

SUMMER 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, diving lessons, and more!

FITNESS

Try something new this summer like yoga, circuit training, or TRX.

KIDS

Join our Summer Day Camps or sign up for next 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

Scott Polovitch-Davis, Executive Director
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

Fitness
daniel@samena.com, ext. 116

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
swimteam@samena.com, ext. 115

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.

MEMBER MIXER

Join us for our Member Mixer this summer, designed to bring our community together for fun, connection, and unforgettable memories! This event promises to be filled with fun, community spirit, and the joy of summer. Whether you're a long-standing member or new to Samena, join us to make the most of the sunny season. We can't wait to see you there!

Family Fun Time Mixer | August 17, 11am-2pm

Activities for all ages, tasty treats, refreshments, and raffle prizes!

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 10.

GUESTS

Guests are welcome, accompanied and signed in by a Member. An adult guardian must sign in guests under 18 years and must 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. Please note that guest passes expire if membership is cancelled.

ROOM RENTALS

If you're looking for the perfect space to host your next event, look no further than Samena's room rentals! Whether it's a birthday celebration, a business meeting, or special event, we've got you covered with our versatile rental options. Tables and chairs available.

The Hall

Our largest room, situated on the upper level, can accommodate up to 80 individuals. Complete with a well-appointed kitchen, restroom facilities for convenience, and direct access to a deck that overlooks our outdoor pool area.

Rental Rate: M: \$90 1st hour/\$75 add'tl hrs; NM: \$110 1st hour/\$95 add'tl hrs | 3 hour minimum

Rec Room

Positioned conveniently on the main floor of Samena, this room offers ample space for hosting events for up to 35 guests. Whether you're planning a professional meeting or a festive birthday party, this versatile space provides the perfect setting to suit your needs.

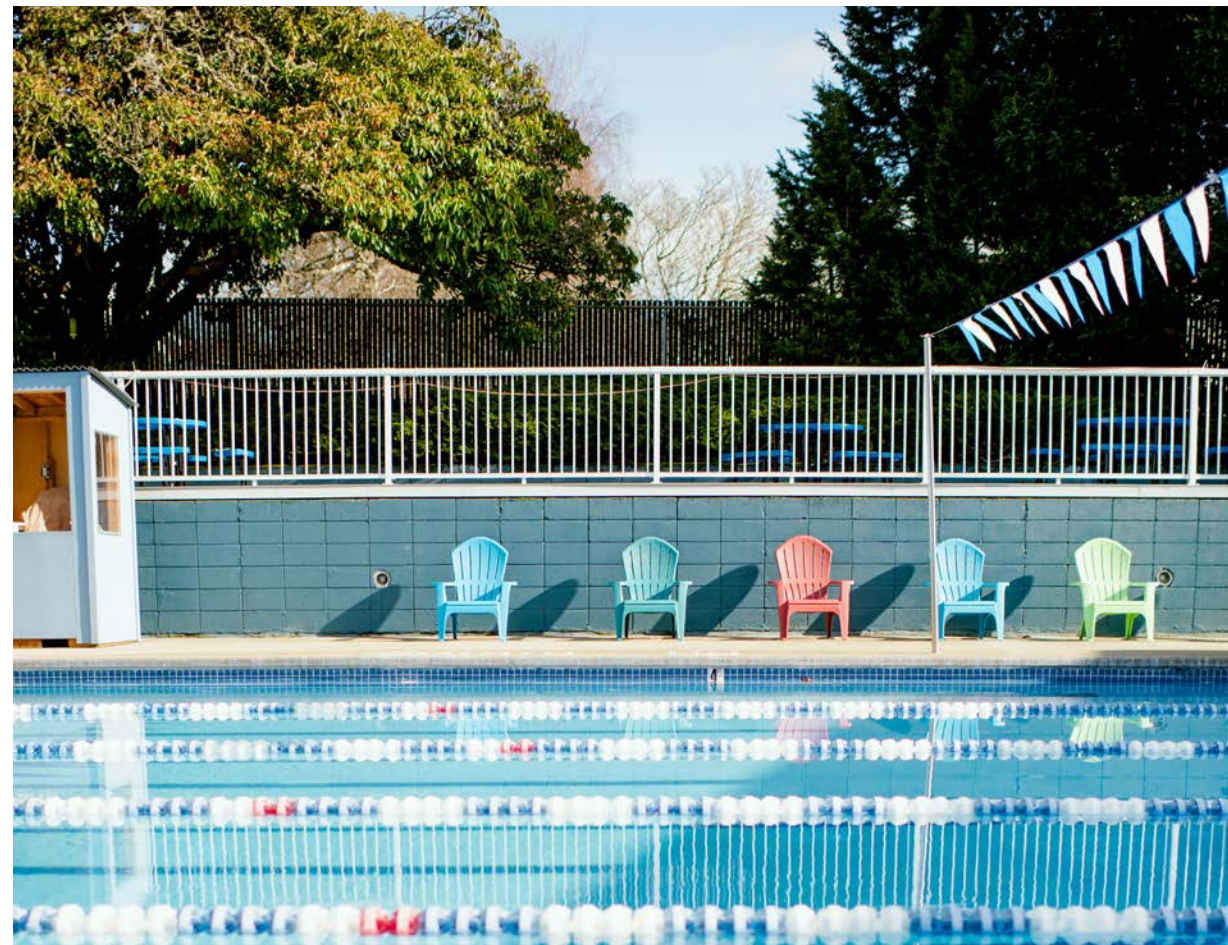
Rental Rate: M: \$60 1st hour/\$45 add'tl hrs; NM: \$85 1st hour/\$70 add'tl hrs | 2 hour minimum

Funbrella

Located near the playground, enjoy our outdoor informal gathering space in the Samena backyard. This seasonal offering is subject to weather conditions and does not include a rain contingency plan. Can accommodate up to 40 guests. Exclusively available to members.

