

WINTER 2025

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 winter 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
swimteam@samena.com, ext. 115

Fitness
mariannet@samena.com

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, where community comes alive with fun, games, music and friendly faces! Enjoy light snacks, exciting raffle prizes, and plenty of opportunities to connect with fellow members. Whether you're a familiar face or new to Samena, this is the perfect chance to relax and celebrate together. We can't wait to see you there!

Saturday, March 22 | 11am-1pm

OUTDOOR POOL CLOSURE (APRIL 5-27)

This spring, as part of our ongoing preventative maintenance, we will be closing and replastering the bottom and walls of the Outdoor Pool and repairing and regrouting the gutter tiles.

Our contractor feels that the project will take two to three weeks to complete. Replastering can happen in the rain, as the plaster is water cured so weather should not delay the project.

We will begin draining the pool on Saturday, April 5, work will begin on Monday, April 7, and we expect the Outdoor Pool to reopen approximately April 28.

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

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!

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POLAR PANCAKE SWIM

If you love Samena's Outdoor Pool and enjoy the crisp Northwest air, splash into winter with the return of our 25th Annual Polar Pancake Swim! Splash into the heated Wading Pool, then cool down in the Outdoor Pool. The Polar Swim will be followed by a tasty pancake breakfast. Don't miss this classic Samena event!

Saturday, Jan 4 | 9-10am, Swim; 10-11am, Pancakes
Cost: \$10/M; \$15/NM
Location: Outdoor Pool, Hall

100X100S SWIM SPECIAL OLYMPICS FUNDRAISER

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

Saturday, Jan 4 | 7:30-10:30am
Cost: \$15

SIP, PAINT, & CREATE! (AGES 18+)

Join us for an unforgettable night of creativity and fun! Rosie will guide you step by step from a blank canvas to your very own masterpiece. This event is perfect for everyone—whether you're an experienced artist or a total beginner! BYOB and we will supply everything else: canvas, paint, brushes and even some light snacks! Gather your friends, your significant other, or come alone. It will be a great way to unwind, share some laughs and watch your inner artist come to life! You will leave with a beautiful piece of artwork to cherish for years to come.

Friday, Feb 7, April 25 | 6:30-9pm
Cost: \$45/M; \$50/NM
Location: Hall

PRESCHOOL MEETUP (AGES 3-5)

HATS OFF TO DR. SEUSS!

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

Saturday, March 1 | 9am-12pm
Cost: \$35/M; \$45/NM
Location: Main Preschool Room

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. Also included is 1 hour of games and swimming in the pool followed by 2 hours in the party room for extra fun with food and activities. 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

FLOAT-IN MOVIE

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

Saturdays, Jan 18, Feb 8, Mar 22, Apr 26 | 5:30-7:30pm
Cost: Free for Members

SAMENA HEALTH SERIES: PELVIC FLOOR WORKSHOP

Join Marianne for a Pelvic Floor Workshop. This informative session will provide you with valuable tips and strategies to effectively engage and support your pelvic floor. Come and discover more!

Saturday, January 25 | 11am-12pm | Free
Location: Rec Room

SPRING FAMILY FESTIVAL

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

FLASHLIGHT EGG HUNT (AGES 4 & UP)

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

Friday, Apr 18 | 8-8:45pm
Cost: \$10/M; \$15/NM
Location: Hall, Backyard



ELLA BELLA BEE & THE POLLINATORS

Join us for a vibrant, comedic musical adventure celebrating pollinators! Discover the wonders of bees, bats, and hummingbirds as your family enjoys colorful costumes, playful puppets, and catchy dance numbers. Experience the magic of how these tiny creatures keep our planet thriving. Don't miss this unforgettable blend of fun and learning!

