

# S A M E N A



## SWIM

Swim lessons for kids and adults, swim team, and more!

## FITNESS

Try something new this summer like yoga, strength & mobility training, or TRX

## KIDS

Sign up now for next year's Before & After School Care or Preschool programs

# GENERAL CLUB INFO

## 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), included group fitness classes, 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

### 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

### 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, as well as all our group fitness classes. In addition, members also benefit from discounted rates and priority registration on our terrific programs.

Contact us by calling 425-746-1160 ext. 113 or by emailing 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's 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 & 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). A lifeguard will administer the test, as time and pool capacity permits. Turn in the test slip to the Front Desk for a check-in card and photo. For policies regarding the Fitness Center and class participation, see Youth Fitness, page 11.

## 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 canceled.

## 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 Rates:

**Samena member:** \$90 1st hour/\$75 each additional hour

**Non-member:** \$110 1st hour/\$95 each additional hour, 3 hour minimum

### Rec Room

Positioned conveniently on the main floor of Samena, this room offers ample space for hosting events with a capacity of 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 Rates:

**Samena member:** \$60 1st hour/\$45 each additional hour

**Non-member:** \$85 1st hour/\$70 each additional hour, 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!



## 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 & up. Unguarded Lap Swim is for ages 18 & up.

- The Indoor Pool is 25 meters long, begins at 3.5 feet deep on three sides which slope to a 9-foot deep end, and is heated to 86°.
- The Outdoor Pool is 25 yards long, begins at 3 feet deep and slopes to a 12-foot deep end with a seasonal diving board, and is heated to 80° degrees.
- The Wading Pool is for toddlers aged 5 years & under, zero depth entry and slopes to 2-foot deep in the center, and is heated to 90°. Active parent supervision is required at all times. Opens May - September.

## Pool Rules

- Children 6 years & 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 arms' 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 (dependent on crowding of pool space for safety).
- Lap swimmers should circle swim when sharing lanes.
- No flotation devices in the deep end.
- No running and horseplay allowed on the pool decks.
- No food or drink allowed on the Indoor Pool deck.
- 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 a 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 pool from ramp only.
- Hot Tub: limit hot tub use to 15 minutes. Children aged 13 & up may be in the hot tub without a parent present; children ages 6 - 12 may be in the hot tub with a parent present; children under 6 years old may not use the hot tub.

# CHILDREN'S PROGRAMS



## 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 program is centered around hands-on activities. With a curriculum that prioritizes play and social & emotional development, we provide ample opportunities for children to learn and grow in a creative and supportive setting.

In our program, 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 swim time each week. 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 fully potty-trained to enroll.



## 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.

**When:** Monday - Friday, Monday - Thursday, or M/W/F  
9:00am - 1:00pm

## Dolphins (Pre-K)

Our bilingual Dolphins (Pre-K) program is designed for children who have just missed the cutoff for kindergarten, or for children who may benefit from an extra year of development in order to build a strong foundation before heading off to kindergarten. The curriculum revolves around discovery-based learning, emphasizing social & 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, of the current academic school year. Sign up for 4 or 5 days.

**When:** Monday - Friday or Monday - Thursday  
9:00am - 1:00pm\*

\*Full day enrollment may be available in Fall 2026. Watch our website or inquire via email for more information.

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

**Contact:** Rebecca Luke, ext. 117  
[preschool@samena.com](mailto:preschool@samena.com)



## 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 activities, games, and active play! Samena staff lead kiddos through a fun and balanced mix of organized activities and free choice time so kids can explore new and exciting interests. Our team supports children as they navigate social interactions, develop new skills, and build confidence- all while enjoying the simple joy of being a kid.

Forging awesome bonds with children and parents is our jam in the Before and After Care Program, and we're all about creating a space where every child feels safe, supported, and excited to be here.

- Free swim Wednesdays and Fridays
- Discounts on swim lessons and child drop off/pick-up to lessons\*
- USDA approved snacks
- Weekly Dungeons & Dragons group for grades 3-5
- Private outdoor playground
- Homework time- as needed
- 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)

\*Lessons must be between 4-5:30pm

\*\*Staff meet all state licensing requirements including yearly professional development and safety certifications.

**We currently serve Bennett, Lake Hills, Phantom Lake, Sherwood Forest, Spiritridge, and Puesta del Sol.** 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)

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



# SPECIAL EVENTS

Info: [samena.com/events](http://samena.com/events)

## Mom & Me Sugar & Tea\*

Celebrate the special bond between mothers and their children to kick off Mother's Day. Enjoy a charming tea party and decorate your own Spring Sugar Cookie to take home! A sweet treat & a special memory sure to make Mom's Day! \*Pre-registration required.

