

SUMMER 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 summer like yoga, HIIT, or TRX.

## KIDS

Sign up now 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**  
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**Front Desk**  
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**Preschool**  
preschool@samena.com, ext. 140

**Room Rentals & Birthday Parties**  
party@samena.com

**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 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

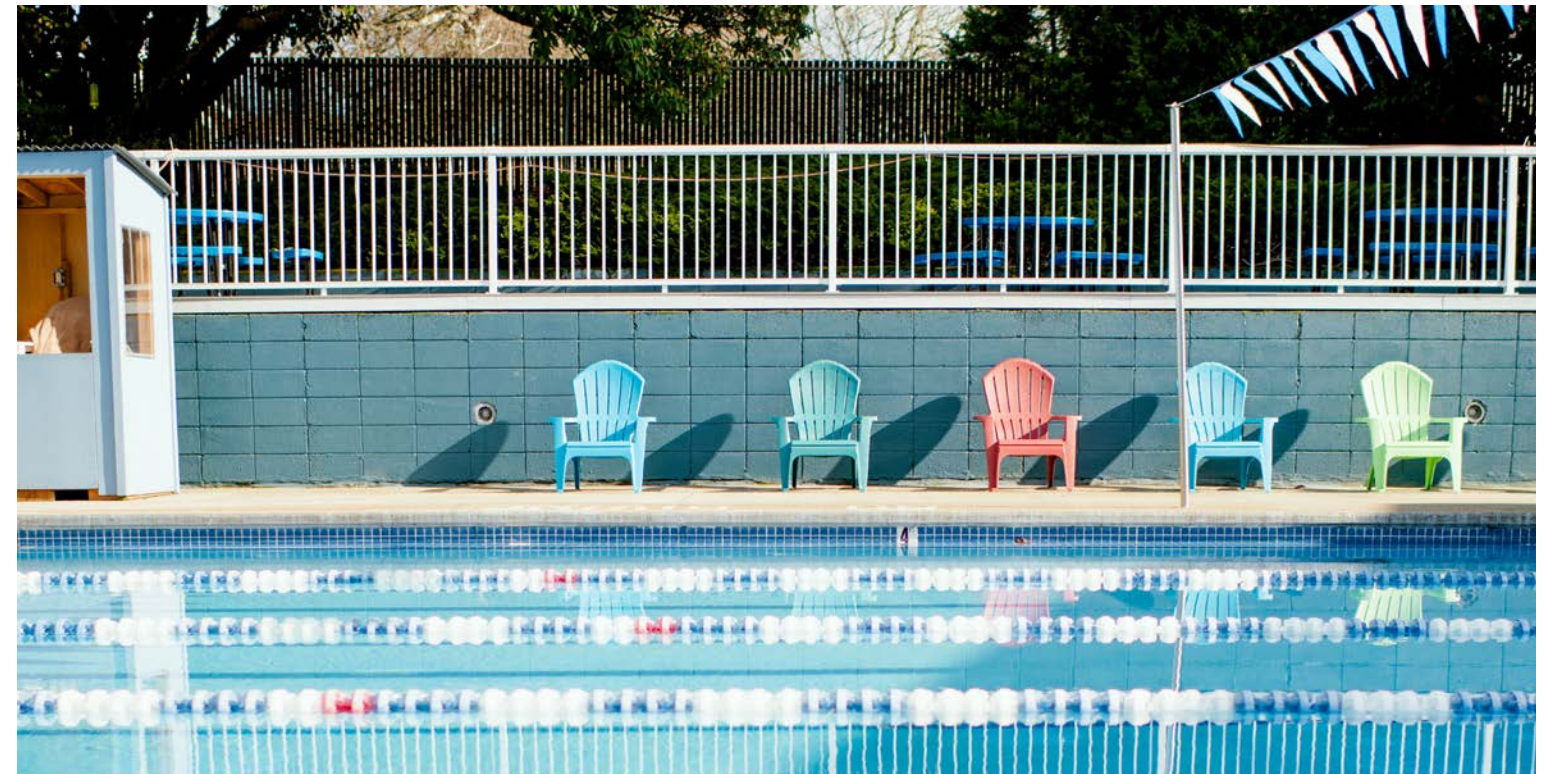
**Rec Room**  
Positioned conveniently on the main floor of Samena, this room offers ample space for hosting events for up to 35 guests. Whether you're planning a professional meeting or a festive birthday party, this versatile space provides the perfect setting to suit your needs.