Saturday, Apr 19 | 11:00-12pm
Cost: \$15/M; \$20/NM
Location: Hall

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, Jan 24, Mar 21 | 6:30-10pm
Cost: \$50/M; \$60/NM
Location: Hall

TODDLER EGG HUNT (AGES 2-5)

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

Saturday, Apr 19, 12pm, 3 yrs & under | 12:30pm, 4-5 yrs
Cost: \$10/M; \$15/NM
Location: Backyard

UNDERWATER EGG HUNT (AGES 5-12)

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

Saturday, Apr 19
Time: 5 years, 1pm; 6 years, 1:15pm; 7 years, 1:30pm;
 8 years, 1:45pm; 9 years, 2pm; 10-12 years, 2:15pm
Cost: \$10/M; \$15/NM
Location: Indoor Pool



KIDS DAY AWAY (AGES 5-12)

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

Saturday, Feb 8, Apr 26 | 2:30-8:30pm
Cost: \$80/M; \$92/NM

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 child, 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 crucial in all domains of early childhood 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

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

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

SPRING BREAK CAMP (AGES 5-12)

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

April 7-11

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

BEFORE & AFTER SCHOOL CARE FOR ELEMENTARY STUDENTS (GRADES K-5)

Our state licensed program is a great place for kids to actively engage with their peers in STEAM and active play! Samena staff lead our kids in a variety of activities like crafts, marble races, dodgeball, experiments, 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 during After School Care
- USDA approved snacks
- Private outdoor playground
- Homework club
- Fun learning activities centered around Science, Technology, Engineering, Art, and Math
- Trained and experienced staff
- Transport to and/or from school

See our website for schools we serve. Care follows the Bellevue School District calendar and includes BSD's Wednesday early release. 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

Contact: childrens@samena.com

MUSIC TOGETHER* (AGES INFANT-5 YEARS)

Music Together classes build on your child's natural enthusiasm for music and movement. During our 45-minute family class we sing, dance, clap, enjoy finger plays, rhythmic chants, and even have an instrument play-along. This fun, non-performance-oriented setting will introduce a new song collection each term. These collections feature original and traditional songs with a wide variety of nationalities, meters and cultural styles.

Fridays, 10:15am & 11:15am

Contact: Mrs. Chrisi | 425-753-4575

Musictogetherwithmrschrisi.com

**Not a Samena class, contact Music Together for registration & info*

PRESCHOOL BREAK CAMPS (AGES 3-5)

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

February 17-21 | 9am-1pm | Cost: \$285/M; \$305/NM

April 7-11 | 9am-1pm | Cost: \$285/M; \$305/NM



Marianne Taylor, CPT
mariannet@samena.com

Marianne brings over two decades of experience working with diverse age groups and training styles. She holds an Associates of Applied Science degree in fitness and is certified as a Level 1 Precision Nutritionist and fitness specialist in cancer recovery, youth mental health aid, and osteoporosis. Committed to ongoing learning, she strives to be the ultimate personal trainer for your unique requirements.



Scott Sandefur, CPT
scotts@samena.com

Scott's expertise in training all ages and abilities stems from teaching swim lessons at Samena since 2011. His love of fitness comes from his personal journey of being severely underweight, and using exercise to get and maintain a healthy weight and lifestyle. 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: Marianne Taylor, Fitness Coordinator mariannet@samena.com

SESSION PACKAGE	NO. OF CLIENTS	PACKAGE COST PER PERSON	SESSION COST PER PERSON	DISCOUNT	PACKAGE SAVINGS & BRIEF DESCRIPTION
PERSONAL TRAINING—HOURLY SESSIONS					Individualized for 1-on-1 attention & specialization. This option will achieve maximum benefits. Ideal for clients currently inactive, post-injury, seeking sports-specific training or a push to the next level.
1	1	\$76	\$76	0%	
4	1	\$289	\$72	5%	
8	1	\$547	\$68	10%	
16	1	\$1034	\$65	15%	
SMALL GROUP TRAINING—HOURLY SESSIONS (COST PER PERSON)					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%	
PERSONAL TRAINING—30-MINUTE SESSIONS					Best for experienced fitness clients needing a shorter amount of time to experience training benefits. Brief warm-ups strongly recommended before start of session.
4	1	\$173	\$43	5%	
8	1	\$328	\$41	10%	
16	1	\$620	\$39	15%	
NON-MEMBER RATES NOT LISTED IN PRICE CHART. SEE SAMENA.COM/PERSONAL-TRAINING					

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.

