

S A M E N A

•SWIM & RECREATION CLUB•

WINTER 2026 *Programs & Services*

What's new?

**Small-Group
Yoga Series**

**Galentine's Day
Event**

**'Golden Movers'
Senior Fitness**

(425) 746-1160
www.samena.com

Special Olympics Fundraiser

Saturday, January 10 | 7:15am

Join the Samena Masters Swimming team 100 x 100's, swimming one-hundred 100-yard laps in our Outdoor Pool, or Group Cycle **Spin to Win**, collectively riding 150 miles, with all proceeds going to Samena's Special Olympics Splashers swim team! Test your endurance while supporting a great organization and team. **\$20**



Spring Festival

Flashlight Egg Hunt | Friday, April 3, 8-8:45pm | \$10/M; \$15/NM

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!

Toddler Egg Hunt | Saturday, April 4 | \$10/M; \$15/NM

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.
12 pm, 3 yrs & under 12:30pm 4-5 yrs

Underwater Egg Hunt | Saturday, April 4 | \$10/M; \$15/NM

Eggs are splished, splashed, and sunk to the bottom of the pool. Swim and search to gather eggs and prizes from the water, then turn them in for a treat bag. All participants must be able to swim on their own.

1pm, 5 yrs 1:15pm, 6 yrs 1:30pm, 7 yrs 1:45pm, 8 yrs

2pm, 9 yrs 2:15pm, 10-12 yrs



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.

More: samena.com/room-rentals

Birthday Parties

Samena is a terrific venue to host your child's birthday party! With three party packages available, there's something for everyone, from all-inclusive to simpler options. Kids will enjoy both time in our party room and swimming pool, with a party coordinator to help facilitate the fun.

More: samena.com/birthday-parties

Relax, Sip, 'n Paint

Join us for an unforgettable night of creativity and fun! You'll be guided step-by-step from a blank canvas to your very own masterpiece, 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. Unwind, share some laughs and watch your inner artist come to life!

Dates: Fridays

February 6, March 6, April 17

Time: 7-9:30pm

Cost: \$55/M; \$60/NM

Foundations of Yoga

This two-hour workshop is designed to introduce participants to the holistic practice of yoga. While yoga is often associated with physical postures, this session goes beyond movement. You will explore: Asanas (postures): Gentle sequences to build awareness and flexibility, Pranayama (breathwork): Techniques to calm the mind and energize the body, and Meditation: Simple practices to cultivate inner stillness and clarity.

No previous experience is required—just an open mind and willingness to learn.

Bring a large towel, a blanket, a jacket or sweater, and a notebook & pen.

Note: This will be a silent practice.

April 18, 10:30am - 12:30pm

Cost: \$20/M; \$40/NM

Build Your Own Superhero Art Series

Young creators will learn how to design and draw their very own superhero from scratch! We explore character traits, costumes, poses, and comic-style expressions while teaching simple techniques for sketching, shading, and bringing ideas to life on the page. Every student will walk away with a fully illustrated hero and the confidence that they can create amazing characters all on their own!

Ages: 10 - 14 years

Date: April 6, 8, & 10

Time: 1-2pm

Cost: \$60/M; \$70/NM

Float-In Movies

FREE MEMBER EVENT

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

Dates: Saturdays

January 17, February 28

March 21, April 18

Time: Starts at 6:30pm

Tweens Day Away

Before the season melts away, join us to glide and spin your way across the ice at Downtown Bellevue's Seasonal Rink. Next, we will warm up and relax back at the Club with some games, pizza, & a movie. Grab your friends and join us for a day packed with adventure, laughter, and memories.

Ages: 11 - 14 years

Date: Saturday, January 17

Time: 2:30-8:30pm

Cost: \$95/M; \$105/NM

Kids Night Out

Enjoy your evening knowing your kids are having an unforgettable Saturday night at Samena! Children enjoy a night full of swimming, pizza, and a movie—all in a safe, supervised, and welcoming environment. For less than the cost of a babysitter, treat yourself however you see fit while your kids have a blast! 5-year-olds must be in kindergarten.