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

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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# CONTENTS



## SAMENA PRESCHOOL – NOW OFFERING FULL-DAY!\*

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 and social and emotional development, we provide ample opportunities for your child to learn and grow in a creative and secure setting.

In our programs, children's cognitive, physical, language, social, and emotional development is encouraged by our educators, igniting a love for learning and exploration. Additionally, children will engage in constructive physical activities in and outside of the classroom, including free swim time. Our activities include a diverse range of subjects such as art, reading, math, Spanish, music, science, cooking, storytelling, health and beyond. Lessons and classroom activities are intentionally prepared to support the development of each class and individual.

\*Children must be potty trained to attend.

\*We are currently working through the licensing process and plan to offer full-day programming in September. Families will be contacted should there be any change.

### Whales (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 facilitating crucial child development, early learning and social-emotional skills. Through play and intentional classroom activities, children will gain confidence and experiences that lay the foundation for a lifetime of successful and joyful learning.

*Sign up for 3, 4 or 5 days. Limited spots available for half-day enrollment.*

**M–F, 9am–4pm**

### Dolphins (Pre-K)

The curriculum in our bilingual Pre-K program 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. Must be 5 years old by March 31st, 2026.

*Sign up for 4 or 5 days.*

**M–F, 9am–4pm**

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

**Contact:** [preschool@samena.com](mailto:preschool@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 STEAM activities, games, and active play! Samena staff lead kids in a variety of activities like paper bag puppets, marble races, dodgeball and free-swim time. Forging awesome bonds with kiddos and parents is our jam in the 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
- Fun learning activities centered around Science, Technology, Engineering, Art, and Math
- Trained and experienced staff
- Transport to and/or from school (Morning transport is limited and based on registration)

**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 can be provided to children attending schools other than those listed if independent transport is provided. Before Care is limited based on registration. 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)

## MUSIC TOGETHER

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 and 11:15am**

*(Not a Samena class, contact Music Together for registration & details.)*

**Contact:** Mrs. Chrisi | 425-753-4575  
[Musictogetherwithmrschrisi.com](http://Musictogetherwithmrschrisi.com)



## SAMENA COMMUNITY OPEN HOUSE

Calling all Members and Guests! Join us for the Samena Community Open House! Explore our dynamic programs, engaging fitness classes, exceptional amenities, and exclusive membership specials. Bring the whole family to enjoy interactive games, challenges, giveaways and more! Tour the club, then stay to swim or work out. Current members, introduce your friends to everything our club has to offer!

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

## MEMBER MIXER

Whether you're a long-standing member or new to Samena, come enjoy some great company & refreshments at our upcoming Member Mixer! Our Membership Coordinator will be there to provide you with all the info you need for a great summer. Don't miss out on this chance to dive deeper into the wonderful community at Samena!

**Saturdays, May 24 & August 16, 11am–1pm**

## WORLD'S LARGEST SWIM LESSON DAY

The World's Largest Swimming Lesson™ (WLSL) is a global event dedicated to raising awareness about drowning prevention and the importance of water safety. Held annually at aquatic facilities worldwide, the event provides a free, 30-minute beginner youth swim lesson. By uniting communities and swim professionals, WLSL aims to teach lifesaving skills and reinforce the critical message that "swimming lessons save lives." Non-Member participants and their families can stay up to one hour after their swim lesson to enjoy open swim.

Preschool (Age 3–5) and School Age (Age 6–12)  
Lesson Available

**Thursday, June 26, 5–7pm**  
**Free & Open to the Public (Pre-Registration Required)**

## 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, May 16, June 6, July 11, August 1, 6:30–10pm**  
**Cost:** \$50/M; \$60/NM  
**Location:** Hall

## 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 the setup and cleanup 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 Shark party with pizza, birthday 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, May 17, June 14, July 26, Aug. 23, 6:30–8:30pm**  
**Cost:** Free for Members



## FAMILY CAMPOUT

Get ready to embrace this beloved Samena family tradition! Make some memories as we go swimming, play field games, and take part in the classic s'mores making 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, August 8–9, 7pm–9am**  
**Cost:** \$10/M; \$20/NM (per family)



## Annual Member BBQ Bash

**Saturday, July 19 • 1–4pm • Free to Members**

Join us for a celebration as we show our appreciation for YOU at our annual member appreciation BBQ!