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!

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

*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 12–18 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: \$85/M, \$100/NM

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

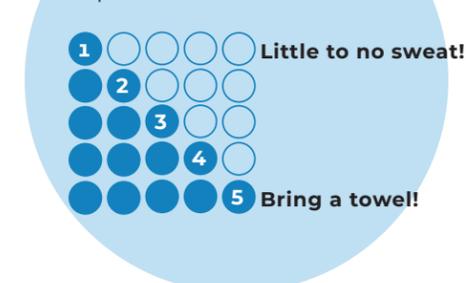
TALK TO A TRAINER!

Wednesdays, 9–10am

“Talk to a Trainer” is your chance to get expert answers to all your fitness questions! Our certified trainers provide personalized guidance on workout routines and effective exercises. Don't miss this opportunity to enhance your fitness journey with their professional knowledge!

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 Fitness Punchcard Eligible

Instructor: Perlas
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, 8:15–9:30am

Cost: Free for Samena Members | \$30/NM
Yoga Fitness Punchcard Eligible

Instructor: Karin
Location: Hall

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.

Tuesdays & Thursdays, 6:30–7:45pm

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

TOTAL BODY TONE



Strengthen and tone every major muscle group with a mix of cardio, resistance training, bodyweight exercises, balance work, and functional movements. Suitable for all fitness levels, each session will challenge you to improve strength, endurance, and flexibility. Enjoy a fun and motivating environment where you can build confidence, sculpt your body and achieve your fitness goals!

Tuesdays & Thursdays, 8–8:45am

Cost: Free for Samena Members | \$20/NM
General Fitness Punchcard Eligible

Instructor: Marianne
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, 9–9:45am
Cost: Free for Samena Members | \$20/NM
General Fitness Punchcard Eligible

Instructor: Marianne
Location: Rec Room

CARDIO BLAST



End your day with “Cardio Blast”, a high-energy class combines cardio, strength training, TRX, and circuit workouts to push your limits and maximize fitness. Burn calories, build strength, and improve endurance with varied, engaging exercises. Join us to unleash your inner athlete—your body will thank you!

Mondays & Wednesdays, 6:45–7:45pm

Cost: Free for Samena Members | \$20/NM
General Fitness Punchcard Eligible

Instructor: Kristina
Location: Hall

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.

Mondays, Wednesdays & Fridays, 9:15-10am

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

[General Fitness Punchcard Eligible](#)

Instructor: Sarah

Location: Rec Room

OUTDOOR GROUP CYCLE



Start your day in the fresh air with an energizing outdoor group cycle! This fantastic cardio workout is perfect for toning your body and boosting your energy levels. Join us for a fun and motivating experience that welcomes all fitness levels -beginners included! You set your own intensity, so you can push yourself or take it at your own pace. Come ready to sweat and enjoy the great outdoors!

Tuesdays, 5:45-6:30am

Saturdays, 7:45-8:30am

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

[General Fitness Punchcard Eligible](#)

Instructor: Marianne

Location: Upstairs Hall Deck

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.

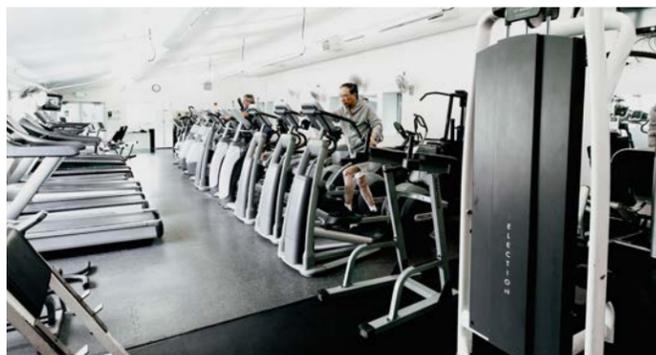
Mondays, Wednesdays, & Fridays, 6:45-7:30am