Rental Rate: Members Only: \$50 1st hour/\$25 add'tl hrs

To book any of our rental spaces, simply reach out to our Front Desk team or send an email to party@samena.com. For more details and pricing information, visit samena.com/room-rentals. We look forward to helping you create unforgettable memories here at Samena!



2	GENERAL CLUB INFO
4	CHILDREN'S PROGRAMS
6	SPECIAL EVENTS
8	SUMMER CAMPS
10	FITNESS & WELLNESS
14	PERSONAL TRAINING
15	RACQUET SPORTS
16	AQUATICS

CONTENTS

SAMENA PRESCHOOL

For over five decades, we've been committed to educating children in Bellevue. Here at Samena, your child will set off on a journey of exploration and discovery in an environment that's both nurturing and stimulating. We understand that children thrive when they are actively engaged, which is why our programs are centered around hands-on activities. Utilizing a play-based curriculum, we provide ample opportunities for your child to learn and grow in a creative and secure setting.

In our programs, children's cognitive, social, and emotional development is encouraged by our educators, igniting a love for learning and exploration. Additionally, children gain essential water safety skills, develop stroke techniques, and engage in constructive physical activities. Customized to suit each age group, our activities include a diverse range of subjects such as art, reading, math, Spanish, music, science, cooking, storytelling, health, fitness, and beyond.

3-5 Year Olds

This program prioritizes playful learning, placing a strong emphasis on the exploration process. Through theme-based projects, students are introduced to reading, writing, Spanish, mathematics, music, movement, science, and storytelling. Playtime is instrumental in fostering crucial motor skills and age appropriate social development.

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)

In our bilingual Pre-K program, the curriculum revolves around discovery-based learning, emphasizing social and emotional development and academic readiness for kindergarten. Students acquire a foundational understanding of Spanish as well as advanced concepts in mathematics, reading, phonics, and science while engaging in in-depth projects.

- Mon/Wed/Fri, 9am-12pm or 9am-1pm

Info: samena.com/preschool

Contact: Rosie Steinhauer, Preschool Coordinator
rosies@samena.com

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

Info: samena.com/the-shrimp-spot



BEFORE & AFTER SCHOOL CARE FOR ELEMENTARY STUDENTS

Our state licensed program is a great place for kids to actively engage with their peers in crafts and games! Samena staff lead our kids in a variety of activities like paper bag puppets, marble races, active games and swim time. We strive to create positive relationships with parents and children in our Before and After Care Program.

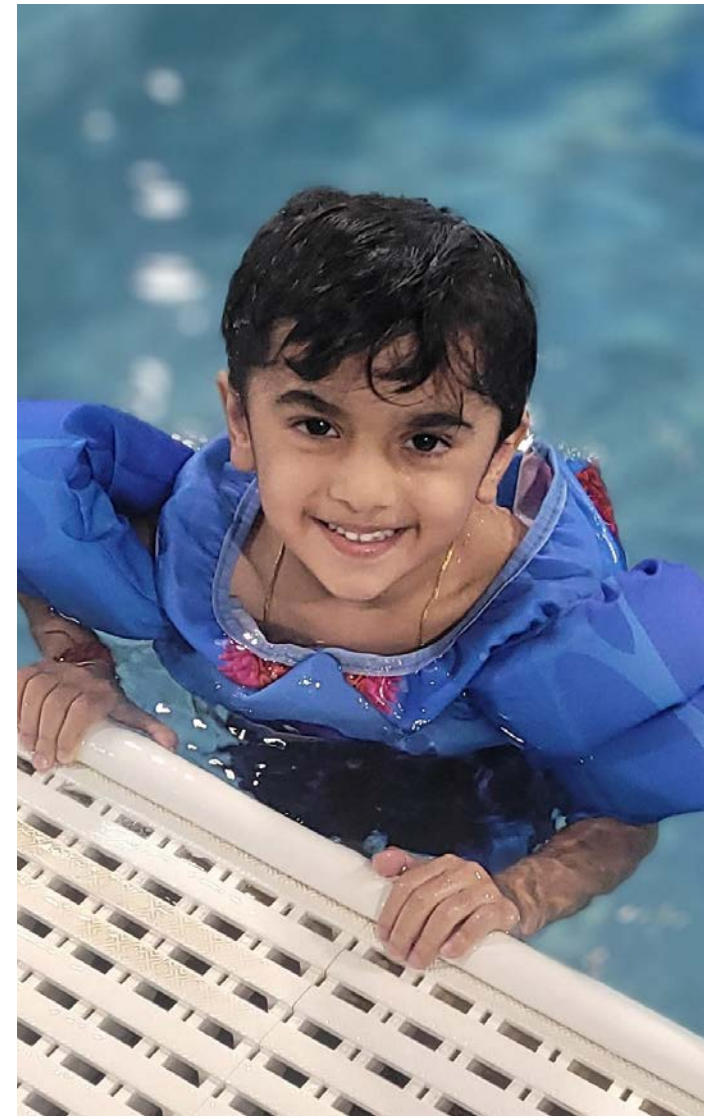
- Free swim Wednesdays and Fridays
- Reduced price and drop off/pick up for Samena swim lessons
- USDA approved snacks
- Private outdoor playground
- Homework club
- Weekly Dungeons & Dragons option for grades 3-5
- Trained and experienced staff
- Transport to and/or from school