Enjoy a tasty barbecue lunch, dance to the music, participate in exciting dive and splash contests, and maybe even win the much-anticipated Member & Staff Talent Show. Connect with fellow members and Samena staff while indulging in delicious food and creating lasting 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](http://samena.com/summer-camps/preschool-kids-camp)

**Dates:** Weekly Camps June 16–August 29

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

Lunch Bunch add-on: 12pm–1pm

**Contact:** [preschool@samena.com](mailto:preschool@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!

*\*Not recommended for children who have not yet attended Kindergarten.*

**Details & Weekly Themes:** [samena.com/summer-camps/-day-camp](http://samena.com/summer-camps/-day-camp)

**Dates:** Weekly Camps June 25–August 27

**Times:** Mon–Fri, 9am–4pm

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

**Contact:** [childrens@samena.com](mailto: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 and 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 Epic PNW Adventure week, express your artistic vision during Van Go week, or beat the heat at Wild Waves with us in Splashmasters week.

**Details & Weekly Themes:** [samena.com/summer-camps/vanapalooza](http://samena.com/summer-camps/vanapalooza)

**Dates:** Weekly Camps June 25–August 27

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



# FOR AGES 3 TO 14!

Learn more & register online at [samena.com/summer-camps](http://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](http://samena.com/summer-camps/junior-lifeguards)

**Dates:** Week 1: July 28–August 1  
Week 2: August 4–8

**Times:** Mon–Fri, 9am–4pm

**Contact:** Mark Feeney, Aquatics Director  
[markf@samena.com](mailto: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 a Friday treat feedback session!

Fee includes a t-shirt, daily snacks, Friday treat 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.

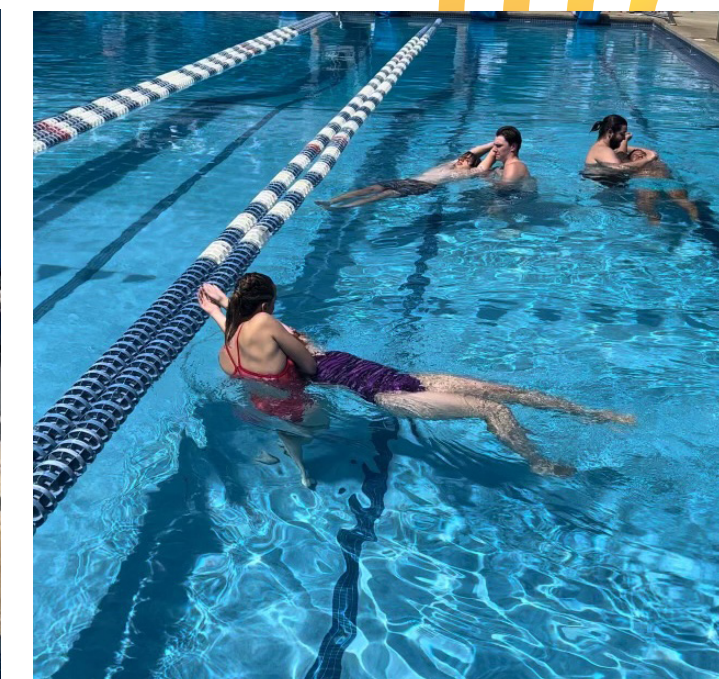
*\*14-year-olds must be going into 9th grade at the end of the summer*

**Details:** [samena.com/summer-camps/junior-counselors](http://samena.com/summer-camps/junior-counselors)

**Dates:** Weekly June 25–August 27

**Times:** Mon–Fri, 8:30am–4pm

**Contact:** [childrens@samena.com](mailto: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. It's 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 nonmember 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

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

## 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!

## FITNESS AGES FYI

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

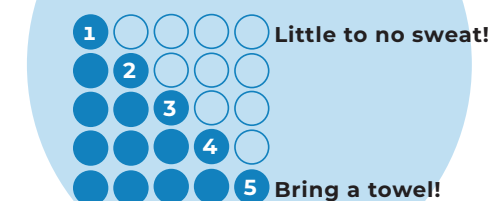
†For their safety, we recommend users 12-18 years schedule a Free Fitness Consultation with a Samena Trainer before using the facility.