Ages: K - 5th grade

Dates: Saturday, January 10, March 7

Time: 5-8:30pm

Cost: \$55/M; \$65/NM

Kids Day Away

Get ready for an unforgettable day packed with excitement! We're heading to Monster Mini Golf for some glow-in-the-dark fun and epic arcade games! Make sure to wear clothes that will glow under black lights—the brighter, the better! After all the thrills, we'll return to the club to keep the party going with delicious pizza and a movie to wrap up the evening.

Ages: K - 5th grade

Date: Saturday, February 14, April 18

Time: 2:30-8:30pm

Cost: \$95/M; \$105/NM

Poker Night

Saturday, January 31, 6-8:30pm

FREE Adult Member Event

Come together for a night of fun, strategy, and camaraderie! BYOB and enjoy a relaxed atmosphere where you can showcase your poker skills, learn new strategies, or simply enjoy the company of fellow members.

Whether you're a seasoned poker player or just looking to try something new, this night promises to be a great opportunity to unwind and socialize. Ages 21 & up only, please.

Galentine's Night

Saturday, February 7, 6-8:30pm

FREE Adult Member Event

Spend the evening slumber party style for a special Galentine's get together! We'll provide sheet masks, snacks, and juices for mimosas, while you BYOB and BYO-nail polish, and we'll meet for a self-spa night and watch a rom-com classic. Come dressed in your PJs and ready for a fun-filled, relaxing time with new friends and old. Ages 21 & up only, please.

Swim Lessons

Registration Opens:

Members All sessions open

Non-Members

January & February sessions - December 19

March & April session - February 6

Youth Group Lessons

These group swim lessons are available for children ages 2 1/2 - 13 years.

You will request two time preferences at enrollment, and your specific time & instructor will be confirmed the Weds before classes begin.

Twice Per Week Lessons

Monday & Wednesday - 30 minutes

4:00, 4:30, 5:00, 5:30, 6:00, or 6:30pm

January 5 - 28;	\$160/M;	\$256/NM
February 2 - 25; (No 2/16, 2/18)	\$120/M;	\$192/NM
March 2 - 25;	\$160/M;	\$256/NM
March 30 - April 29 (No 4/6, 4/8)	\$160/M;	\$256/NM

Once Per Week Lessons

Tuesday - 45 minutes

4:00, 4:45, 5:30, or 6:15pm

January 6 - 27;	\$120/M;	\$192/NM
February 3 - 24; (No 2/17)	\$90/M;	\$144/NM
March 3 - 24;	\$120/M;	\$192/NM
March 31 - April 28; (No 4/7)	\$120/M;	\$192/NM

Thursday - 45 minutes

4:00, 4:45, 5:30, or 6:15pm

January 8 - 29;	\$120/M;	\$192/NM
February 5 - 26; (No 2/19)	\$90/M;	\$144/NM
March 5 - 26;	\$120/M;	\$192/NM
April 2 - 30; (No 4/9)	\$120/M;	\$192/NM

Saturday - 30 minutes

10:00, 10:30, 11:00, or 11:30am

January 10 - 31;	\$80/M;	\$128/NM
February 7 - 28; (No 2/21)	\$60/M;	\$96/NM
March 7 - 28;	\$80/M;	\$128/NM
April 11 - 25;	\$60/M;	\$96/NM

Adult Lessons

Recommended for swimmers 14 years & up.

It's never too late to learn to swim, gain confidence or improve your strokes!

Wednesday, 7:00-7:45pm Beginner

January 7 - 28	\$132/M;	\$200/NM
February 4 - 25; (No 2/18)	\$99/M;	\$150/NM
March 4 - 25;	\$132/M;	\$200/NM
April 1 - 29; (No 4/8)	\$132/M;	\$200/NM

Thursday, 7:00-7:45pm Intermediate

January 8 - 29;	\$132/M;	\$200/NM
February 5 - 26; (No 2/19)	\$99/M;	\$150/NM
March 5 - 26;	\$132/M;	\$200/NM
April 2 - 30; (No 4/9)	\$132/M;	\$200/NM

Saturday, 9:15-10:00am Beginner

January 10 - 31;	\$132/M;	\$200/NM
February 7 - 28; (No 2/21)	\$99/M;	\$150/NM
March 7 - 28;	\$132/M;	\$200/NM
April 11 - 25;	\$99/M;	\$150/NM

Parent-Tot Lessons

Introduce kids ages 6 months - 3 years to the water with the parent in the pool!

