

FALL 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.

## 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

**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

**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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**Fitness**  
danielf@samena.com, ext. 116

## 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.

## 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 page 11.

## MEMBER MIXER

Join us for our Member Mixer, 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!

**Member Mixer**  
**Saturday, October 12, 11am-1pm**

Come and enjoy drinks, snacks, and great company at Samena! This event is a fantastic opportunity to meet fellow members, build new friendships, and learn about all the fun things happening at Samena this Fall. Don't miss out on an afternoon of fun!

## 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, 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!

## 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  
**10 Hour Punch-Card:** \$55/M; \$95/NM  
**Info:** samena.com/the-shrimp-spot



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## 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:** \$645/M; \$800/NM

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

**Info:** samena.com/birthday-parties

## WINTER WONDERLAND KIDS DAY AWAY

Join us for a special Kids Day Away! We'll go ice skating, have dinner, and watch a movie back at Samena. Get in some holiday shopping time while your kids have a winter blast with us. 5-year-olds must be in kindergarten.

**Ages:** 5-12

**Saturday, Dec 14 | 2:30-8:30pm**

**Cost:** \$80/M; \$92/NM

## PRESCHOOL MEETUPS (AGES 3-5)

### PRESCHOOL PAWS & PURRS PLAYDATE!

Does your child adore cats and dogs? Join us for a tail-wagging, purr-fect playdate at our "Paws & Purrs Meet-up." This fun-filled event is a great opportunity for your little one to learn about their favorite furry friends. Children will make an exciting art project, enjoy pet-themed stories, and play engaging games. After all that fun, they will enjoy some pizza for lunch! Don't miss out on this paw-some adventure! Children must be fully potty trained.

**Saturday, October 19 | 10am-1pm**

**Cost:** \$35/M; \$45/NM

**Location:** Main Preschool Room

### FROSTY FUN FEST

Come join us for a magical winter preschool meetup with Frosty the Snowman! In our frosty wonderland, kids will enjoy a fun art project, create their own snow, and take part in a range of snowy activities, including watching Frosty magically expand! Don't forget to dress warmly for some outdoor play on our playground, where your child will have a blast making new friends and enjoying the wintry fun! After all the fun, we'll enjoy pizza for lunch and cozy up with a story about Frosty to end our magical day. Children must be fully potty trained.

**Saturday, December 21 | 10am-1pm**

**Cost:** \$35/M; \$45/NM

**Location:** Main Preschool Room

## 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.

**Fridays, Sept 20, Oct 18, Nov 15 | 6:30-10pm**

**Cost:** \$50/M; \$60/NM

**Location:** Hall

## FLOAT-IN MOVIE

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

**Saturdays, Sept 14, Nov 16, Dec 14 | 6:30-8:30pm**

**Oct 26 | 5:30-7:30pm**

**Cost:** Free for Members

## JOIN US FOR A SPOOKTACULAR HALLOWEEN

**Saturday, October 26 • 3-5pm • Cost: \$15/M; \$20/NM**

### Haunted Trail • 3-4pm

The evening begins with a Spooktacular favorite! The trail will lead you around Samena's spooky backyard where there will be candy and games. We will have a costume contest and award prizes, then everyone will get ready for the swimming portion of the evening.

### Spooky Swim • 4:15-5pm

Now that the haunted trail is behind us, we can all enjoy plunging into the Samena pool. The indoor pool will be filled with spooky games and activities for the kiddos who can swim.

### Ghostly Gathering • 4:15-5pm

While the older kids are swimming, preschool aged kids will sing songs, read stories, have snacks and make their own 'witches' brew'.



## SAMENA HOLIDAY MARKET

**Saturday, November 9 • 10am-4pm**

### Get a jump on your holiday shopping!

This is a great way to find that special unique item for yourself or gift-giving this holiday season from local artisans, crafters, and more.

**Calling all Vendors:** Reserve your Holiday Market table now! Selling space assignments are on a first-come, first-serve basis. Pick up your contract and information at the front desk or at [samena.com/holiday-market](http://samena.com/holiday-market)





## 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. With a curriculum that prioritizes play, 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 promoting socialization. *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

At 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.

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

**Info:** [samena.com/preschool](http://samena.com/preschool)

**Contact:** Rosie Steinhauer, Preschool Coordinator, [rosies@samena.com](mailto:rosies@samena.com)



## 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, dodgeball and swim time. Forging awesome bonds with kiddos and parents is our jam in the Before and After School Care Program!