We currently serve Bennett, Lake Hills, Phantom Lake, Sherwood Forest, Spiritridge, and Puesta del Sol. After Care only options are available for Ardmore and Stevenson. 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

Grades: K-5

Contact: childrens@samena.com



SAMENA COMMUNITY OPEN HOUSE

Calling all Members and Guests! Join us for a day of excitement at the Samena Community Open House! Explore our dynamic programs, engaging fitness classes, notable services, and exclusive membership specials. Come participate in a variety of games and activities designed to entertain the whole family, from interactive challenges, giveaways, and more!

Saturday, May 4, 11am–3pm
Free & Open to the Public

PRESCHOOL MEETUP (AGES 3-5)

Get ready for an adventure-packed day at Samena! Let your little one unleash their inner superhero, princess, or any character they adore for a day filled with excitement. From thrilling games to imaginative crafts, outdoor play, and tasty snacks, there's non-stop fun awaiting your child. It's not just about play; it's a chance for your child to boost their independence and make new friends! Heads up, kiddos need to be fully potty-trained to join in on the fun.

Saturday, May 11, 10am–12:30pm
Cost: \$30/M; \$40/NM

KIDS NIGHT OUT (AGES 5-12)

Indulge in a much-deserved breather as your kiddos rock it with us! Get ready for a splash in the pool, exciting games, and a movie marathon. Plus, we've got scrumptious pizza and treats lined up. Just a heads up, 5-year-olds need to already been in Kindergarten to join in on the fun.

Fridays, May 17, Jun. 14, Jul. 12, Aug. 9, 6:30–10pm
Cost: \$50/M; \$60/NM

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, May 11, June 15, July 20, Aug 10, 9:15a
Cost: Free for all Samena members & local community! Pre-registration recommended
Location: Meet in lobby

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. All party packages show pricing for 12 kids, including the birthday child. An additional 12 kids can be added for an additional fee. Parties can be held on Saturdays or Sundays depending on availability and pool schedule.

Dolphin Party

The parents/party planners bring all the supplies for the birthday party, set up and tear down with the assistance of the party coordinator. This package includes 1 hour in the pool and 1 hour in the party room.

Cost: \$300/M; \$400/NM

Orca Party

This package offers a complete birthday party experience! We do it all, including 1 hour of games and swimming in the pool, followed by 1 hour in the party room with cake, candles, punch, snacks, and decorations. Leave it to us—our coordinators will handle everything. Choose from a variety of themes!

Cost: \$460/M; \$600/NM

Shark Party

This all-inclusive package encompasses all your birthday party needs and more! Enjoy a hassle-free party with pizza, cake, activities like slime making, decorations, snacks and drinks for everyone. Start with 1 hour of games and swimming in the pool followed by 2 hours in the party room for extra fun. Our dedicated party coordinators will be by your side throughout, ensuring your children have a fantastic time! Leave the setup and cleanup to us—our coordinators will handle everything. Pick from a range of exciting themes!

Cost: \$580/M; \$720/NM

Birthday Party Contact: party@samena.com
Info: samena.com/birthday-parties



FLOAT-IN MOVIE

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

Saturdays, May 18, Jun. 22, Jul. 20, Aug. 24, 6:30–8:30pm
Cost: Free for Members

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!

Tuesdays thru June 18, 9:30–10:30am
Cost: Free for Members
Location: Hall

FAMILY CAMPOUT

Get ready to embrace this beloved Samena family tradition! Dive into exciting activities like swimming, field games, and the classic s'mores and ghost stories session with the kids. After an evening of laughter and treats, settle into your tent under the stars in Samena's backyard. Light breakfast provided in the morning.

Friday & Saturday, Aug. 2–3, 7pm–9am
S'mores and fun to 9:30pm: \$10/M; \$20/NM (per family)
S'mores, fun, & overnight: \$20/M; \$40/NM (per family)



Annual Member BBQ Bash

Saturday, July 13 • 1–4pm • Free to Members



Come join the festivities as we honor YOU at our yearly member appreciation BBQ!

Enjoy a delicious barbeque lunch, groove to the music, partake in big dive and big-splash contests, plus games and giveaways. We're excited to announce the return of the Member & Staff Talent Show! Don't miss the chance to showcase your talents. Mingle with fellow members and Samena staff, enjoy entertaining acts, tasty food, and make unforgettable memories!

WEEKLY THEMED CAMPS

PRESCHOOL CAMP (AGES 3-5)

In our preschool day camp, your child will embark on a journey filled with making new friends, acquiring fresh skills, and experiencing pure joy within a secure and inviting atmosphere. We eagerly welcome your child to our camp where they'll have an unforgettable summer. Preschool campers will dive into a world of creativity, games, music, stories, and imaginative play. They'll even get to stomp on the playground and splash around the wading pool. The adventures at camp are bound to leave a lasting impression, ensuring memories they'll treasure for a lifetime!