**When:** Saturday, May 9, 1:00 - 3:00pm

**Non-Member Cost:** \$15

**Member Cost:** \$10



## Open House

Calling all Members and Guests! Join us for a day at the Samena Community Open House! Tour our club & stay for fun! Enjoy live local musicians, food trucks, and get to know your community members along with all the Samena has to offer.

**When:** Saturday, May 16, 11am-3pm  
**Free & Open to the Public**

## Murph Fitness Challenge

Join us for our annual Murph Challenge, a community workout held in honor of our military heroes. This powerful tradition is more than just a workout, it's a chance to come together, push ourselves, and support a great cause. Donations will go to support the LT. Michael P. Murphy Memorial Scholarship Foundation. Whether you're a seasoned athlete or trying the challenge for the first time, we have two options so everyone can participate.

**When:** Monday, May 25, 8:00am start

**Cost:** \$20 suggested donation

### Event Options:

#### Full Murph:

1 mile walk/run, 100 sit-ups, 200 push-ups, 300 squats

#### 1/2 Murph:

½ mile walk/run, 50 sit-ups, 100 push-ups, 150 squats

## Poker Night

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.

**When:** Saturday, June 6, 6:00 - 8:30pm

**FREE** Adult Samena Member Event

## Relax, Sip, 'N Paint\*

Join us for a 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, come ready to unwind and share some laughs. BYOB and we will supply everything else: canvas, paint, brushes, and even some light snacks. Grab a friend, a significant other, or enjoy some solo time and let your inner artist come to life! \*Pre-registration required.

**When:** Friday, July 10, 7:00 - 9:30pm

**Non-Member Cost:** \$60

**Member Cost:** \$55



## Annual Member BBQ Bash

Come join the festivities as we honor YOU at our annual member appreciation BBQ! Enjoy a delicious barbecue lunch, groove to the music, partake in big dive and big-splash contests, plus games, giveaways, and the return of the Member & Staff Talent Show! Mingle with fellow members and Samena staff, enjoy entertaining acts, tasty food, and make unforgettable memories!

Saturday, July 11, 1:00 - 4:00pm

**FREE** for Samena 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. \*Pre-registration required.

Friday & Saturday, August 14-15 7pm-9am

**Non-Member Cost:** \$20 per family

**FREE** for Samena Members

## Kids Night Out\*

Enjoy your night however you want while your kids have a blast with us! They'll enjoy swimming, games, and a movie. Pizza and a treat will be served. 5-year-olds must be in kindergarten. \*Pre-registration required.

**Ages:** 5 - 12 years

**When:** Saturdays, 5:00 - 8:30pm

May 2, June 6, July 18, August 1

**Non-Member Cost:** \$65

**Member Cost:** \$55

Location: Hall

## Float-In Movie

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

**When:** Saturdays, 6:30 - 8:30pm

May 16, June 27, July 25, August 22

**FREE** for Samena Members

## Member Mixer

Come and enjoy drinks, snacks, and great company! Take the opportunity to meet fellow members, build new friendships, and celebrate the end of another great summer season. Don't miss out on the fun!

**When:** Saturday, August 15, 11:00am - 1:00pm

## 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. Ages 6 & up for all attendees.

## 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.

**Non-Member Cost:** \$400

**Member Cost:** \$300

## 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, decorations and a party coordinator. Leave the setup and cleanup to us – our coordinators will handle everything. Choose from a variety of themes!

**Non-Member Cost:** \$600

**Member Cost:** \$460

## 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!

**Non-Member Cost:** \$800

**Member Cost:** \$645

**Birthday Party Contact:** [party@samena.com](mailto:party@samena.com)

**Info:** [samena.com/birthday-parties](http://samena.com/birthday-parties)

# SUMMER CAMPS

Weekly Themed Camps for Ages 3 to 14!

## Preschool Camp (Ages 3\* - 5)

At our preschool summer camp, children spend their days making friends, practicing skills, and building confidence in a warm and supportive setting. Each day is thoughtfully designed to provide enriching activities that spark curiosity, creativity, and engagement.

Campers enjoy hands-on fun through crafts, games, music, stories, and imaginative play. We stay moving' on the playground and cool off during swim time in the wading pool. This camp is everything preschoolers love, and what the best summer memories are made of!

\*Children must be 3 years old by their first week of camp & fully potty trained to register. Please pack a nut-free snack for your camper. Children do not need to know how to swim to participate.

**Details & Weekly Themes:** [samena.com/summer-camps/preschool-kids-camp](https://samena.com/summer-camps/preschool-kids-camp)

**When:** Weekly Camps June 22 - August 28

Monday - Friday, 9:00am - 12:00pm

Monday - Thursday, 1:00 - 4:00pm

Lunch Bunch add-on: 12:00 - 1:00pm

**AM or PM camp only, NO FULL DAY AVAILABLE.**

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



## Day Camp (Grades K\* - 5)

\*Campers must have completed Kindergarten to participate.