\*11 years and under may use the fitness center ONLY when actively supervised by a Samena Personal Trainer, see page 14.

*Class participation is subject to Instructor approval.*

## 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 18, 10:15-11:30am**

**Wednesdays starting June 25, 6:45-7:45pm**

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

[Yoga Fitness Punchcard Eligible](#)

Instructor: Perlas

Location: Rec Room/Hall

### MINDFUL FLOW YOGA



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

**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

### 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



## STRENGTH AND STABILITY



Join Marianne for a dynamic workout using weights, exercise balls, bands, and more. Enhance your strength, coordination, and pelvic core stability with a variety of exercises designed to develop better balance, agility, and body awareness. Add variety to your workout routine to keep things interesting and prevent plateaus in your fitness journey!

**Tuesdays, 9:15-10am**

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

[General Fitness Punchcard Eligible](#)

Instructor: Marianne

Location: Rec Room

## TABATA THURSDAY



Experience a high-intensity workout with Tabata, a new class designed to boost your cardio fitness that will give you a serious burn! We'll be doing a variety of exercises, working hard for 20 seconds and resting for 10 seconds, across 8 rounds. This class encourages support and camaraderie, so you can stay motivated and have fun while working hard. Get ready to feel the intensity while building endurance and resilience as you push through the workout!

**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 and Thursdays, 8-8:45am**

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

[General Fitness Punchcard Eligible](#)

Instructor: Marianne

Location: Rec Room

## FUNCTIONAL FITNESS ● 2 ○ ○ ○ ○

Learn how to incorporate fitness into your everyday life! Work on how to properly use your muscles, increase mobility, and gain strength. We will use weights, bands, exercise balls and more.

**Mon, Wed thru Jun. 18, 5-5:45pm | Saturdays, 8:15-9am**

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

[General Fitness Punchcard Eligible](#)

Instructor: Marianne

Location: Rec Room/Hall

## OUTDOOR GROUP CYCLE ● ● ● ● 4 ○

Kickstart 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, 7:15-8am**

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

[General Fitness Punchcard Eligible](#)

Instructor: Marianne

Location: Upstairs Hall Deck

## 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.

**Mon, Wed, Fri, 9:15-10am | Mon & Wed, 6-6:45pm**

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

[General Fitness Punchcard Eligible](#)

Instructor: Sarah (AM Class) | Kristina (PM Class)

Location: Rec Room

## LUNCH TIME CRUNCH ● ● ● 3 ○ ○ ○

Take a break and join us for a quick circuit training workout combining strength and cardio, ensuring a comprehensive workout that targets all major muscle groups. This session will help you feel strong and energized for your workday. Perfect for a midday boost! All fitness levels welcome.

**Mondays & Wednesdays, 12-12:45pm**

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

[General Fitness Punchcard Eligible](#)

Instructor: Marianne

Location: Fitness Center



## 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.

**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 ● ● ● ● 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.

**Mon & Fri, 9-10am thru June 20**

**Mon & Fri, 7:45-8:45am starting June 23**

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

[General Fitness Punchcard Eligible](#)

Instructor: Christine

Location: Hall/Rec Room

## 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.

**Tues & Thurs thru June 19 & Saturdays, 9:15-10:30am**

**Mondays starting June 23, 6:45-7:45pm**

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

[General Fitness Punchcard Eligible](#)

Instructor: Christine (Tues) | Dawn (Thurs & Sat)

Location: Hall/Rec Room

## 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, 7:45-8:30am**

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

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.