Details & Weekly Themes: samena.com/summer-camps/preschool-kids-camp

Dates: Weekly Camps June 17–August 23

Times: Mon–Thurs or Mon–Fri, 9am–12pm
Mon–Thurs, 1pm–4pm

Lunch Bunch add-on: 12pm–1pm

Contact: Rosie Steinhauer, Preschool Coordinator
rosies@samena.com

DAY CAMP (AGES 5-12)

Get ready to dive into a sea of fun! Every week at Samena, campers will be splashing, swimming, and meeting new buddies. We'll get their heart racing with daily free swim, energetic indoor and outdoor games, racquet sports, and more. Plus, we'll challenge their creativity with crafts and small group games tailored to each week's theme. Let's make this summer one to remember!

Wanting structured swim lessons for your kiddo? Limited spots are available for 5-day swimming lessons, with special pricing just for our day campers. Take the hassle out of one extra stop and let us take them for you!

Details & Weekly Themes: samena.com/summer-camps/-day-camp

Dates: Weekly Camps June 24–August 30

Times: Mon–Fri, 9am–4pm

Extended care available in the morning starting at 7am or after camp until 6:15pm

Contact: Children's Program Team
childrens@samena.com

VANAPALOOZA (AGES 11-14)

Ready for adventure? Every day Samena vans head for excitement. Teens and tweens will flex their independence, give input on activities & schedules, and have a bit of a say in where we steer these vans. With trips exploring the area, pit stops, and a special treat each week, let's hit the road...Destination: Fun! Campers can come along with us week-by-week – Strap up your hiking boots for the Great Outdoors week, express your artistic vision during Van Go week, or beat the heat at Wild Waves with us in H2O Yeah! week.

Details & Weekly Themes: samena.com/summer-camps/vanapalooza

Dates: Weekly Camps June 24–August 30

Times: Mon–Fri, 9am–4pm

Extended care available in the morning starting at 7am or after camp until 6:15pm (combined with the Day Camp)

Contact: Children's Program Team
childrens@samena.com



FOR AGES 3 TO 14!

Learn more & register online at samena.com/summer-camps

JUNIOR LIFEGUARDS (AGES 12-14)

Empower your future with essential lifesaving skills! This exceptional week-long program is specially designed for 12-14 year-olds who want to develop their leadership skills and learn from our experienced lifeguards. Students will be immersed in a variety of life-saving skills, including first aid, CPR, AED usage, water rescue techniques, and ways to prevent aquatic emergencies. Along with learning new skills, participants will also gain invaluable experience working in teams, developing a sense of responsibility, and appreciating the importance of physical fitness. Campers will have the opportunity to practice their lifeguarding skills and engage in team-building activities while also gaining hands-on experience teaching swim lessons. Additionally, the program includes two exciting off-site excursions – a trip to Gene Coulon Beach Park on Wednesday and a visit to Wild Waves on Friday to wrap up.

Details: samena.com/summer-camps/junior-lifeguards

Dates: Week 1: July 22–26

Week 2: July 29–August 2

Times: Mon–Fri, 9am–4pm

Contact: Mark Feeney, Aquatics Director
markf@samena.com



JUNIOR COUNSELORS (AGES 14+)

Make this the summer of a lifetime while you develop leadership skills and gain valuable experience! JC's will be partnered with a camp counselor and will engage in weekly leadership training, team bonding, fun games, and Friday celebrations!

Fee includes a t-shirt, daily snacks, Friday group celebrations and volunteer service credit for your school graduation requirements! In order to make the most of your Junior Counselor experience, we recommend registering for at least 2 consecutive weeks.

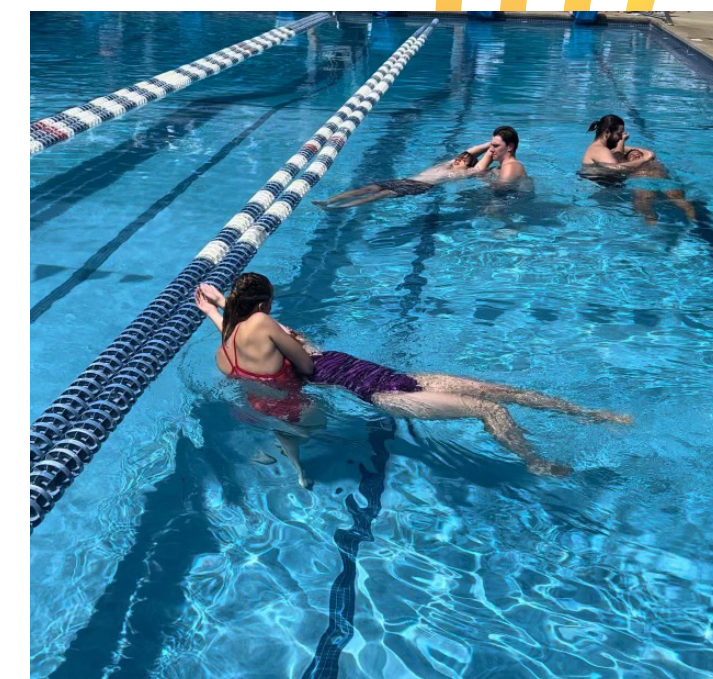
**14-year-olds must be going into 9th grade at the end of the summer*

Details: samena.com/summer-camps/junior-counselors

Dates: Weekly June 24–August 30

Times: Mon–Fri, 8:30am–4pm

Contact: Children's Program Team
childrens@samena.com



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.

NON-MEMBER FITNESS PUNCH CARDS

Our punch-card options are a great choice for nonmember drop-ins!