Each week at Samena, campers stay busy and engaged with a lively mix of activities that keep the energy high and the smiles coming. From indoor and outdoor games to theme-based STEAM projects, small-group activities, and plenty of playful surprises, there's always something new and exciting happening.

Kids will make friends, try new things, and enjoy an action-packed camp that keeps them moving, laughing, and having fun. And what's a summer at Samena without swimming? Every day campers will enjoy some time in the pool and have plenty of opportunities to build memories and friendships to last a lifetime!

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

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

**When:** Weekly Camps June 29 - August 28

Monday - Friday, 9:00am - 4:00pm

Extended care available in the morning starting at 7:00am or after camp until 6:15pm (combined with the Vanapalooza camp)

**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 & 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 H2O Yeah! Week.

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

**When:** Weekly Camps June 29 - August 28

Monday - Friday, 9:00am - 4:00pm

Extended care available in the morning starting at 7:00am or after camp until 6:15pm (combined with the Day Camp)

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

## 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](https://samena.com/summer-camps/junior-lifeguards)

**When:** Week 1: July 27 - 31; Week 2: August 3 - 7

Monday - Friday, 9:00am - 4:00pm

**Contact:** Mark Feeney, Aquatics Director  
[markf@samena.com](mailto:markf@samena.com)



## Junior Counselors (Ages 14\* & Up)

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

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 engage in weekly leadership training, team bonding, fun games, and a Friday treat & feedback session! Not to mention, you'll be able to earn volunteer service credit for your school!

Junior Counselors must apply and be accepted into the program prior to registration. Have your camper apply at <https://forms.office.com/r/Vq68ctJc4T>

Samena Junior Counselor (JC) Application (2026)



Fee includes a t-shirt, 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 weeks- consecutive preferred.

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

**When:** Weekly June 29 - August 28

Monday - Friday, 8:30am - 4:00pm

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

Learn more about our summer camps & register online at [samena.com/summer-camps](https://samena.com/summer-camps)

# PERSONAL TRAINING

Invest in your health and fitness!

Summer is the perfect time to focus on you. Why Train With Us?

- Personalized workouts tailored to your goals, lifestyle, and abilities
- Encouragement & accountability from certified, caring trainers
- Fun & challenging sessions that keep you motivated
- Innovative & efficient programming to maximize results
- Supportive community committed to your long-term success

Whether you're kick-starting your fitness journey, building strength, improving mobility, or training for a sport, our trainers are here to guide you every step of the way.

*Your Goals. Our Passion.* We believe in creating positive, sustainable change. Every session is crafted with intention, designed to help you feel empowered inside and out.

## 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, email Marianne Taylor, Fitness Coordinator at [mariannet@samena.com](mailto:mariannet@samena.com).

Member Personal Training - 2026			
Package Savings + Brief Description	Number of Sessions	Package Cost Per Person	Session Cost Per Person
<b>Personal Training - Hour Sessions</b>			
Specialization with 1-on-1 attention. This option will achieve maximum benefits. Ideal for clients currently inactive, post-injury, seeking sports-specific training or a push to the next level.	<b>1 Session</b>	\$72	\$72
	<b>4 Sessions</b>	\$274	\$69
	<b>8 Sessions</b>	\$518	\$65
<b>Partner Training - Hour Sessions (Cost Per Person)</b>			
A social and motivating way to achieve the benefits of a fitness coach. Be challenged at your own ability level. <b>*Each person will need their own package.</b>	<b>8 Sessions</b>	\$492	\$61.50
<b>Personal Training - 30 Minute Sessions</b>			
Best for experienced fitness clients needing a shorter amount of time to experience training benefits. Brief warm-ups strongly recommended before start of session.	<b>4 Sessions</b>	\$164	\$41
	<b>8 Sessions</b>	\$295	\$37
*Non-Member rates available online*			

## 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 experience in spa and medical facilities. Experience her "Relaxation & Therapeutic Flow Art," where she uses innovative forms and traditional techniques from light to deep tissue massage to achieve relaxation and provide pain relief.

Questions? Contact Eva at (425) 998-7824 or [relaxationbyeva@gmail.com](mailto:relaxationbyeva@gmail.com).

**Non-Member Cost:** \$90 for 1-Hour

**Member Cost:** \$105 for 1-Hour

Discounted package options available. Book online or at the Front Desk!

## Foam Rolling Workshop

Learn how to get the most out of your foam roller! Release muscle tightness, practice self-massage, move with less pain, sleep better, and discover other tools that can support your body. Learn techniques and tools to help your body feel better, move better, and recover better.

**When:** May 3, 10:00 - 11:30am

**Non-Member Cost:** \$30

**FREE** for Samena Members

Instructor: Marianne

Location: Rec Room

# FITNESS

## Fitness Center

Samena's Fitness Center 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 locker rooms in the main pool lobby are available to both members and non-members. 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 fitness punch-cards are a great option for non-member drop-ins!