Saturday, 9:30 - 10:00am

January 10 - 31;	\$80/M;	\$128/NM
February 7 - 28; (No 2/21)	\$60/M;	\$96/NM
March 7 - 28;	\$80/M;	\$128/NM
April 11 - 25;	\$60/M;	\$96/NM

Private Lessons

More info & booking inquiries at:

samena.com/learn-to-swim/private-swim-lessons

Waitlist priority given to Samena members.

45-min lessons

\$75/Private - Members

\$95/Semi-Private - Members

\$120/Private - Non-Members

\$150/Semi-Private - Non-Members

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.

Tuesday, 7:00-7:45pm

January 6 - 27;	\$120/M;	\$192/NM
February 3 - 24; (<i>No 2/17</i>)	\$90/M;	\$144/NM
March 3 - 24;	\$120/M;	\$192/NM
March 31 - April 28; (<i>No 4/7</i>)	\$120/M;	\$192/NM

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. **Online pre-class work required.** Prerequisites: Age 15 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 minutes 40 seconds

February 14 - 16	9am-5pm	\$300/M; \$350/NM
April 10 - 12	9am-5pm	\$300/M; \$350/NM

Lifeguard Recertification

January 24	9am-7pm	\$130/M; \$175/NM
March 14	9am-7pm	\$130/M; \$175/NM

Special Olympics

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.

Non-Competitive Swim Team

A fun, low-key foundational team for swimmers ages 5 to 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.

Session 1: January 5 - February 27 (No 2/16-2/20)

Registration: 12/15 M, 12/19 NM

Tryouts: 12/15 - 12/17, 4:30-6pm

Session 2: March 2 - May 1 (No 4/6-4/10)

Registration: 12/15 M, 2/9 NM

Tryouts: 2/9 - 2/11, 4:30-6pm

13 & up (Outdoor): M/W/F 5:45-6:45pm or
T/Th 4-5pm and Fri 5:45-6:45pm

11/12 yrs (Outdoor): M/W 4-5pm or T/Th 5:45-6:45 pm

9/10 yrs (Outdoor): M/W or T/Th, 5-5:45pm

8 & under (Indoor): M/W or T/Th, 5-5:45pm

Pricing:

13 & up \$420/M; \$672/NM, Session 1

13 & up \$480/M; \$768/NM, Session 2

All other age groups \$280/M; \$448/NM, Session 1

All other age groups \$320/M; \$512/NM, Session 2



Fridays, February 6 - May 15

(No Practice 2/20, 4/3)

5-5:30, 5:30-6, 6-6:30, or 6:30-7pm

\$220/M; \$275/NM

Kickoff Party & Info Session:

Jan 30, 6:30pm

Before & After School Care

Samena is a great place for children, ages 5-12. Children can enjoy daily snacks, swimming, homework club, and lots of activities. Our state-licensed program provides quality care in a safe and friendly atmosphere. At Samena, we take pride in offering a program that nurtures children through positive communication and interaction. We offer opportunities to develop new skills and encourage creative problem-solving. Samena staff is professionally trained in childcare, first aid, and CPR and all staff have passed background checks.

Samena currently provides transportation from Bennett, Lake Hills, Phantom Lake, Puesta Del Sol, Sherwood Forest, and Spiritridge. Care follows the Bellevue School District calendar and includes the Wednesday half days. Choose 2 - 5 days per week with options of mornings only, afternoons only, or both. Breakfast and a PM snack are served using USDA guidelines.

Come, learn, explore, and play!

Days: Monday - Friday

Time: Before Care, begins at 6:30am

After Care, school end until 6:30pm

More info at: samena.com/before-after-school

Contact: Rebecca Luke, ext. 117

childrens@samena.com



School Break Camp

Mid-Winter Break: February 16 - 20, 9:00am - 4:00pm, Extended Care: start at 7am, stay until 6pm

School's out, but the learning never stops! This break, let your child dive into activities designed to spark curiosity, build confidence, and develop essential skills—all while having a blast. Their days will be packed with physical activity and memories that last long after break ends. (Grades K - 5)

\$70/M \$82/NM, daily | AM or PM Care: \$24/M; \$28/NM, daily | AM&PM Care: \$41/M; \$47/NM, daily

Preschool



Where swimming is part of the curriculum!

Age-appropriate activities include:

art, early literacy skills development, number recognition, Spanish, music, science, cooking, storytelling, health & exercise, and more.