General Fitness	Yoga
1 class: \$20	1 Class: \$30
5 classes: \$95	5 classes: \$143
10 classes: \$180	10 classes: \$270
Senior Fitness	Senior Yoga
5 classes: \$52	5 classes: \$82
10 classes: \$103	10 classes: \$163

*See Fitness Classes on pages 11-13 for specific punchcard eligibility

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 12

*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

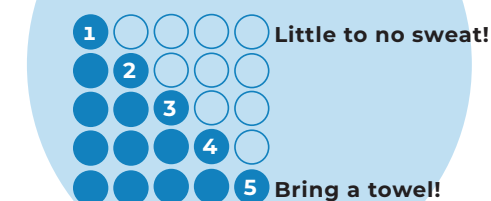
TALK TO A TRAINER!

Tuesdays, 4-5pm | May 7, Jun. 4, Jul. 9, Aug. 6

"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 4:00 PM to 5:00 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.

Wednesdays thru June 19, 10:15-11:30am

Wednesdays June 26-August 28, 7-8:15pm

Cost: Free for Members | \$30/NM

[Yoga Punchcard Eligible](#)

Instructor: Perlas, Yoga Alliance certified

Location: Rec Room

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.

Sundays, 9:15-10:30am | NEW START TIME!

Cost: Free for Members | \$30/NM

[Yoga Punchcard Eligible](#)

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 each individual.

Tuesdays & Thursdays, 6:30-7:45pm

Cost: Free for Members | \$30/NM

[Yoga Punchcard Eligible](#)

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.

Tuesdays & Thursdays, 9:15-10am

Cost: Free for Members | \$20/NM

[General Fitness Punchcard Eligible](#)

Instructor: Marianne

Location: Rec Room

YOGA FOR GARDENERS — NEW!



"Yoga for Gardeners" integrates yoga principles with movements essential for gardening, enhancing flexibility, strength, and mindfulness specifically tailored to the demands of gardening tasks. Through this class, participants cultivate a deeper connection with their bodies and the natural world, enriching both their yoga practice and gardening experience.

Mondays May 6-27, 9:30-10:45am

Cost: Free for Members | \$30/NM

[Yoga Punchcard Eligible](#)

Instructor: Perlas, Yoga Alliance certified

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.

Tuesdays & Thursdays, 7:45-8:30am

Cost: Free for Members | \$20/NM

[General Fitness Punchcard Eligible](#)

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.

Mondays & Wednesdays, 5:45-6:30am

Cost: Free for Members | \$20/NM

[General Fitness Punchcard Eligible](#)

Instructor: Paul

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 of the participant's needs.

Wed thru Jun. 12, 5-5:45pm | Saturdays, 8:15-9am

Cost: Free for Members | \$20/NM

[General Fitness Punchcard Eligible](#)

Instructor: Marianne

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.

Mondays & Wednesdays, 6:45–7:30pm

Cost: Free for Members | \$20/NM
[General Fitness Punchcard Eligible](#)
 Instructor: Lesley
 Location: Hall

CIRCUIT TRAINING 101 - NEW! ●●○○○

'Circuit Training 101' is an energetic fitness class introducing participants to circuit training basics. Through a series of high-intensity exercises targeting different muscle groups, you'll build strength, endurance, and overall fitness. This class welcomes all fitness levels, offering a dynamic and effective workout experience.

Wednesdays, 10–10:45am

Cost: Free for Members | \$20/NM
[General Fitness Punchcard Eligible](#)
 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.

Wednesdays & Fridays, 9:15–10am

Cost: Free for Members | \$20/NM
[General Fitness Punchcard Eligible](#)
 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!

Tuesdays & Thursdays, 5:45–6:30am
Saturdays, 7:15–8am

Cost: Free for Members | \$20/NM
[General Fitness Punchcard Eligible](#)
 Instructor: Marianne
 Location: Hall

BACKYARD BBQ BOOTCAMP – NEW! ●●●○

Get ready to sizzle and sculpt in our Summer BBQ Bootcamp! This high-energy fitness class combines the best of both worlds: intense calorie-blasting workouts and the spirit of summer BBQs. Designed to keep you motivated and engaged, this class offers a unique blend of strength training, cardio bursts, and functional movements inspired by outdoor grilling activities.

Mondays, May 6-Aug 26, 6:15–7pm

Cost: Free for Members | \$20/NM
[General Fitness Punchcard Eligible](#)
 Instructor: Marianne
 Location: Backyard

ZUMBA® ●●●●●

Zumba® uses Latin rhythms to 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. You will use moves from salsa, cumbia, reggaeton, merengue and many more all while getting a great cardio workout! All levels welcome.

Thursdays thru June 13 & Saturdays, 9:15–10:30am

Cost: Free for Members | \$30/NM
[Yoga Punchcard Eligible](#)
 Instructor: Dawn
 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.

Mon, Wed, & Fridays, 6:45–7:30am

Cost: Free for Members | \$20/NM
[General Fitness Punchcard Eligible](#)
 Instructor: Kristina, Jason
 Location: Rec Room/Tennis Courts



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.

Wednesdays thru June 19, 2:15–3pm & 3–3:45pm

Wednesdays June 26–August 28, 4:15–5pm
 Cost: Free for Members | \$20/NM
[General Fitness Punchcard Eligible](#)
 Age: 11–13 years
 Instructor: Marianne
 Location: Fitness Center

KARATE*

Fun and energetic classes for children from 5–16. We combine a fun, positive training environment with expert instruction. Karate classes help students learn discipline, listening and motor skills what help them in every aspect of life.

Tuesdays & Thursdays, 6:30pm & 8:30pm

**Not a Samena class, contact Sensei Carlos for details: washingtonmaa1980@gmail.com*

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!