**Youth and Adults**

5 classes: \$140

10 classes: \$270

**Seniors (62+)**

5 classes: \$113

10 classes: \$195

## Fitness Ages FYI

- Age 14+: may use fitness center unsupervised.‡
- Ages 12 - 13: **active guardian supervision**
- Age 11 & 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 & under may use the fitness center ONLY when actively supervised by a Samena Trainer, see page 7. Participation is subject to Instructor approval.



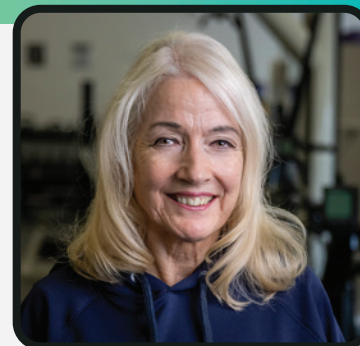
## Marianne Taylor

ACSM-CPT  
[mariannet@samena.com](mailto:mariannet@samena.com)

Marianne has over 30 years experience across a wide range of training styles &

client ages, committed to lifelong learning. She blends evidence-based training with compassionate support to help you move confidently, feel stronger, and achieve your fitness goals with lasting results. With a gentle approach, attentive listening, and genuine concern for everyone's unique challenges to provide upmost care.

*Accreditations: AAS degree in Fitness; certified personal trainer through both NSCA and ACSM; Cancer Exercise Specialist; pre-natal, post-natal, and pelvic floor fitness.*



## Lesley Sweeney

ACSM-CPT  
[lesley@samena.com](mailto:lesley@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.

*Accreditations: ACSM-CPT*



## Kristina Rhodes

ACSM-CPT  
[kristinar@samena.com](mailto:kristinar@samena.com)

With 22 years as a competitive swimmer and over two decades of coaching

experience, Kristina understands what it takes to build a resilient, high-performing body. Her approach to fitness is rooted in technical precision and the belief that movement should be both effective and sustainable. Her goal is to help you move better and feel stronger. She is dedicated to sharing her lifelong passion for health with our community.

*Accreditations: ACSM-CPT, ACE Group Fitness instructor, Balanced Body Pilates*



## Scott Sandefur

ACSM-CPT  
[scotts@samena.com](mailto:scotts@samena.com)

Scott's expertise in working with athletes of all ages and abilities stems from his years

of teaching swim lessons here at the Samena Club. He underwent a physical transformation as an adult going from underweight to maintaining a healthy physique, so he knows what it takes to change and maintain a healthy lifestyle. Fitness is a journey, and Scott is excited to help Samena members make that productive, safe and fun.

*Accreditations: ACSM-CPT*

# FITNESS CLASSES

## NEW Pilates Foundations ●●●●●

Ready to improve your posture, strengthen your core, and move with greater ease? Join us for Beginner Mat Pilates, a weekly class focused on the essential principles of the Pilates method. Designed for newcomers and anyone wanting to refine their technique, this session guides you through foundational movements with attention to alignment, breath, and control. You'll leave feeling lengthened, centered, and confidently stronger.

**When:** Tuesdays, 6:00 - 7:00pm  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
 Instructor: Kristina  
 Location: Rec Room

## NEW Quick Fit 30 ●●●●●

Need a midday boost? Take a quick lunch break and jump into Quick Fit 30; a fast-paced circuit training workout that blends strength and cardio for a full-body session. In just 30 minutes, you'll target all major muscle groups, build strength, and leave feeling energized and ready to power through the rest of your day. Perfect for a strong, efficient midday pick-me-up!

**When:** Wednesdays, 12:00 - 12:30pm  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
 Instructor: Marianne  
 Location: Fitness Center

## Flow & Restore Yoga ●●●●●

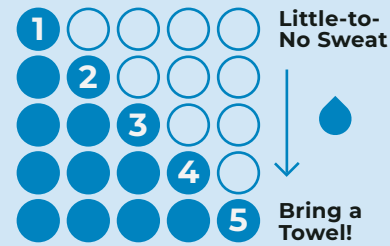
This yoga class blends the best of both worlds - gentle, breath-focused flow to warm the body, build strength, and increase mobility, followed by soothing restorative poses designed to release tension and support nervous system regulation. Perfect for all levels, this class creates space to breathe deeply,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

**When:** Mondays and Wednesdays, 6:45 - 8:00pm  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
 Instructor: Damithia  
 Location: Hall



## Sweat-Scale

Wondering which workout may be what you're looking for? Check out the Sweat Scale indicated for each class option.



## 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.

**When:** Wednesdays, 10:15 - 11:30am thru June 18  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
 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.