More info at: samena.com/preschool

Contact: Rebecca Luke, ext. 117

rebeccal@samena.com

3-5 year olds (Whales)

9am - 1pm, Mon/Weds/Fri, Mon - Thurs, or Mon - Fri

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. Children will gain confidence and experiences that lay the foundation for a lifetime of successful and joyful learning.

Pre-K (Dolphins) 9am-1pm, Mon - Thurs or Mon - Fri

Our Pre-K program is designed for children who have just missed the cutoff for kindergarten, or those wanting to give their children an extra year of development to build a strong foundation before heading off to kindergarten. The curriculum in our bilingual Pre-K program revolves around discovery-based learning, emphasizing social & emotional development & academic readiness for kindergarten. Students acquire a foundational understanding of Spanish as well as advanced concepts in mathematics, reading, phonics, & science while engaging in in-depth projects. (Must turn 5 by March 31 during the school year)

Personal Training

Our training systems are based on a holistic philosophy, keeping your individual goals at the forefront of the program. Samena trainers are nationally certified and have the expertise to help you reach your fitness goals & maintain a healthier lifestyle.

More info at: samena.com/personal-training



Marianne Taylor, ACSM-PT
mariannet@samena.com



Lesley Sweeney, ACSM-PT
lesleys@samena.com



Scott Sandefur, ACSM-PT
scotts@samena.com

Member Training Pricing

Package Savings & Brief Description	# of Sessions	PACKAGE Cost PER PERSON	SESSION Cost PER PERSON
Personal Training - Hour Sessions			
Individualized for 1on1 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 session	\$72	\$72
	4 sessions	\$274	\$69
	8 sessions	\$518	\$65
Partner Training - Hour Sessions (cost PER PERSON)			
A social & motivational way to achieve the benefits of having a fitness coach. Be challenged at your own ability level. *Each person will need their own package	8 sessions	\$492	\$61.50
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 sessions	\$164	\$41
	8 sessions	\$295	\$37
	Non-Member rates not listed in price chart		

Fitness Classes

Group Fitness Classes are included in membership!

Registration opens 2 weeks from the class start date.

Please cancel at least 12 hours prior to the class start time to avoid fees.



Not a Member? You can still join!

Class rate: \$30

Fitness Punchcard

5 classes: \$140 (\$113 senior 62+)

10 classes: \$270 (\$195 senior 62+)

Strength & Stability

Tuesdays, 9:15 - 10am

Thursdays, 6:45 - 7:30am

Join us 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!

Instructor: Marianne

Location: Rec Room

Tabata Thursday

Thursdays, 9:15-10am

Tabata is a high-intensity interval training (HIIT) method that pushes your limits in short bursts of effort. While it's known for its cardio benefits, our Tabata sessions go beyond just incorporating strength, endurance, agility, and core work to give you a full-body workout. Whether you're lifting weights, jumping, or holding a plank, every round is designed to challenge and transform.

Instructor: Marianne

Location: Rec Room

Circuit Surge

Mon, Weds & Fri, 9:15-10am

45 seconds of work. 15 seconds of rest. Total body transformation. This fast-paced interval training class uses gym stations to challenge your strength, endurance, and focus. You'll rotate through exercises using weights, cable machines, and bodyweight movements—all designed to build muscle, boost metabolism, and keep your heart rate up. Whether you're a seasoned lifter or just starting out, Circuit Surge delivers a powerful workout that's efficient, effective, and never boring.

Instructor: Marianne

Location: Fitness Center



Total Body Tone

Tues & Thurs, 8:15-9am

Build strength, support bone health, and improve balance—at your own pace. Join us for a fun and energizing workout that begins with a light cardio warm-up to get your body moving. Then we shift into strength training using weights, resistance bands, and exercise balls, all designed to support bone density, core strength, mobility, and balance.

Instructor: Marianne

Location: Rec Room

Body Blast

Mon, Weds, & Fri, 5:45-6:30am

Rooted in universal movement principles, this class fuses functional strength, endurance training, and HIIT intervals designed to make you stronger and healthier. Each session honors how bodies naturally move — with intention, adaptability, and grace. Driven by a high-energy soundtrack that sets the tempo and mood, you'll build power, find your rhythm, and move with purpose. Let's get to it and make an impact that lasts.