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

[General Fitness Punchcard Eligible](#)

Instructor: Kristina

Location: Rec Room



FAB: FITNESS WITH A BEAT



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

7:45-8:45am on 1/3, 1/20, 2/17, 2/21, 3/28, 4/7, 4/11

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

[General Fitness Punchcard Eligible](#)

Instructor: Christine

Location: Hall, Rec Room

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.

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, Rec Room

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, 7:45-8:30am,

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

[General Fitness Punchcard Eligible](#)

Instructor: Kathie

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-Wednesday, Friday, 5:45-6:45am

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

[General Fitness Punchcard Eligible](#)

Instructor: Lindsey, Mon/Wed/Fri | Ben, Tues

Location: Outdoor Pool



YOUTH CLASSES

MIDDLE SCHOOL MUSCLE



6th, 7th and 8th grade 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. *Recommended free fitness consultation before joining class.

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

EXTERNAL CLASSES

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, 10-11:30am

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

KARATE*

Fun and energetic classes for children from 6-18. 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, 6:30-7:30pm, Beginner
7:30-8:30pm, Intermediate/Advanced/Adults**

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

SWIM LESSONS

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

Registration Dates

Member Registration opens December 13

Non-Member Registration opens:

- January Sessions: December 16
- February Sessions: January 3
- March Sessions: February 7
- April Sessions: March 7

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. The levels of current students are tracked in our system, so don't wait!
- Two time preferences must be given at enrollment for Youth Lessons. Priority will be given to Members first, then Non-Members, according to date of registration to the best of our ability. No credits or refunds will be given if you are assigned a class at your 2nd time preference.
- Cancellations must be received at least 7 days 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

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. Report cards are distributed via swimgen.net/search/samenaswim.

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

Dates: January session: 1/6–29
February session: 2/3–26 (No class 2/17, 2/19)
March session: 3/3–26
April session: 3/31–4/30 (No class 4/7, 4/9)
Cost: \$172/M; \$220/NM, January, March, April
\$129/M; \$165/NM, February

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

Dates: January session: 1/7–30
February session: 2/4–27 (No class 2/18, 2/20)
March session: 3/4–27
April session: 4/1–5/1 (No class 4/8, 4/10)
Cost: \$172/M; \$220/NM, January, March, April
\$129/M; \$165/NM, February

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

Dates: January/February session: 1/11–2/15
March/April session: 3/1–4/26 (No class 4/12)
Cost: \$129/M; \$165/NM, January/February
\$172/M; \$220/NM, March/April

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, 9:30–10am

Age: 6 months to 3 years
Dates: January/February session: 1/11–2/15
March/April session: 3/1–4/26 (No class 4/12)
Cost: \$129/M; \$165/NM, January/February
\$172/M; \$220/NM, March/April

TEENS 'N TRAINING

Our Teen swim lessons program is designed for individuals aged 13-18 who are looking to improve their swimming skills and build endurance. Whether you're working towards joining a Swim Team or wanting to become a confident lap swimmer, this program offers personalized instruction in a supportive and fun environment.

Intermediate:

Students should have basic water confidence and be able to float on their front and back independently. Instructors will focus on learning to side breathe in freestyle, rotation within backstroke, breaststroke kick, dolphin kick, and increased water confidence.

Advanced:

Students should have passed Teen Intermediate or Youth Swim Level 4. Instructors will continue technique improvements of all 4 strokes and learn skills necessary to be successful in a swim team program such as flip turns, drills, and increased endurance.