**When:** Sundays, 8:15am - 9:30am  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
 Instructor: Perlas  
 Location: Hall

## Strength & Stability ●●●●●

Join Marianne for a focused, empowering workout built around lifting heavier weights, improving core and pelvic stability, and building the strength you need for everyday life. This class uses dumbbells, kettle bells, bands, balls, and functional movement patterns to challenge your major muscle groups and enhance balance, coordination, and body control.

Develop total-body strength, reinforce joint stability, and improve your ability to move confidently and powerfully. Expect progressive training, purposeful movement, and the right amount of challenge to help you feel stronger, steadier, and more capable—every single week.

**When:** Tuesdays, 9:15 - 10:00am; Thursdays, 6:45 - 7:30am  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
 Instructor: Marianne  
 Location: Rec Room; Fitness Center starting June 30

## 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!

**When:** Thursdays, 9:15 - 10:00am  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
 Instructor: Marianne  
 Location: Rec Room

## Strongevity ●●●●●

Strongevity: Strength for Lifelong Independence is a fitness class designed for older adults, focused on building strength, improving mobility, and enhancing stability. The class blends functional movements, balance training, and low-impact conditioning to support long-term health, confidence, and independence.

**When:** Tuesdays and Thursdays, 8:00 - 8:45am  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
 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!

**When:** Mondays, Wednesdays, and Fridays, 5:45 - 6:30am  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
 Instructor: Jason  
 Location: Rec Room

## Functional Fitness ●●●●●

Boost your everyday movement and overall strength with this dynamic, full-body training class! Functional Fitness focuses on exercises that support real-life activities—helping you move better, feel stronger, and increase mobility. Learn proper muscle engagement and technique while training with a variety of equipment, including weights, resistance bands, exercise balls, and more. All fitness levels are welcome as we build strength, stability, and confidence together.

**When:** Thursdays, 6:00 - 6:45pm  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
 Instructor: Marianne  
 Location: Rec Room

## 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.

**When:** Mondays, Wednesdays, and Fridays, 9:15 - 10:00am  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
 Instructor: Sarah  
 Location: Rec Room

## TRX Fusion ●●●●●

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!

**When:** Mondays and Wednesdays, 6:00 - 6:45pm  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
 Instructor: Kristina  
 Location: Rec Room

## Outdoor Group Cycle ●●●●●

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!

**When:** Tuesdays, 5:45 - 6:30am; Saturdays, 7:15 - 8:00am  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
 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, strength, core, and cardio-based exercises, it's ideal for all levels of time-crunched people looking for optimal results.

**When:** Mondays, Wednesdays, and Fridays, 6:45 - 7:30am  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
 Instructor: Kristina  
 Location: Rec Room

# FITNESS CLASSES, CONTINUED

## 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.

**When:** Mondays and Fridays, 9:00 - 10:00am thru June 20  
Mondays and Fridays, 7:45 - 8:45am starting June 29

**Non-Member Cost:** \$30  
**FREE** for Samena Members  
Instructor: Christine  
Location: Rec Room/Hall

## Zumba® ●●●●●5

Zumba® uses Latin rhythms to turn your workout into a fitness party. The movements and rhythms will be broken down for you and gradually expanded so that you can increase your intensity. You will use moves from salsa, cumbia, reggaeton, merengue and many more all while getting a great cardio workout! All levels welcome.

**When:** Tuesdays and Thursdays, 9:00 - 10:00am  
(Thursday thru June 26 only)

Saturdays, 9:15 - 10:15am  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
Instructor: Christine, Tues; Dawn, Thur/Sat  
Location: Rec Room/Hall

## 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.

Ages: 11 - 13 years (6th - 8th grade)  
**When:** Wednesdays, 3:00 - 3:45pm thru June 17  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
Instructor: Marianne  
Location:



## 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!

**When:** Mondays, Wednesdays, and Fridays, 7:45 - 8:30am  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
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, core and more with stretching, cardio, and strength training.

**When:** Tuesdays and Thursdays, 7:45 - 8:30am  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
Instructor: Sarah  
Location: Indoor Pool

### Masters Swimming Workout ●●●●●5

These coached swimming workouts provide a warm-up, varied sets, and a cool down. Improve your endurance, strength, and overall conditioning. All levels welcome; workout adjusted for the intermediate to the advanced.

**When:** Monday - Friday, 5:45 - 6:45am  
**Non-Member Cost:** \$30  
**FREE** for Samena Members  
Instructors: Lindsey, Mon/Wed/Fri; Dan, Tues/Thur  
Location: Outdoor Pool

# TENNIS & PICKLEBALL

## Private/Semi-Private 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 pricing info at [samena.com/tennis/private-tennis-lessons](http://samena.com/tennis/private-tennis-lessons)  
**Contact:** Samena Tennis, [tennis@samena.com](mailto:tennis@samena.com)

## Adult Group Tennis Lessons

Split into two skill levels, Beginner/Advanced Beginner concentrates on basic techniques of ground strokes, volleys, overheads, and serves. Intermediate/Drill Class is designed for players rated 3.0 and higher and consists of fast-paced hitting drills, ground strokes, and serving techniques.