Instructor: Jason

Location: Rec Room

TRX

Mon, Weds & Fri, 9:15-10am

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.

Instructor: Sarah

Location: Rec Room

TRX Fusion

Mon & Weds, 6-6:45pm

Balance. Strength. Core Power. This dynamic class fuses TRX suspension training with dumbbell strength work and targeted core movements for a full-body workout that builds functional strength and stability. You'll challenge your muscles in new ways, improve posture, and enhance mobility—all while keeping your heart rate up. Whether you're new to TRX or a seasoned pro, this fusion format keeps things fresh and effective. Get ready to sweat, strengthen, and stabilize!

Instructor: Kristina

Location: Rec Room

Outdoor Group Cycle & Core

Tuesday, 5:45 - 6:30am

Saturdays, 7:15-8am

Layer up and get ready to ride! This energizing 30-minute outdoor spin session combines high-intensity cardio with fresh air and motivating music. After powering through hills, sprints, and intervals, head inside for a focused 15-minute core workout designed to strengthen and tone your midsection. It's the perfect blend of endurance and strength to kickstart your day.

Instructor: Marianne

Location: Upstairs Hall Deck

Pelvic Floor & More

Saturday, 8:15-9am

Unlock the power of your core with this dynamic class focused on PRI breathing, pelvic floor awareness, and its connection to the entire body. Build strength and mobility while exploring how breath and posture influence pelvic health. Everyone can benefit - whether you're looking to improve stability, enhance athletic performance, or support overall well-being.

Instructor: Marianne

Location: Rec Room

Muscles in Minutes

Mon, Weds & Fri, 6:45-7:30am

Get your day started 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.

Instructor: Kristina

Location: Rec Room

Functional Fitness

Tues & Thurs, 6-6:45pm

This class focuses on movements that support your everyday activities—whether you're lifting, reaching, or simply walking with ease. You'll learn how to properly engage your muscles, increase mobility, and build strength using a variety of tools including weights, resistance bands, and exercise balls.

Instructor: Marianne

Location: Rec Room

Golden Movers

Monday, 10:15-11am

Get ready to move, groove, and feel great! Golden Movers is a lively, low-impact fitness class designed for active older adults who want to stay strong, flexible, and energized. We'll keep things upbeat with easy-to-follow exercises that improve balance, boost strength, and keep your joints happy—all at a pace that feels comfortable and fun.

Instructor: Perlas

Location: Rec Room



Dance Fitness

Zumba®

Tues & Thurs, 9-10am

Sat, 9:15-10:15am

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.

Instructor: Christine, Tues
Dawn, Thurs/Sat
Location: Hall

Water Exercise

Ageless Water Aerobics

Mon, Weds, & Fri, 7:45-8:30am

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, & improving cardio ability. Move at your own pace!

Instructor: Sarah
Location: Indoor Pool

Deep Water Exercise

Tues & Thurs, 7:45-8:30am

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

Instructor: Sarah
Location: Indoor Pool

FAB - Fitness with a Beat

Mon & Fri, 9-10am

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 13 must be accompanied by an adult.

Instructor: Christine
Location: Hall



Masters Swimming Workout

Mon - Fri, 5:45-6:45am

These coached swimming workouts provide a warmup, varied sets, & a cool down. Improve your endurance, strength, & overall conditioning. Adjusted for intermediate to advanced.

Instructor: Lindsey, M/W/F
Dan, Tues/Thurs
Location: Outdoor Pool

Youth Fitness

Teen Fitness Fundamentals

Wednesdays, 3-3:45pm

Ages 11 - 13

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 joining.

Instructor: Marianne
Location: Fitness Center

Tween Gym Time

Sundays, 3-4pm

Jan 11, Feb 15, Mar 15, Apr 19

Ages 11 - 13

Young athletes who would still need parental supervision to visit the gym can join our Personal Trainers once-a-month on Saturdays for open gym time! Learn how to use the equipment, get some pointers,

Instructor: Scott
Location: Fitness Center

NEW

Yoga Classes

Hatha Yoga

Wednesdays, 10:15-11:30am

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.