- Free swim Wednesdays and Fridays
- Reduced price and drop off/pick up for Samena swim lessons during After School Care
- USDA approved snacks
- Private outdoor playground
- Homework club
- 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 Ardmere 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](http://samena.com/before-after-school/childrens-programs)

**Grades:** K-5

**Contact:** [childrens@samena.com](mailto:childrens@samena.com)

## WINTER BREAK CAMP (AGES 5-12)

Splash out boredom during winter break! Fill the days with fun as we engage in sports, arts & crafts, free swim time and more! 5-year-olds must be in kindergarten.

**December 23, 27, 30, January 2, 3**

**Time:** 9am-4pm; Extended care: 7-9am & 4-6pm

**Cost:** \$65/M; \$75/NM, daily

AM or PM Care: \$22/M; \$25/NM, daily

AM & PM Care: \$38/M; \$43/NM, daily

**Children's Programs Contact:** [childrens@samena.com](mailto:childrens@samena.com)



**Marianne Taylor, CPT**  
[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.



**Scott Sandefur, CPT**  
[scotts@samena.com](mailto:scotts@samena.com)

Please say hello to Samena's newest personal trainer, Scott Sandefur. Scott's expertise in working with athletes of all ages and abilities stems from his years of teaching swim lessons here at the Samena Club. Fitness is a journey, and Scott is excited to help Samena members make that productive, safe, and fun!

## 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](mailto:danielf@samena.com)

SESSION PACKAGE	NO. OF CLIENTS	PACKAGE COST PER PERSON	SESSION COST PER PERSON	DISCOUNT	PACKAGE SAVINGS & BRIEF DESCRIPTION
<b>PERSONAL TRAINING—HOURLY SESSIONS</b>					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	\$76	0%	
4	1	\$289	\$72	5%	
8	1	\$547	\$68	10%	
16	1	\$1034	\$65	15%	
<b>SMALL GROUP TRAINING—HOURLY SESSIONS (COST PER PERSON)</b>					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>
4	2	\$233	\$58	10%	
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%	
<b>PERSONAL TRAINING—30-MINUTE SESSIONS</b>					Best for experienced fitness clients needing a shorter amount of time to experience training benefits. Brief warm-ups strongly recommended before start of session.
4	1	\$173	\$43	5%	
8	1	\$328	\$41	10%	
16	1	\$620	\$39	15%	
NON-MEMBER RATES NOT LISTED IN PRICE CHART. SEE <a href="http://SAMENA.COM/PERSONAL-TRAINING">SAMENA.COM/PERSONAL-TRAINING</a>					



## 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 non-member drop-ins!

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

\*Punchcards expire 3 years after purchase  
 \*See Fitness Classes on pages 9–11 for specific punchcard eligibility

## FITNESS AGES FYI

- 14+ years: may use fitness center unsupervised. ‡
- 12-13 years: ACTIVE GUARDIAN SUPERVISION
- 11 years and under: NO ADMITTANCE

‡ For their safety, we recommend users 14-18 years schedule a Free Fitness Consultation with a Samena Trainer before using the facility.

\* 11 years and under may use the fitness center ONLY when actively supervised by a Samena Personal Trainer, see page 7.

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

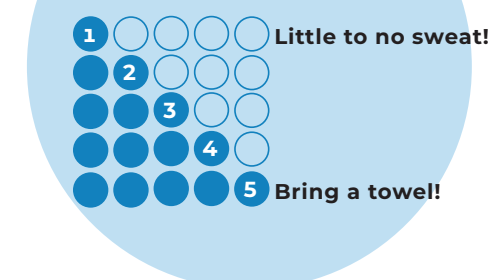
## TALK TO A TRAINER!

**Tuesdays, 4–5pm | Sept. 3, Oct. 8, Nov. 5, Dec 3**

"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, 10:15–11:30am**

Cost: Free for Samena 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, 8:30–9:45am**

Cost: Free for Samena 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. This class can accommodate each participant's level of fitness, flexibility and health issues.

**Tues & Thurs, 6:30–7:45pm | No class 11/28, 12/24, 12/26, 12/31**

Cost: Free for Samena Members | \$30/NM

[Yoga Punchcard Eligible](#)

Instructor: Barbara

Location: Rec Room

### 'ABS'OLUTELY CORE



Join Marianne for a dynamic workout using weights, TRX, exercise balls, bands, and more. Enhance your strength, coordination, and core stability with a variety of exercises designed to keep you strong and fit.