Session 1: May 4 - June 1      Session 3: July 6 - 27  
Session 2: June 8 - 29      Session 4: August 3 - 24

**When:** Mondays  
5:00 - 5:55pm (**beginner/advanced beginner**);  
6:00 - 6:55pm (**intermediate/drill class**)  
**Non-Member Cost:** \$136  
**Member Cost:** \$92  
Instructor: Rafael

## Adult Open Court Play

Enjoy friendly, self-monitored open play! Court A is for tennis, Court B is for pickleball. Required: a racket, non-marking tennis shoes, dry courts, good sportsmanship. First come, first served. New arrivals encouraged to rotate in.

**Age:** 18 years & up  
**When:** Sundays, 10:00am - 2:00pm, May 17 - August 23  
**Non-Member Cost:** \$10  
**FREE** for Samena Members

## Spring Youth Group Tennis Lessons

Once-a-week group tennis classes for juniors. Required: a racket, non-marking tennis shoes, dry courts, and good sportsmanship.

Session 1: May 6 - 27      Session 2: June 3 - 24

**When:** Wednesdays  
4:00 - 4:55pm (**ages 6 - 9**); 5:00 - 5:55pm (**age 10 - 13**)  
**Non-Member Cost:** \$128  
**Member Cost:** \$88

*If an inclement weather cancellation occurs, a make-up class is offered Friday of that week. Confirm by emailing [tennis@samena.com](mailto:tennis@samena.com).*

## Summer Youth Group Tennis Lessons

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

Session 1: June 29 - July 2      Session 6: August 3 - 6  
Session 2: July 6 - 9      Session 7: August 10 - 13  
Session 3: July 13 - 16      Session 8: August 17 - 20  
Session 4: July 20 - 23      Session 9: August 24 - 27  
Session 5: July 27 - 30

**When:** Mondays - Thursdays  
8:00 - 8:55am (**ages 6 - 9, beginner**);  
9:00 - 9:55am (**ages 6 - 9, intermediate**);  
10:00 - 10:55am (**ages 10 - 13, all skill levels**)

**Non-Member Cost:** \$98  
**Member Cost:** \$88  
Instructor: TBD

*If an inclement weather cancellation occurs, a make-up class is offered Friday of that week. Confirm by emailing [tennis@samena.com](mailto:tennis@samena.com).*

## Pickleball Lessons

Discover the fastest-growing sport in America! Lessons are designed for all ages and skill levels.

**Youth Lessons (Ages 7 - 15)** Fun, active, and beginner-friendly! Kids learn hand-eye coordination, court movement, teamwork, and confidence in a positive environment. Drills and games keep sessions energetic and engaging.

**Adult Lessons (16+)** Join a welcoming atmosphere where you'll learn proper technique, scoring, strategy, and gameplay essentials. Perfect for beginners or players ready to elevate their skills.

Session 1: May 5 - 14      Session 5: June 30 - July 9  
Session 2: May 19 - 28      Session 6: July 14 - 23  
Session 3: June 2 - 11      Session 7: July 28 - August 6  
Session 4: June 16 - 25      Session 8: August 11 - 20

**When:** Tuesdays and Thursdays  
4:00 - 4:55pm (**ages 7 - 15**); 5:00 - 5:55pm (**age 16+**)  
**Member Cost:** \$88  
**Non-Member Cost:** \$128  
Instructor: TBD

## Pickleball Free Play

**When:** Tuesdays and Thursdays, 6:00 - 7:00pm  
After each lesson, enjoy *free play*, where all ages can practice, play friendly matches, and build confidence in a relaxed, supervised setting.

**Non-Member Cost:** \$10  
**FREE** for Samena Members

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. **Courts are closed for general use during group lessons/camp:**

**Mondays - Thursdays**  
Closed 8:00 - 11:00am  
Closed 4:00 - 6:00pm thru June 19  
Closed 5:00 - 8:00pm June 23 - August 28

**Fridays**  
Closed 8:00 - 11:00am  
Closed 12:30 - 2:45pm  
**Saturdays**  
Closed 9:00 - 11:00am

# AQUATICS

## 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.

**Class:** Wednesdays, 7:00 - 7:45pm (Beginner)

May session: May 6 - 27  
June session: June 3 - 17  
July session: July 1 - 29  
August session: August 5 - 26

**Member Cost:** \$132 (May and August sessions); \$99 (June session); \$165 (July session)

**Non-Member Cost:** \$200 (May and August sessions); \$150 (June session); \$250 (July session)

**Class:** Thursdays, 7:00 - 7:45pm (Intermediate)

May session: May 7 - 28  
June session: June 4 - 18  
August session: August 6 - 27

**Member Cost:** \$132 (May and August sessions); \$99 (June session)

**Non-Member Cost:** \$200 (May and August sessions); \$150 (June session)

**Class:** Saturdays, 9:00 - 9:45am (Beginner)

May session: May 2 - 30 (No class May 23)  
June session: June 6 - 20  
July session: July 11 - August 1  
August session: August 8 - 29

**Member Cost:** \$132 (May, July, and August sessions); \$99 (June session)

**Non-Member Cost:** \$200 (May, July, and August sessions); \$150 (June session)

## Youth Swim Lessons

### Spring Sessions

#### Monthly Swim Lessons

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.