Tuesday/Thursday, 6–6:30pm

Dates: January session: 1/7–30
February session: 2/4–27 (No class 2/18, 2/20)
March session: 3/4–27
April session: 4/1–5/1 (No class 4/8, 4/10)
Cost: \$172/M; \$220/NM, January, March, April
\$129/M; \$165/NM, February

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*

SWIM TEAM CLINICS

These small group sessions are for current swim team participants to refine their skills. Our coaches will be in the water focusing on refining strokes, turns, and starts. Space is limited so sign up right away!

Session 1: Starts & Turns: 2/17, 2/19 OR 2/18, 2/20
Session 2: Freestyle & Backstroke: 4/7, 4/9 OR 4/8, 4/10
Session 3: Breaststroke: 4/16, 4/18 OR 4/15, 4/17
Session 4: Butterfly: 4/21, 4/23 OR 4/22, 4/24

Time: 4-5pm or 5-6pm
Cost: \$60/M; \$90/NM

Member Registration: December 13
Non-Member Registration: December 16



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: 1/6–2/14 (No practice 2/17–2/21)
Session 2: 2/24–4/4
Tryouts: Session 1: 12/16–18, 4:30–6pm
Session 2: 2/10–12, 4:30–6pm
Cost: 8U, 9/10, 11/12: \$234/M; \$312/NM
13+: \$351/M; \$468/NM

Member Registration: Session 1: December 13;
Session 2: January 13
Non-Member Registration: Session 1: December 16;
Session 2: February 10

PRACTICES:

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

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: January session: 1/6-29
February session: 2/3-26 (No class 2/17, 2/19)
March session: 3/3-3/26
April session: 3/31-4/30 (No class 4/7, 4/9)
Cost: \$184/M; \$240/NM, January, March, April
\$138/M; \$180/NM, February

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

Dates: January session: 1/7-30
February session: 2/4-27 (No class 2/18, 2/20)
March session: 3/4-27
April session: 4/1-5/1 (No class 4/8, 4/10)
Cost: \$184/M; \$240/NM, January, March, April
\$138/M; \$180/NM, February

Saturday, 9-9:30am, Beginner Saturday, 9:30-10am, Intermediate

Dates: January/February session: 1/11-2/15
March/April session: 3/1-4/26 (No class 4/12)
Cost: \$138/M; \$180/NM, January/February
\$184/M; 240/NM, March/April



SPECIAL OLYMPICS SWIM TEAM

Samena is proud to sponsor the Samena Splashers for over 35 years! Athletes will train with coaches, receive stroke instruction, and practice their skills as they prepare for the NW Regional Special Olympics Swim Meet in April. All swimmers will continue practicing and athletes who qualify from the regional meet will have the opportunity to go to the Special Olympics State Games in early June. Athletes must be able to swim the length of the pool unassisted or with a life jacket only.

Dates: 2/7-5/30 (No practice 2/21, 4/11, 5/23)

Days: Fridays

Times: 11U: 5-5:30pm
12-14: 5:30-6pm
15-17: 6-6:30pm
18+: 6:30-7:15pm

Cost: \$200/M; \$250/NM

Member Registration: December 13
Non-Member Registration: December 16

Free Kickoff Pizza Party:

- Friday, January 31, 6:30-8pm (Pre-registration Required)
- Meet the coaches, pick up Special Olympic Paperwork, and meet new friends!

AMERICAN RED CROSS

LIFEGUARD TRAINING

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

Prerequisites:

- Age 15 years by last day of class
- Swim 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

Date: April 7-9, 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:

Date: March 15, 9am-7pm | \$124/M; \$154/NM



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 yards 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 years & 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.



15231 Lake Hills Boulevard
Bellevue, Washington 98007

samena.com
(425) 746-1160

SAMENA CLUB HOURS

Monday–Friday
5am–9pm

Saturday & Sunday
7:30am–7:30pm

HOLIDAYS

New Year's Day
Wednesday, January 1
Closed

Martin Luther King Jr. Day
Monday, January 20
Regular Hours

Presidents' Day
Monday, February 17
Regular Hours



@samenaclub

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CLUB MEMBERSHIP

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

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

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