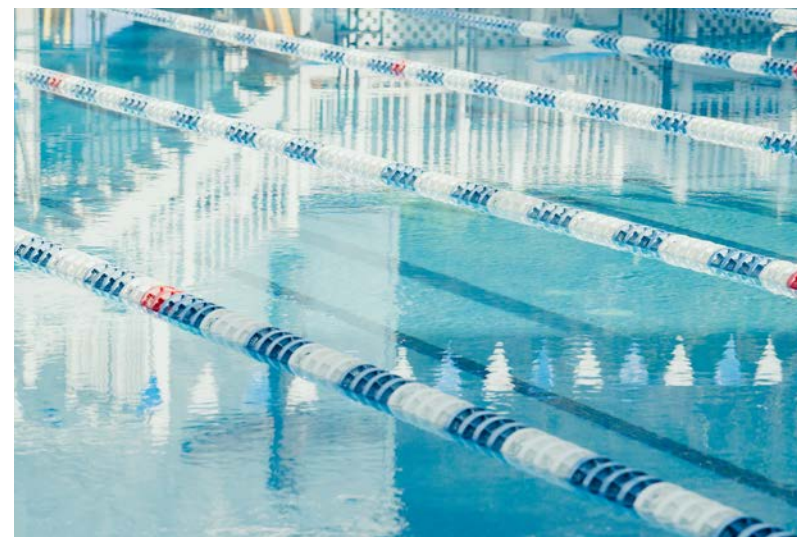
**Monday-Friday, 5:45-6:45am**

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

[General Fitness Punchcard Eligible](#)

Instructor: Lindsey (Mon, Wed, Fri) | Jamie (Tues, Thurs)

Location: Outdoor Pool



## YOUTH CLASSES

### TEEN FITNESS FUNDAMENTALS ● ● ● 3 ○ ○ ○

This class is designed to teach middle school students the basics of proper weightlifting and the safe use of gym equipment. Our focus is on fundamental movements and core strength, using dumbbells, machines, exercise balls and more. We prioritize safety and technique, ensuring that students build a strong foundation in fitness without the use of bench press, squat racks, or weighted bars.

*\*Members are recommended to have a free fitness consultation BEFORE starting class.*

**Wednesdays thru June 18, 2:15-3pm & 3-3:45pm**

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

[General Fitness Punchcard Eligible](#)

Age: 11-13 years (6th-8th grade)

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, 5-6:30pm  
Sundays 10-11:45am**

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

### 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  
6:30-7:30pm: Beginner  
7:30-8:30pm: Intermediate/Advanced/Adults**

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



**Marianne Taylor, CPT**  
 mariannet@samena.com

Marianne brings over two decades of experience working with diverse age groups and training styles. She holds an Associate of Applied Science degree in fitness and is certified as a Level 1 Precision Nutritionist and fitness specialist in cancer recovery, pre-natal, post-natal, and pelvic pro corrective exercise. Committed to ongoing learning, she strives to be the ultimate personal trainer for your unique requirements.



**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.



**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!

Experience the rewards of Personal Training at Samena for adults and kids of all ages and fitness levels.

Our personal trainers provide encouragement, accountability, and make every workout challenging and fun. With innovative, effective, and efficient workouts tailored specifically to your personal goals, we truly care about your success. Join us and see the difference for yourself!

### FREE MEMBER FITNESS CONSULTATIONS

Every member aged 12 and older should have a free fitness consultation to learn how to effectively and safely use the fitness equipment in our gym. Get advice from our personal training staff on exercises that work best for your body.

**For more information:**

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
<b>PERSONAL TRAINING—HOURLY SESSIONS</b>					
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%	
<b>SMALL GROUP TRAINING—HOURLY SESSIONS (COST PER PERSON)</b>					
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  *Each participant will need their own package
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>					
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.

**Closed for group lessons/camp:**

Monday–Thursday, 8–11am  
 Friday, 8–11am & 12:30–2:45pm  
 Mon–Thurs, 4–6pm thru Jun. 19, 5–8pm Jun. 23–Aug 28  
 Saturday, 9–11am

## 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

**Location:** Outdoor Courts

## 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.

**JUNIORS A** (6–9 years old) | 4–4:55pm

**JUNIORS B** (10–16 years old) | 5–5:55pm

**ADULTS A – Beginner** (16 years+) | 6–6:55pm

**ADULTS B – Intermediate/Advanced** (16 years+) | 7–7:55pm

**Date:** Wednesdays, May 7–June 11 (Weather Make-up June 18)

**Cost:** \$88/M; \$98/NM

## PICKLEBALL

Join us for free drop-in pickleball play at Samena. All levels. Hosted, informal play. Equipment required. Official USAP tournament net on painted, regulation court.