**Class:** Mondays and Wednesdays (30min lessons)  
4:00, 4:30, 5:00, 5:30, 6:00, 6:30pm

May session: May 4 - 27; **No Class May 25**  
June session: June 1 - 17

**Member Cost:** \$140 (May session); \$120 (June session)  
**Non-Member Cost:** \$224 (May session); \$192 (June session)

**Class:** Tuesdays (45min lessons), 4:00, 4:45, 5:30, 6:15pm

May session: May 5 - 26  
June session: June 2 - 16

**Member Cost:** \$120 (May session); \$90 (June session)  
**Non-Member Cost:** \$192 (May session); \$144 (June session)

**Class:** Thursdays (45min lessons), 4:00, 4:45, 5:30, 6:15pm

May session: May 7 - 28  
June session: June 4 - 18

**Member Cost:** \$120 (May session); \$90 (June session)  
**Non-Member Cost:** \$192 (May session); \$144 (June session)

**Class:** Saturdays (30min lessons), 10:00, 10:30, 11:00, 11:30am

May Session: May 2 - 30; **No Class May 23**  
June session: June 6 - 20

**Member Cost:** \$80 (May session); \$60 (June session)  
**Non-Member Cost:** \$128 (May session); \$96 (June session)

### Summer Sessions

#### Monthly Swim Lessons

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.

**Class:** Mondays and Wednesdays (30min lessons)  
4:30, 5:00, 5:30, 6:00, 6:30pm

July session: June 29 - July 29  
August session: August 3 - 26

**Member Cost:** \$200 (July session); \$160 (August session)

**Non-Member Cost:** \$320 (July session); \$256 (August session)

**Class:** Tuesdays, 4:00, 4:45, 5:30, 6:15pm (45min lessons)

August session: August 4 - 25

**Member Cost:** \$120 (August session)  
**Non-Member Cost:** \$192 (August session)

**Class:** Thursdays, 4:00, 4:45, 5:30, 6:15pm (45min lessons)

August session: August 6-27

**Member Cost:** \$120 (August session)  
**Non-Member Cost:** \$192 (August session)

**Class:** Saturdays, 10:00, 10:30, 11:00, 11:30am (30min lessons)

July session: July 11 - August 1  
August session: August 8 - 29

**Member Cost:** \$80 (July and August sessions)  
**Non-Member Cost:** \$128 (July and August sessions)

#### One Week Swim Lessons

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

June sessions:	August sessions:
Session 1: June 29 - July 3	Session 6: August 3 - 7
July sessions:	Session 7: August 10 - 14
Session 2: July 6 - 10	Session 8: August 17 - 21
Session 3: July 13 - 17	Session 9: August 24 - 28
Session 4: July 20 - 24	
Session 5: July 27 - 31	

**Class:** Monday - Friday (45 minute lessons)  
9:00, 9:45, 10:30, 11:15

**Member Cost:** \$150 (any one session)  
**Non-Member Cost:** \$240 (any one session)

### Important Registration Information:

- **Member Registration opens:** April 13
- **Non-Member Registration opens:** April 17 for May sessions  
May 1 for June, July, and August sessions
- **Pre-Registration closing dates:**
  - M/W, T/Th, and Sat Youth Lessons - two Sundays before the session starts OR when classes are full
  - Single 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
- 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.

### Parent-Tot Lessons (Ages 6mo - 3y)

A great way to introduce young children to the water! A combination of water skills, playtime, and an opportunity to become comfortable in the pool with the help of a parent.

**When:** Saturdays, 9:30am

May session: May 2 - 30; **No Class May 25**  
June session: June 6 - 20  
July session: July 11 - August 1  
August session: August 8 - 29

**Member Cost:** \$80 (May, July, and August sessions); \$60 (June session)  
**Non-Member Cost:** \$128 (May, July, and August sessions); \$96 (June session)

### Teens N' Training (Ages 13 - 18)

Designed for individuals who are looking to improve their swimming skills and build endurance! Work towards joining a Swim Team or become a confident lap swimmer in this program, with personalized instruction.

**When:** Tuesdays, 7:00 - 7:45pm

May session: May 5 - 26  
June session: June 2 - 16  
August session: August 4 - 25

**Member Cost:** \$120 (May session); \$90 (June session); \$120 (August session)  
**Non-Member Cost:** \$192 (May session); \$144 (June session); \$192 (August session)



## 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 8U).

Additional information will be provided at the required parents meeting.

