 5–6pm  
11/12 yrs: M/W, 5–6pm or T/TH, 4–5pm  
9/10 yrs: M/W, 4–4:45pm or T/TH, 4:45–5:30pm  
8 & under: M/W, 4:45–5:30pm or T/TH, 4–4:45pm



PRIVATE SWIM LESSONS

A fun, effective way to improve swim strokes and endurance. When taken in conjunction with Samena's group lessons, an enormous improvement in skills can be achieved. Private lessons are booked in sets of four lessons.

**Age:** 4 & up  
**Cost:** 4x 45-min private lessons: \$300/M; \$400/NM  
4x 45-min semi-private lessons (2 swimmers of same level): \$356/M; \$480/NM  
**Contact** for waitlist/booking: [samena.com/learn-to-swim/private-swim-lessons](http://samena.com/learn-to-swim/private-swim-lessons)

*\*Please be aware that the waitlist is variable depending on availability & currently has a lead-time of about 6 weeks*

ADULT SWIM LESSONS

It's never too late to learn to swim, gain confidence, or improve your strokes! Beginners and intermediate swimmers learn at their own pace with our great instructors in our Indoor Pool.

**Monday/Wednesday, 7–7:30pm**  
**Dates:** January session: January 3–24  
February session: January 29–February 28 (No class 2/19, 2/21)  
March session: March 4–27  
April session: April 1–24 (No class 4/8, 4/10)  
**Cost:** \$140/M; \$175/NM, January  
\$160/M; \$200/NM, February, March  
\$138/M; \$168/NM, April

**Saturday, 9am, Beginner | 9:30am, Intermediate**  
**Dates:** January/February session: Jan 6–Feb 17  
March/April session: March 2–April 27 (No class 4/6)  
**Cost:** \$140/M; \$175/NM, January, February  
\$160/M; \$200/NM, March, April





SWIMMING POOLS

Samena's Indoor Pool, year-round and heated Outdoor Pool, and young child Wading Pool are available for Member use based on our published pool schedules. Please check samena.com or our Front Desk for the most up-to-date schedule.

Open Swim/Family Swim will have a larger pool space without lane lines available for families and general use. Lap Swim is open to all ages as long as the swimmer is swimming laps or water-walking back and forth across the pool. Adult Only Lap Swim is for ages 16 years & up.

- The Indoor Pool is 25 meters long, begins at 3.5-ft deep on three sides which slope to a 9-ft-deep end, and is heated to 84–86°.
- The Outdoor Pool is 25 yds long, begins at 3-ft deep and slopes to a 12-ft-deep end with a seasonal diving board, and is heated to 79-80°.
- The Wading Pool is for toddlers ages 5 yrs & under, and features a beach entry, sloping to 2-ft-deep in the center, and is heated to 90°. Active parent supervision is required at all times. Open May–September.

POOL RULES

- Children 6 years and under must be within arm’s reach of an adult in the water.
- Children who have not passed the swim test or who are wearing flotation devices must always have an adult in the water within arm’s reach.
- Swim tests can be administered by available lifeguards. Swimmers must be able to swim freestyle across the length of the pool, tread water for one minute, and jump off the side of the pool into the deep area and swim safely back to the side.
- Masks, fins, snorkels, and flotation devices may be used at the discretion of the lifeguard (depending on crowding of pool space for safety).
- Lap swimmers should circle swim when sharing lanes.
- No flotation devices in the deep end.
- No food or drink allowed on the Indoor Pool deck.
- No running and horseplay allowed on the pool decks.
- No glass containers of any kind are allowed in the facility.
- Band-Aids or open wounds are not allowed in the pools.
- Diving Board: Children must pass their swim test to use the diving board, only one person at a time, one bounce only, no backwards entries into the pool, and ensure the water is clear of swimmers before diving.
- Wading Pool: No jumping from sides, enter from steps only.
- Hot Tub: Limit Hot Tub use to 15 minutes. Children 13 years and older may be in the Hot Tub without a parent present, children 6–12 years may be in the Hot Tub with a parent present, and children under 6 years old may not use the Hot Tub.

AMERICAN RED CROSS

LIFEGUARD TRAINING

This blended learning course combines online study prior to on-site practice where you will demonstrate competency in water skills, first aid, and CPR/AED training.

Prerequisites:

- Age 15 years by last day of class
- Swim 300 yards with a combination of front crawl and breaststroke
- Swim 20 yards, surface dive and retrieve 10lb. object, swim back with object
- Tread water for 2 minutes without using arms

**Class 1:** February 17–19, 9am–5pm

**Class 2:** April 8–10, 9am–5pm

**Cost:** \$289/M; \$324/NM  
(Manual \$40 or free download from ARC website)

Also offering a recertification course for current ARC lifeguards:

**Class 1:** February 24, 9am–7pm | \$124/M; \$154/NM

**Class 2:** March 16, 9am–7pm | \$124/M; \$154/NM

CPR/AED/FIRST AID

The American Red Cross Adult and Pediatric First Aid/CPR/AED course is perfect for those looking for the skills necessary to keep their loved ones safe, meet an employment requirement, or just improve your first aid and CPR knowledge. Participants will utilize online learning and in-person skill sessions to learn how to respond to life threatening emergencies.

**January 27, 2–5pm**

**Cost:** \$50/M; \$65/NM

SPECIAL OLYMPICS SWIM TEAM

Samena is proud to have hosted the ‘Samena Splashers’ for over 20 successful seasons! Athletes will train with coaches, receive stroke instruction, and practice their skills. Participants must be able to swim the length of the pool unassisted or with a life jacket only.