Mondays, Wednesdays, & Fridays, 7:55–8:40am,

Cost: Free for Members | \$20/NM
[General Fitness Punchcard Eligible](#)
 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.

Tuesdays & Thursdays, 8–8:45am

Cost: Free for Members | \$20/NM
[General Fitness Punchcard Eligible](#)
 Instructor: Kathie, 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, 5:45–6:45am

Cost: Free for Members | \$20/NM
[General Fitness Punchcard Eligible](#)
 Instructor: Lindsey
 Location: Outdoor Pool

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!

Wednesdays thru June 19, 11:15am–12pm

Cost: Free for Members | \$20/NM
[General Fitness Punchcard Eligible](#)
 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.

Mondays, 6pm & 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.

Fridays, 6–6:45pm & Sundays 10–10:45am

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



Marianne Taylor, CPT
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

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

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, Deputy Director
danielf@samena.com

SESSION PACKAGE	NO. OF CLIENTS	PACKAGE COST PER PERSON	SESSION COST PER PERSON	DISCOUNT	PACKAGE SAVINGS & BRIEF DESCRIPTION
PERSONAL TRAINING—HOURLY SESSIONS					
1	1	\$76	\$76	0%	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.
4	1	\$289	\$72	5%	
8	1	\$547	\$68	10%	
16	1	\$1034	\$65	15%	
SMALL GROUP TRAINING—HOURLY SESSIONS (COST PER PERSON)					
4	2	\$233	\$58	10%	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 <i>*Each participant will need their own package</i>
8	2	\$439	\$55	15%	
16	2	\$827	\$52	20%	
4	3	\$216	\$54	10%	
8	3	\$408	\$51	15%	
16	3	\$769	\$48	20%	
4	4	\$192	\$48	10%	
8	4	\$362	\$45	15%	
16	4	\$681	\$43	20%	
PERSONAL TRAINING—30-MINUTE SESSIONS					
4	1	\$173	\$43	5%	Best for experienced fitness clients needing a shorter amount of time to experience training benefits. Brief warm-ups strongly recommended before start of session.
8	1	\$328	\$41	10%	
16	1	\$620	\$39	15%	
NON-MEMBER RATES NOT LISTED IN PRICE CHART. SEE SAMENA.COM/PERSONAL-TRAINING					

OUTDOOR COURTS

Samena's outdoor courts are open seasonally, for both tennis and pickleball. Court A is set for tennis. Court B is set for pickleball. Courts do not have additional lighting, and close at dusk. Reservations highly recommended.

Closed for group lessons/camp:

Monday–Thursday, 8–11am
Friday, 8–11am & 12:30–2:45pm
Wednesday, 4–8pm thru Jun. 19, 6–8pm Jun. 26–Aug 28

ADULT COURT OPEN PLAY [AGES 18+]

Enjoy friendly, self-monitored open play on the Samena Courts! Court A is for tennis, Court B is for pickleball. The requirements: a racquet, non-marking tennis shoes, dry courts, and good sportsmanship. First come, first served with new arrivals encouraged to rotate in. Guests welcome, accompanied by a member.

Sundays, May 19–August 25 | 10am – 2pm

Cost: Free/M; \$10/NM

SPRING TENNIS GROUP LESSONS

Get a head start for summer tennis play with once-a-week group tennis classes for both adults and juniors. The requirements; a racquet, non-marking tennis shoes, dry courts, and good sportsmanship. *Maximum group size: 6.*

JUNIORS A (6–9 years old)

Time: 4–4:55pm

JUNIORS B (10–17 years old)

Time: 5–5:55pm

ADULTS A – Beginner (18 years & up)

Time: 6–6:55pm

ADULTS B – Intermediate/Advanced (18 years & up)

Time: 7–7:55pm

Date: Wednesdays, May 22–June 12 (Weather Make-up June 19)

Cost: \$85/M; \$95/NM

PICKLEBALL

Join us for free drop-in pickleball play at Samena! Steve Blatt, our pickleball coach, will be on hand to offer free tips and encouragement. All levels welcome. Balls provided. Bring your own paddle. Official USAP tournament nets on two painted, regulation courts.

Mondays & Thursdays, May–August, 6–8p

Age: Adult play. Children under 16 must be accompanied by an adult.

Cost: Members FREE; \$5/Guests

Host: Steve Blatt

SUMMER ADULT GROUP TENNIS LESSONS

Beginner/Advanced Beginner | Wed, 6–6:55pm

Concentrates on basic technique of ground strokes, volleys, overheads, and serves. For those just beginning the game or with some experience. *Maximum group size: 6.*

Intermediate/Drill Class | Wed, 7–7:55pm

Drill and workout class is designed for players rated 3.0 & up. The class consists of fast-paced hitting drills, ground strokes, and serving techniques. *Maximum group size: 6.*

Dates: Session 1: June 26 & July 3

Session 2: July 17 & 24

Session 3: August 7 & 14

Session 4: August 21 & 28

Cost: \$43M; \$55NM

SUMMER YOUTH GROUP TENNIS LESSONS

Junior group lessons are geared toward beginner and intermediate levels. Learn the fundamentals of tennis and improve skills. Areas of instruction include ground strokes, volleys, serving, scoring and basic strategy. The goal will be to encourage students to improve their skills in preparation for match play. *Maximum group size: 6.*

If an inclement weather cancellation occurs, a make-up class is offered Friday of that week. Contact tennis@samena.com to confirm.