**Tuesdays & Thursdays, 9:15–10am**

Cost: Free for Samena Members | \$20/NM

[General Fitness Punchcard Eligible](#)

Instructor: Marianne

Location: Rec Room

## YOGA FOR TRAVELERS — NEW!



Stay grounded and refreshed on the go with our Yoga for Travelers class. Perfect for easing travel tension, this session includes gentle stretches, mindful breathing, and rejuvenating poses. Maintain your well-being and find balance, wherever your adventures take you.

**Tuesdays, 9/24, 10/1, 10/8, 10:15–11:30am**

Cost: Free for Samena 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 Samena Members | \$20/NM

[General Fitness Punchcard Eligible](#)

Instructor: Lesley

Location: Rec Room

## BODY BLAST



Kickstart your day with a powerful blend of strength training, HIIT, and cardio at 5:45 am. Boost metabolism, build muscle, and enhance endurance. Perfect for those who want an early workout and still make it to work on time. Join us for a fun, dynamic session!

**Mondays & Wednesdays, 5:45–6:30am**

Cost: Free for Samena 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.

**Mondays & Wednesdays, 5-5:45pm**

**Saturdays, 8:15–9am**

Cost: Free for Samena Members | \$20/NM

[General Fitness Punchcard Eligible](#)

Instructor: Marianne

Location: Rec Room

## STEP INTO STRENGTH ●●●●4○

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

## GROUP CYCLE ●●●●4○

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

## TRX ●●●●●5

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 Samena Members | \$20/NM  
[General Fitness Punchcard Eligible](#)  
 Instructor: Sarah  
 Location: Rec Room



## FAB: FITNESS WITH A BEAT – NEW! ●●●●4○

FAB is a lively cardio workout set to music. With simple choreographed moves and an energetic playlist, you will have the opportunity to elevate your heart rate and work major muscle groups in a fun environment. Each workout will also include exercises to improve balance and your core muscles including standing abdominal exercises. Workouts can be modified for participants' needs. All are welcome; fun for the whole family! Under age 13 must be accompanied by an adult.

**Mondays & Fridays, 9–10am**

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

## ZUMBA® ●●●●●5

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.

**Tuesdays, Thursdays & Saturdays, 9:15–10:15am**

Cost: Free for Samena Members | \$20/NM  
[General Fitness Punchcard Eligible](#)  
 Instructor: Tues, Christine | Thurs & Sat, Dawn  
 Location: Hall

## MUSCLES IN MINUTES ●●●●4○

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 Samena Members | \$20/NM  
[General Fitness Punchcard Eligible](#)  
 Instructor: Kristina  
 Location: Rec Room



## YOUTH CLASSES

### MIDDLE SCHOOL MUSCLE ●2○○○

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, 2:15–3pm, 3–3:45pm**

Cost: Free for Samena 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 that 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 1○○○○

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 Samena Members | \$20/NM  
[General Fitness Punchcard Eligible](#)  
 Instructor: Sarah  
 Location: Indoor Pool

### DEEP WATER EXERCISE ●●3○○

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 Samena Members | \$20/NM  
[General Fitness Punchcard Eligible](#)  
 Instructor: Kathie, Marianne  
 Location: Indoor Pool

## MASTERS SWIMMING WORKOUT ●●●●●5

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

## DANCE CLASSES

### JAZZ DANCE ●2○○○

Jazz dance class starts with warmup exercises including stretching to increase mobility, 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, 11:15am–12pm**

Cost: Free for Samena 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*



## SWIM LESSONS

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

### Registration Dates

Member Registration opens August 15

Non-Member Registration opens:

- September Sessions: August 21
- October Sessions: September 6
- November Sessions: October 4
- December Sessions: November 1

### Pre-Registration Closing Dates

- M/W, T/Th, and Sat Youth Lessons: two Sundays 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

### FALL 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:** September session: 9/4–9/25  
October session: 9/30–10/23  
November session: 10/28–11/20  
December session: 12/2–12/18

**Cost:** \$151/M; \$182/NM, September  
\$172/M; \$208/NM, October, November  
\$129/M; \$156/NM, December

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

**Dates:** September session: 9/3–9/26  
October session: 10/1–10/24  
November session: 10/29–11/21  
December session: 12/3–12/19

**Cost:** \$172/M; \$208/NM, September, October, November  
\$129/M; \$156/NM, December

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

**Dates:** September/October session: 9/7–10/26  
November/December session: 11/2–12/21  
(No Class 11/30)

**Cost:** \$172/M; \$208/NM, September/October  
\$151/M; \$182/NM, November/December

### 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:** September/October session: 9/7–10/26  
November/December session: 11/2–12/21  
(No class 11/30)

**Cost:** \$172/M; \$208/NM, September, October  
\$151/M; \$182/NM, November, December

## PRE-COMP

A great chance for your child to build endurance to prepare for swim team! For ages 9 & up, must have passed Level 6 or have equivalent skills.