### Season runs May 11 - July 26

Registration fees will be billed to your Member Account.

- Drop-in tryouts April 13 - 15 from 4:30 - 6:00pm
- Parent meeting May 4, 7:00pm - 8:30pm
- Registration starts April 3 (through Team Unify)
- Time trials (All Ages) June 5, 4:30pm
- Suit fitting May 13
- Swim meets Tuesday and Thursday evenings starting June 16
- Photo Day June 26

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

Practices May 11 - June 23:

**Age 8 & under:** Mondays and Wednesdays, 5:00 - 5:45pm  
OR Tuesdays and Thursdays, 5:00 - 5:45pm (Indoors)

**Ages 9 - 10:** Mondays and Wednesdays, 5:00 - 5:45pm  
OR Tuesdays and Thursdays, 5:00 - 5:45pm (Outdoors)

**Ages 11 - 12:** Mondays and Wednesdays, 4:00 - 5:00pm  
OR Tuesdays and Thursdays, 5:45 - 6:45pm (Outdoors)

**Ages 13 - 14:** Mondays and Wednesdays, 5:45 - 6:45pm  
OR Tuesdays and Thursdays, 4:00 - 5:00pm

Both Groups Fridays 5:45 - 6:45pm (Outdoors)

**Age 15+:** Mondays and Wednesdays, 5:45 - 6:45pm  
OR Tuesdays and Thursdays, 4:00 - 5:00pm

Both Groups Fridays 5:45 - 6:45pm (Outdoors)

Practices June 24- July 24:

(All Practices Outdoors)

**Age 8 & under:** 10:00 - 10:45am, Monday - Friday

**Ages 9 - 10:** 9:15 - 10:00am, Monday - Friday

**Ages 11 - 12:** 8:30 - 9:15am, Monday - Friday

**Ages 13 - 14:** 7:30 - 8:30am, Monday - Friday

**Single swimmer:** \$360

**Each additional swimmer:** \$340

Head Coach: Lindsey

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.

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

## Water Polo \*Members Only\*

Join the fast growing water sport at Samena! The water polo teams will participate in games as we prepare to qualify for the league tournament. Boys and girls 7 - 18 years old may tryout. Qualifications include swimming 50 yard crawl stroke and treading water for 2 minutes. Volunteer work is required by all parents in order for your child to participate in the team. It is a great way to meet fellow Members and support the team. We need all parents' participation for a successful season! Failure to fulfill volunteer hours will result in a \$400 fee.

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

**Clinics:** July 20 or 21, 10:45 - 11:30am

### Season runs July 27 - August 23

Registration fees will be billed to your Member Account.

- Registration Starts July 3
- Parent Meeting July 24, 7:00pm
- Photo Day: August 17
- Practices Monday to Wednesday

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

### Practice:

**12 & under:** 8:45 - 9:45am

**Ages 13 - 18:** 9:45 - 10:45am

### Games:

**12U:** Thursdays


**10U:** Fridays

**14U:** Saturdays

**15+:** Sundays

**Single player:** \$300; \$20 discount for Samena Summer Swim Team players.

Register for Summer Swim Team and Water Polo on our Team Management site:  
[www.gomotionapp.com/recmsstwa](http://www.gomotionapp.com/recmsstwa)



## Private Swim Lessons (Age 4+)

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.

**Member Cost:** \$75 (45min private lesson);

\$95 (45min semi-private lesson—2 swimmers at same level)

**Non-Member Cost:** \$120 (45min private lesson);

\$150 (45min semi-private lesson—2 swimmers at same level)

Contact information 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.*



## 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
- Able to swim 20 yards, surface dive and retrieve 10lb object, swim back with object within 100 seconds

**Class 1:** May 23 - 25, 9:00am - 5:00pm

**Class 2:** June 26 - 28, 9:00am - 5:00pm

**Class 3:** September 5 - 7, 9:00am - 5:00pm

**Member Cost:** \$300

**Non-Member Cost:** \$350

Free E-book manual provided or purchase from Red Cross.

Also offering a recertification course for current ARC lifeguards:

May 16, 9:00am - 7:00pm

June 6, 9:00am - 7:00pm

August 22, 9:00am - 7:00pm

**Member Cost:** \$130

**Non-Member Cost:** \$175



15231 Lake Hills Blvd, Bellevue WA 98007  
www.samena.com  
(425) 746-1160

## Samena Club Hours

### Monday - Friday

5:00am - 10:00pm

### Saturday

7:00am - 8:30pm

### Sunday

7:00am - 8:30pm

## Holidays

### Memorial Day

Monday, May 26

Regular Hours

### Independence Day

Friday, July 4

Close at 4pm



@samenaclub