Monday–Thursday

8–8:55am, 10–17 years; intermediate

9–9:55am, 10–17 years; beginner

10–10:55am, 6–9 years; all skill levels

Dates: Session 1: June 24–27

Session 2: July 1–4

Session 3: July 8–10 (3 days only)

Session 4: July 15–18

Session 5: July 22–25

Session 6: July 29–31 (3 days only)

Session 7: August 5–8

Session 8: August 12–15

Session 9: August 19–22

Session 10: August 26–29

Cost: All sessions except 3 & 6: \$85/M; \$95/NM

Sessions 3 & 6: \$65/M; \$75/NM

PRIVATE/SEMI-PRIVATE TENNIS LESSONS

Need one-on-one or small group instruction? If you're a new player, or looking for improvements and specialized coaching, try private or semi-private lessons.

Cost: Varies, see more info at samena.com/tennis/private-tennis-lessons

Contact: Coach Katie, tennis@samena.com

SWIM LESSONS

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

Registration Dates

Member Registration opens April 12

Non-Member Registration opens:

- May Sessions: April 17
- June Sessions: May 3
- July Sessions: June 7
- August Sessions: July 5

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. 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. A refund, less a 50% cancellation fee, can be requested. 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 is 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

SPRING SESSIONS

MONTHLY SWIM LESSONS

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: May session: April 29–May 22
June session: May 29–June 12
Cost: \$172/M; \$208/NM, May
\$108/M; \$130/NM, June

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

Dates: May session: April 30–May 23
June session: May 28–June 13
Cost: \$172/M; \$208/NM, May
\$129/M; \$156/NM, June

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

Dates: May session: May 4–June 8 (No class May 25)
Cost: \$108/M; \$130/NM

SUMMER SESSIONS

MONTHLY SWIM LESSONS

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, 4:30, 5, 5:30, 6, 6:30pm

Dates: July session: June 24–July 24
August session: July 29–August 28
Cost: \$215/M; \$260/NM

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

Dates: August session: July 30–August 29
Cost: \$215/M; \$260/NM

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

Dates: July session: June 22–July 20
August session: July 27–August 24
Cost: \$108/M; \$130/NM

TWO WEEK SWIM LESSONS

These lessons squeeze an entire session into just two weeks! These daily 30-minute classes in our Indoor Pool allow students to learn at their own pace and be successful without committing to a whole month of lessons. You will request two time preferences at enrollment, and your specific time & instructor will be confirmed the Friday before classes begin.

Monday–Friday, 9, 9:30, 10, 10:30, 11, 11:30am

Dates: June session:
Session 1: June 24–July 5 (No class July 4)
July sessions:
Session 2: July 8–19
Session 3: July 22–August 2
August sessions:
Session 4: August 5–16
Session 5: August 19–30
Cost: \$194/M; \$234/NM, Session 1
\$215/M; \$260/NM, Sessions 2–5

ONE WEEK SWIM LESSONS

Busy schedule this summer? No problem, Samena's one-week intensive sessions are perfect for the busy family. These daily, 45-minute classes in our Indoor Pool will help students learn each aspect of their level in a fun, engaging way, with our experienced instructors. You will request two time preferences at enrollment, and your specific time & instructor will be confirmed the Friday before classes begin.

Monday–Friday, 9, 9:45, 10:30, 11:15am

Dates: June session:
Session 1: June 24–28
July sessions:
Session 2: July 1–5 (No class July 4)
Session 3: July 8–12
Session 4: July 15–19
Session 5: July 22–26
Session 6: July 29–August 2
August sessions:
Session 7: August 5–9
Session 8: August 12–16
Session 9: August 19–23
Session 10: August 26–30
Cost: \$161/M; \$195/NM, Sessions 1 and 3–10
\$129/M; \$156/NM, Session 2



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, 9:30am

Age: 6 months to 3 years
Dates: May session: May 4–June 8 (No Class May 25)
July session: June 22–July 20
August session: July 27–August 24
Cost: \$108/M; \$130; NM

PRE-COMP

Pre-comp lessons will help your child build endurance and prepare for swim team! For ages 11 & up, must have passed Level 6 or have equivalent skills.

Tuesday/Thursday, 5:30–6pm

Dates: May Session: April 30–May 23
June Session: May 28–June 13
August Session: July 30–August 29
Cost: \$172/M; \$208/NM, May
\$129/M; \$156/NM, June
\$215/M; \$260/NM, August

Location: Indoor Pool

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. Intermediate Level swimmers should be able to float on their front and back, swim 15 yards freestyle and 15 yards backstroke.

Monday/Wednesday, 7–7:30pm (Beginner)

Dates: May session: April 29–May 22
June session: May 29–June 12
July session: June 24–July 24
August session: July 29–August 28
Cost: \$172/M; \$208/NM, May
\$108/M; \$130/NM, June
\$215/M; \$260/NM, July, August

Tuesday/Thursday, 7–7:30pm (Intermediate)

Dates: May session: April 30–May 23
June session: May 28–June 13
August session: July 30–August 29
Cost: \$172/M; \$208/NM, May
\$129/M; \$156/NM, June
\$215/M; \$260/NM, August

Saturday, 9–9:30am, Beginner | 9:30–10am, Intermediate

Dates: May session: May 4–June 8 (No Class May 25)
July session: June 22–July 20
August session: July 27–August 24
Cost: \$108/M; \$130/NM

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

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

WATER POLO (MEMBERS ONLY)

Join the fast growing water sport at Samena! The water polo teams will participate in games as we prepare to qualify for the league tournament. Boys and girls 7 - 18 years old may tryout. Qualifications include swimming 50 yard crawl stroke and treading water for 2 minutes.