Instructor: Perlas

Location: Rec Room

Flow & Restore Yoga

Mondays, 6:45-8:00pm

This yoga class blends the best of both worlds—gentle, breath-focused flow to warm the body, build strength, and increase mobility, followed by soothing restorative poses designed to release tension and support nervous system regulation. Perfect for all levels, this class creates space to breathe deeply, move with ease, and leave feeling grounded, refreshed, and ready for the rest of your week.

Instructor: Damithia

Location: Hall



Hatha Yoga - Balanced Flow

Sundays, 8:15-9:30am

Students will explore and learn how to practice: strength and stability-building poses; slow, mindful movements for stretching; breathwork with meditation to calm the mind, and opening up to a compassionate approach to the practice.

Instructor: Perlas

Location: Hall

Mid-Week Reset Yoga

Wednesdays, 6:45-8:00pm

Unwind and recharge in this midweek restorative yoga class designed to release stress, calm the mind, and restore energy. Through gentle stretches, supported poses, and mindful breathing, you'll invite deep relaxation and reset your body and mind. Designed for all levels, it offers a welcoming space to slow down, reconnect with yourself, and find balance. Leave feeling grounded, refreshed, and ready to move through the rest of your week with more ease and clarity.

Instructor: Damithia

Location: Hall

Small Group Yoga Series

Saturday, 10:30-11:30am

Experience the perfect balance of personalized attention and shared energy. Designed for small groups of 3-4 students, this more intimate setting allows for tailored instruction while still enjoying the motivation and connection of practicing with others.

Sessions: Feb 7 - 28, Mar 7 - 28

Apr 4 - May 2 (No 4/18)

\$160/M; \$240/ NM

Instructor: Perlas



Massage



Eva Hui, LMT

Eva has over 15 years of experience in spa and medical facilities. She calls her sessions "Relaxation & Therapeutic Flow Art," and loves to address specific areas with a detailed massage.

Eva 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!

Questions?

Contact Eva at (425) 998-7824
relaxationbyeva@gmail.com

Pricing for 1 Hour Massage

\$90 / Members

\$105 / Non-Members

3 pack - 1 Hour Massage

\$257 / Members

\$300 / Non-Members

6 pack - 1 Hour Massage

\$489 / Members

\$570 / Non-Members

Coming soon.... Summer Camps!

Join Samena's Summer Camps for the summer of a lifetime! Our camps keep your kids, 3-16 years, active and engaged all summer long... swim, learn, and play at the best camp in Bellevue!

Registration opens mid-January - get ready to register your camper for a summer of fun!

Ages 3 - 5

Preschool Campers will be immersed in crafts, games, music, stories, fun learning opportunities, and more! We'll play on the playground and take a dip in the wading pool.

Ages 5 - 12

Day Camp: Lots of water fun will fill our weeks! Have a blast playing, swimming and making new friends. Each week includes daily open swim and lots of indoor and outdoor play. Plus, you can add-on daily swim lessons!

Ages 11 - 14

Vanapalooza: Ready for adventure? Each week Teens and Tweens take a daily trip in the Samena van headed for excitement. Let's hit the road... destination: fun!

Ages 14 & up

Junior Counselors: Experience the summer of a lifetime! Earn your school's community service hours by volunteering with our swim and tennis camps! Learn leadership, team building, communication, and safety skills.

Ages 12 - 14

Junior Lifeguards: This day camp is for our younger swimmers who can't wait to be lifeguards! Swimming skills are necessary, learn basic water safety, first aid, teamwork, then go on a field trip to Wild Waves!



Join the Samena community!

Samena has been creating community through recreation & swimming with an emphasis on wellness, education, and fun in Bellevue since 1958! Membership includes...

- A fabulous community of Members to meet!
 - Join us at our Member Mixers, Float-In Movies, Annual Member BBQ, and more free member events.
- Indoor Pool, Outdoor Pool, seasonal toddler Wading Pool (with splash toys!)
- Gym/Fitness Center with cardio machines, weight machines, free weights, and more
- Group Fitness Classes like yoga, strength & core training, spin, & many more included with membership
 - Become a regular & find your fitness family!
- Outdoor seasonal Tennis & Pickleball Courts
 - Join the summer-time group drop-in play times to meet other Members who love the same sports!
- Adult-only, member-only locker rooms, with dry saunas
- All ages locker rooms and family changing rooms
- Priority registration & member discounts on programs like swim lessons & swim team, personal training & massage, Preschool & elementary school Before/After School Care, and summer tennis lessons