**Tuesdays, Thursdays, May–August, 6–8p**

**Saturdays, May–August, 9–11am**

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

**Cost:** Members FREE; \$8/Guests

**Host:** Steve Blatt

**Location:** Outdoor Courts

## ADULT GROUP TENNIS LESSONS

**Beginner/Advanced Beginner | Mondays, 5–5:55pm**

Concentrates on basic technique of ground strokes, volleys, overheads, and serves. For those just beginning the game or with some experience.

**Intermediate/Drill Class | Mondays, 6–6:55pm**

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.

**Sessions:**

**Dates:** Session 1: May 5, 12, 19

Session 2: June 2, 9, 16

Session 3: June 23, 30, July 7

Session 4: July 14, 21, 28

Session 4: August 4, 11, 18

**Cost:** \$67/M; \$86/NM

## 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 is to encourage students to improve their skills in preparation for match play.

*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, 10–16 years (Beginner)**

**9–9:55am, 10–16 years (Intermediate)**

**10–10:55am, 6–9 years (All skill levels)**

**Dates:** Session 1: June 23–26

Session 2: June 30–July 3

Session 3: July 7–10

Session 4: July 14–17

Session 6: July 21–24

Session 6: July 28–31

Session 7: August 4–7

Session 8: August 11–14

Session 9: August 18–21

Session 10: August 25–28

**Cost:** All sessions: \$88/M; \$98/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:** Samena Tennis, 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 15

Non-Member Registration opens:

- May Sessions: April 18
- June Sessions: May 5
- July Sessions: June 2
- August Sessions: July 7

### 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 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

### 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 and instructor will be confirmed the Wednesday before classes begin.

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

**Dates:** May session: May 5–21  
June session: May 28–June 11 (No class May 26)

**Cost:** \$129/M; \$165/NM, May session  
\$108/M; \$138/NM, May/June session

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

**Dates:** May session: May 6–22  
June session: May 27–June 12

**Cost:** \$129/M; \$165/NM

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

**Dates:** May/June session: May 3–June 14  
(No class May 24)

**Cost:** \$129/M; \$165/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 and instructor will be confirmed the Wednesday before classes begin.

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

**Dates:** June/July session: June 23–July 23  
August session: July 28–August 27

**Cost:** \$215/M; \$275/NM

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

**Dates:** August session: July 29–August 28

**Cost:** \$215/M; \$275/NM

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

**Dates:** July session: June 28–July 26  
August session: August 2–23

**Cost:** \$108/M; \$138/NM, July session  
\$86/M; \$110/NM, August session

#### 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 and instructor will be confirmed the Friday before classes begin.

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

**Dates:** June sessions:  
Session 1: June 24–27  
Session 2: June 30–July 3

July sessions:  
Session 3: July 7–11  
Session 4: July 14–18  
Session 5: July 21–25  
Session 6: July 28–August 1

August sessions:  
Session 7: August 4–8  
Session 8: August 11–15  
Session 9: August 18–22  
Session 10: August 25–29

**Cost:** \$129/M; \$165/NM, Sessions 1–2 (4 Lessons)  
\$161/M; \$206/NM, Sessions 3–10 (5 Lessons)

### 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, 9:30am

**Age:** 6 months to 3 years

**Dates:** May/June session: May 3–June 14 (No Class May 24)  
June/July session: June 28–July 26  
August session: August 2–23

**Cost:** \$129/M; \$165/NM, May/June session  
\$108/M; \$138/NM, June/July session  
\$86/M; \$110/NM, August session



## 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: May 5–21  
June session: May 28–June 11  
July session: June 23–July 23  
August session: July 28–August 27

**Cost:** \$138/M; \$180/NM, May session  
\$115/M; \$150/NM, June session  
\$230/M; \$300/NM, July & August sessions

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

**Dates:** May session: May 6–22  
June session: May 27–June 12  
August session: July 29–August 28

**Cost:** \$138/M; \$180/NM, May & June sessions  
\$230/M; \$280/NM, August session

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

**Dates:** May/June session: May 3–June 14  
(No Class May 24)  
July session: June 28–July 26  
August session: August 2–23

**Cost:** \$138/M; \$180/NM, May/June session  
\$115/M; \$150/NM, July session  
\$92/M; \$120/NM, August session

### 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. Whether you are looking for a single lesson to refine a skill or recurring lessons on a weekly basis, our skilled instructors can help you or your child improve their swimming.