Volunteer work is required by all parents in order for your child to participate in the team. It is a great way to meet fellow Members and support the team. We need all parents' participation for a successful season! **Failure to fulfill volunteer hours will result in a \$400 fee.**

Not sure if Water Polo is for you? Come to one of our free clinics and give it a try!

Clinics: July 23 or 24, 11am-11:45am
Registration & Parent Meeting: July 17, 7pm
Practice: Mon-Wed, July 29-August 23

12 & under: 9-10am
 13-18 years: 10-11am

Games: Thurs, Fri, Sat or Sun depending on age group
Cost: \$250
 Summer Swim Team participants receive a 10% discount
Coach: Jacob

SPRINGBOARD DIVING

Approach, hurdle, dive, tuck, pike twist...just a few of the skills you will learn in this class. Learn new dives or improve dives you know! Must be able to do a standing dive from the pool edge.

Monday-Thursday, 11-11:45am

Dates: Session 1: July 1-3 (No class July 4)
 Session 2: July 8-11
 Session 3: July 15-18
 Session 4: July 22-25
 Session 5: August 12-15
 Session 6: August 19-22
 Session 7: August 26-29

Cost: \$75/M; \$90/NM, Session 1
 \$100/M; \$120/NM, Sessions 2-7

Location: Outdoor Pool



SUMMER SWIM TEAM (MEMBERS ONLY)

Samena Swim Team is one of the top teams in the Midlakes Swim League. Swimmers ages 5-18 years with intermediate swimming skills or higher are invited to tryout for our team. Times are not important when trying out; prerequisites are proficiency in all four strokes and ability to swim 50 yards of each, 25 yards per stroke ages 8 and under. Additional information will be provided at the required parents meeting.

- **Tryouts April 16-18, 4-6pm**
- **Registration:** April 15
- **Parent Meeting:** May 6, 7-8:30pm
- **Time Trials (All Ages):** May 31, 4:30pm
- **Suit Fitting:** May 15, 4-6pm
- **Photo Day:** June 24 (No practice)

Practices May 13-June 18

8 & under: M/W 4:45-5:30 OR T/Th 4-4:45 (Indoors)
 9-10s: M/W 4-4:45 OR T/Th 4:45-5:30 (Indoors)
 11-12s: M/W 5-6 OR T/Th 4-5 (Outdoors)
 13-14s: M/W/F 4-5 OR T/Th/F 5-6 (Outdoors)
 15 & up: M/W/F, 4-5 OR T/Th/Fr 5-6pm (Outdoors)

Practices June 19-July 26 (All Practices Outdoors)

8 & under: 10:15-11am, M-F
 9-10s: 8:45-9:30am, M-F
 11-12s: 9:30-10:15am, M-F
 13-14s: 7-7:45am, M-F
 15 & ups: 7:45-8:45am, M-F

Head Coach: Lindsey

Cost: \$300

Swim Meets: Tuesdays or Thursdays depending on qualifying time starting late June

Contact: swimteam@samena.com

Volunteer work is required by all parents in order for your child to participate in the team. Families must volunteer at least three separate times. There are lots of fun jobs for parents ranging from timers to 'clerk of course' workers. It is a great way to meet fellow Members and support the team. We need all parents' participation for a successful season! **Failure to fulfill volunteer hours will result in a \$400 fee.**

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, & CPR/AED training.

Prerequisites:

- Age 15 years by last day of class
- Swim 150 yards freestyle or breaststroke, stop and tread water for two minutes without arms, swim another 50 yards
- Swim 20 yards, surface dive and retrieve 10lb. object, swim back with object within 1 minute 40 seconds

Class 1: May 25-27, 9am-5pm

Class 2: June 21-23, 9am-5pm

Class 3: August 30-September 1, 9am-5pm

Cost: \$289/M; \$324/NM

(Free E-book manual provided or purchase from Red Cross)

Also offering a recertification course for current ARC lifeguards:

May 11, 9am-7pm | \$124/M; \$154/NM

June 8, 9am-7pm | \$124/M; \$154/NM

POOL SCHEDULE

Samena's most up-to-date pool schedules are available on samena.com! Printed copies available at the Front Desk for your convenience.

Indoor Pool: samena.com/indoor-pool

Outdoor Pool: samena.com/outdoor-pool

Wading Pool:

- April 29-May 24: Mon-Fri, 10-11am & 1:30-2:30pm
- May 25-June 18: Mon-Fri, 10-11am & 1:30-2:30pm, Sat & Sun, 12-8pm
- June 19-August 31: Mon-Fri, 12:30-8pm, Sat & Sun 12-8pm



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, begins at 1.5-ft-deep and slopes to 2-ft-deep in the center, and is heated to 90°. Active parent supervision is required at all times. Opens April-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 shallow end 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.

SAMENA

•SWIM & RECREATION CLUB•

15231 Lake Hills Boulevard
Bellevue, Washington 98007

samena.com
(425) 746-1160

SAMENA CLUB HOURS

Monday–Friday

5am-10pm

Saturday

7am-8:30pm

Sunday

9am-8:30pm

HOLIDAYS

Memorial Day

Monday, May 27
Regular Club Hours

Independence Day

Thursday, July 4
7am-6pm

Labor Day

Monday, September 2
Regular Club Hours



@samenaclub

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.