#### Tuesday/Thursday, 6–6:30pm

**Dates:** September session: 9/3–9/26  
October session: 10/1–10/24  
November session: 10/29–11/21  
December session: 12/3–12/19

**Cost:** \$172/M; \$208/NM, Sept, Oct, Nov  
\$151/M; \$182/NM, Dec

**Location:** Indoor Pool

## NON-COMPETITIVE 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:** Session 1: 9/3–11/1  
Session 2: 11/4–12/20 (No class 11/25–11/29)

**Tryouts:** Session 1: 8/26–8/28, 4:30–6pm  
Session 2: 10/21–10/23, 4:30–6pm

**Member Registration:** Session 1: August 15;  
Session 2: October 14

**Non-Member Registration:** Session 1: August 26;  
Session 2: October 21

**Cost:** Session 1: 8U, 9/10, 11/12: \$351/M; \$450/NM  
13+: \$527/M; \$675/NM  
Session 2: 8U, 9/10, 11/12: \$234/M; \$300/NM  
13+: \$351/M; \$450/NM

#### PRACTICES:

8U: M/W, 4:30–5:15pm OR T/Th, 5:15–6pm, Indoors  
9/10: M/W, 5:15–6pm OR T/Th, 4:30–5:15pm, Indoors  
11/12: M/W, 4–5pm OR T/Th, 5–6pm, Outdoors  
13+: M/W/F, 5–6pm OR T/Th/F, 4–5pm, Outdoors



## 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  
Packages expire 3 years after purchase.

**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. 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:** September session: 9/4–9/25  
October session: 9/30–10/23  
November session: 10/28–11/20  
December session: 12/2–12/18

**Cost:** \$161/M; \$196/NM, September  
\$184/M; \$224/NM, October, November  
\$138/M; \$168/NM, December

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

**Dates:** September session: 9/3–9/26  
October session: 10/1–10/24  
November session: 10/29–11/21  
December session: 12/3–12/19

**Cost:** \$184/M; \$224/NM, September, October, November  
\$138/M; \$168/NM, December

#### Saturday, 9–9:30am, Beginner

#### Saturday, 9:30–10am, Intermediate

**Dates:** September/October session: 9/7–10/26  
November/December session: 11/2–12/21  
(No Class 11/30)

**Cost:** \$184/M; \$224/NM, September, October  
\$161/M; \$196/NM, November, December



## 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](http://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 mid 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 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, & CPR/AED training. Online portion takes about 5 hours to complete.

#### 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:** October 12–13 & 19, 9am–5pm

**Class 2:** December 27–29, 9am–5pm

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

(Ebook Lifeguard Manual will be emailed to participants.)

Offering a recertification course for current ARC lifeguards:

**Class 1:** September 28, 9am–7pm | \$124/M; \$154/NM

**Class 2:** December 21, 9am–7pm | \$124/M; \$154/NM



## FALL TENNIS GROUP LESSONS

Keep the tennis vibe rolling into fall with once-a-week group tennis classes for 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** (10–14 years old)

Time: 5–5:55pm

**Date:** Wednesdays, September 4, 11, 18, 25

Weather Make-up: October 2

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

**Instructor:** Rafael

## 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 thru September 30**

**10am – 2pm, weather permitting**

**Cost:** Free/M; \$10/NM

**Location:** Outdoor Courts

SAMENA

# MEMBER MIXER

**SATURDAY, OCTOBER 12**  
**11:00AM-1:00PM**

**TASTY TREATS**  
**REFRESHMENTS**

Join us for an afternoon of connection and fun!  
Learn about our new season of programs and services.  
Ask questions. Drop by and meet a new friend.

425-746-1160 SAMENA CLUB, 15231 LAKE HILLS BOULEVARD, BELLEVUE [samena.com/events](http://samena.com/events)



# 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**  
7am-8:30pm

## HOLIDAYS

### Labor Day

Monday, September 4  
Regular Club Hours

### Thanksgiving

Thursday, November 28  
Closed

### Day After Thanksgiving

Friday, November 29  
Open late at 7am

### Christmas Eve

Tuesday, December 24  
Close early at 2pm

### Christmas

Wednesday, December 25  
Closed

### New Year's Eve

Tuesday, December 31  
Close early at 2pm

### New Year's Day

Wednesday, January 1  
Closed



**@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](mailto:membership@samena.com) to schedule a tour and learn about the variety of membership options we offer.