**Age:** 4 & up

**Cost:** 45-min private lessons: \$80/M; \$110/NM  
45-min semi-private lessons (2 swimmers of same level): \$100/M; \$135/NM

**Contact** for waitlist/booking: [samena.com/learn-to-swim/private-swim-lessons](http://samena.com/learn-to-swim/private-swim-lessons)

*\*Please be aware that the waitlist is variable depending on instructor availability and days/times selected. You must put a credit card on file with your Samena account before we can book your lessons.*

## 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/legal technique in all four strokes and ability to swim 50 yards of each. (25 yards per stroke Ages 8 & under.) Additional information will be provided at the required parents meeting.

Register on our Team Unify site:  
[www.teamunify.com/recmsstwa](http://www.teamunify.com/recmsstwa)



Registration fees will be billed to your Member Account.

- **Drop-In Tryouts April 14–16, 4:30–6pm**
- **Parent Meeting:** Monday, May 2, 7–8:30pm
- **Registration:** March 31
- **Time Trials (All Ages):** Friday, May 30, 4:30pm
- **Suit Fitting:** Wednesday, May 7
- **Photo Day:** Wednesday, June 25

### Practices May 5–June 23

8 & under: M/W or T/Th 5–5:45pm (Indoors)  
9–10s: M/W or T/Th 5–5:45pm (Outdoors)  
11–12s: M/W 4–5 or T/Th 5:45–6:45pm (Outdoors)  
13–14s: M/W 5:45–6:45pm or T/Th 4–5pm | Both Groups  
Fridays 5:45–6:45pm (Outdoors)  
15 & up: M/W 5:45–6:45pm or T/Th 4–5pm | Both Groups  
Fridays 5:45–6:45pm (Outdoors)

### Practices June 24–July 25 (All Practices Outdoors)

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

**Head Coach:** Lindsey

**Cost:** \$350, \$330/Additional Swimmer

**Swim Meets:** Tues & Thurs evening starting June 17

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

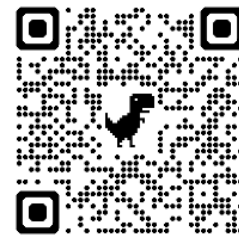
**Volunteer work is required by all parents in order for your child to participate in the team.** Families must volunteer at least four separate times. There are lots of fun jobs for parents ranging from timers to ‘clerk of course’ workers. It is a great way to meet fellow Members and support the team. We need all parents’ participation for a successful season! **Failure to fulfill volunteer hours will result in a \$450 fee.**

## 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 \$450 fee.**

Register on our Team Unify site:  
[www.teamunify.com/recmsstwa](http://www.teamunify.com/recmsstwa)



Registration fees will be billed to your Member Account.

*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, 10:45–11:30am

**Registration Starts:** July 7

**Parent Meeting:** July 25, 7pm

**Photo Day:** Wednesday, July 30

**Practice:** Mon–Wed, July 28–August 24

12 & under: 8:45–9:45am

13–18 years: 9:45–10:45am

**Games:** Thursday, Friday, Saturday, or Sunday depending on age group

**Cost:** \$300/Swimmer; \$280/Additional Swimmer  
Summer Swim Team participants receive a 10% discount



## 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 24–26, 9am–5pm

**Class 2:** June 25–27, 9am–5pm

**Class 3:** August 25–27, 9am–5pm

**Cost:** \$300/M; \$350/NM

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

Also offering a recertification course for current ARC lifeguards:

May 10, 9am–7pm | \$130/M; \$175/NM

June 7, 9am–7pm | \$130/M; \$175/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](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.



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**

#### **Memorial Day**

Monday, May 26

Regular Hours

#### **Independence Day**

Friday, July 4

Close at 6pm



**@samenaclub**

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## **CLUB MEMBERSHIP**

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

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

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