**Friday, February 2–May 31**

**Registration:** Jan 22 (Members) Jan 26 (Non-Members)  
Free Kickoff Pizza Party/Information Night: Friday January 26, 5–7pm (pre-registration required)

Practice Schedule:

- 11 & under: 5–5:30pm
- 12–14: 5:30–6pm
- 15–17: 6–6:30pm
- 18+: 6:30–7:15pm

**Location:** Indoor Pool

**Cost:** \$180/M; \$215/NM

POOL SCHEDULE: Outdoor Pool Reopen – April 30, 2024

MONDAY/WEDNESDAY		
TIME	INDOOR POOL	OUTDOOR POOL
5:00–9:00am	4–6 Lanes Lap Swim 2 Lanes Ageless Aerobics 8–8:45am	2–6 Lanes Lap Swim 4 Lanes Masters 6–7am
9:00a–4:00pm	2–4 Lanes Lap Swim 2 Lanes Open Swim 2 Lanes Preschool Lessons 11:30am–12pm & 3:30–4pm	6 Lanes Lap Swim Pool Closed 1:30–3:30pm
4:00–6:00pm	Samena Programs	2 Lanes Lap Swim
6:00–7:30pm	2 Lanes Open Swim 5:30pm	1 Lane Lap Swim
7:30–9:00pm	2 Lanes Lap Swim 2 Lanes Open Swim	Pool Closed
9:00–10:00pm	6 Lanes Adult Lap Swim	

TUESDAY/THURSDAY		
TIME	INDOOR POOL	OUTDOOR POOL
5:00–9:00am	4–6 Lanes Lap Swim 2 Lanes Deep H2O Aerobics 8–8:45am	2–6 Lanes Lap Swim 4 Lanes Masters 6–7am
9:00a–4:00pm	2–4 Lanes Lap Swim 2 Lanes Open Swim 2 Lanes Preschool Lessons 11:30am–12pm & 3:30–4pm	6 Lanes Lap Swim Pool Closed 1:30–3:30pm
4:00–6:00pm	Samena Programs	2 Lanes Lap Swim
6:00–7:00pm	2 Lanes Open Swim	1 Lane Lap Swim to 7:30pm
7:00–9:00pm	2 Lanes Lap Swim 2 Lanes Open Swim	Pool Closed
9:00–10:00pm	6 Lanes Adult Lap Swim	

FRIDAY		
TIME	INDOOR POOL	OUTDOOR POOL
5:00–9:00am	4–6 Lap Swim 2 Lanes Ageless Aerobics 8–8:45am	2 Lanes Lap Swim 4 Lanes Masters 6–7am
9:00a–4:00pm	4 Lanes Lap Swim 2 Lanes Open Swim	6 Lanes Lap Swim Pool Closed 1:30–3:30pm
4:00–5:00pm	2 Lanes Lap Swim 2 Lanes Open Swim	2 Lanes Lap Swim to 6pm
5:00–7:15pm	1 Lane Adult Lap Swim (Starting 2/2)**	1 Lane Lap Swim 6–7:30pm
7:15–9:00pm	2 Lanes Lap Swim 2 Lanes Open Swim	Pool Closed
9:00–10:00pm	Adult Lap Swim	

\*\* 1/2–1/26: 2 Lanes Lap Swim & 2 Lanes Open Swim

SATURDAY		
TIME	INDOOR POOL	OUTDOOR POOL
7:00–9:00am	6 Lanes Lap Swim	6 Lanes Lap Swim Outdoor Pool Closes at 4pm
9:00a–12:00pm	2 Lanes Lap Swim	
12:00–8:30pm	3 Lanes Open Swim 1 Lane Lap Swim	

SUNDAY		
TIME	INDOOR POOL	OUTDOOR POOL
9:00a–12:00pm	4–6 Lanes Lap Swim 2 Lanes NW Survivor 10–11am	6 Lanes Lap Swim Outdoor Pool Closes at 4pm
12:00–8:30pm	3 Lanes Open Swim 1 Lane Lap Swim	

Check our website for special schedules Feb 19–25 (BSD Mid-Winter Break) & Apr 6–12 (BSD Spring Break)

100 X 100’S SWIM

Join the Samena Masters Swimming team in swimming one-hundred 100-yard laps, with all proceeds going to Samena’s Special Olympics Splashers swim team! Test your endurance while supporting a great organization and team.

**Saturday, Feb 17 | 7–10am**

**Cost:** \$10

FLOAT-IN MOVIE

Bring your pool floats, grab your kids, friends and neighbors and come for a fun night of big screen fun.

**Saturdays, Jan 13, Feb 10, Mar 2, Apr 6 | 6:30–8:30pm**

**Cost:** Free for Members







15231 Lake Hills Boulevard  
Bellevue, Washington 98007

**samena.com**  
**(425) 746-1160**

#### **Samena Club Hours**

##### **Monday–Friday**

Club Opens: 5am

Club Closes: 10pm

##### **Saturday**

Club Opens: 7am

Club Closes: 8:30pm

##### **Sunday**

Club Opens: 9am

Club Closes: 8:30pm

Tennis Courts & Outside  
Playground Close at Dusk

##### **Holiday**

Closed January 1



**@samenaclub**

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## **CLUB MEMBERSHIP**

Samena has been providing recreation, swimming, fitness, and fun to families of the greater Bellevue area since 1958!

If you're not a member yet, we want to welcome you to the Samena family. As part of this community, you will enjoy full access to our Indoor & Outdoor Pools, Fitness Center, and seasonal Tennis Courts. In addition, members also benefit from discounted rates and priority registration on our terrific programs.

Contact us at 425-746-1160 ext. 113 or [membership@samena.com](mailto:membership@samena.com) to schedule a tour and learn about the variety of membership options we offer.