

SAMENA

•SWIM & RECREATION CLUB•

FALL 2026

Programs & Services

What's new?

**Beginner Mat
Pilates classes**

**After School Care
& Preschool**

**Spooktacular
Halloween**

(425) 746-1160

www.samena.com

Welcome to the new Member Lounge!

We've revamped the room located off the Indoor Pool Deck into our new Member Lounge! Club Members 13 & up (12 & under with parent supervision) can make themselves comfortable, watch a movie, or browse through the reopened little library. If you have any books or board games that you're tired of, please feel free to drop them off to share with your fellow members.



Cars, Coffee, & Donuts!

Sunday, September 13 | 10am-12pm

Cruise into Samena this September for a family-friendly morning featuring unique vehicles, local coffee, fresh donuts, and great company. Whether you're showing your ride or just stopping by, everyone is welcome. Preregister for a VIP spaces with early event access, premium parking and swag! Non-members purchasing a VIP space additionally receive club access for the day! VIP Spaces: \$10/M | \$25/NM

A Spooktacular Halloween

Saturday, October 31 - Cost: \$15/M; \$20/NM

Haunted Trail, 1-2pm

The evening begins with a Spooktacular favorite! The trail will lead you around Samena's spooky backyard where there will be candy to collect & games to play. We'll end the fun with the annual costume contest!

Spooky Swim, 2:15-3pm

For our independent swimmers, we will enjoy plunging into the pool for a round of pumpkin relay races, diving for skeleton bones, and other spooky activities.

Ghostly Gathering, 2:15-3pm

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





Fitness Center

General rules:

- Ages 14 & up may use the gym.
- 12 & 13 yrs must have a parent in the gym at the same time for supervision.
- Please no phone calls, headphones required.
- See full rules posting in gym.

Locker Rooms

Please rinse off before entering the pools. The changing cabanas on the Indoor Pool deck are also available.

Adult Member-only locker rooms available, please ask the Front Desk for the key code.

Playground & Tennis Courts

The playground & tennis courts are available for member use when there is no programming scheduled.

Please be aware that there is no lighting for the Playground or Tennis Courts.

Lap & Open Swim

Please check the Pool Schedule to ensure that the time you come serves your needs.

Open Swim/Family Swim will have a larger pool space available for families.

Lap Swim is open to all ages as long as the swimmer is truly swimming laps.

Adult Only Lap Swim is for ages 16 & up.



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: Saturday

September 19, October 17

November 21, December 12

Time: Starts at 6:30pm

Sip & 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. BYOBevvy 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!

Ages 18 & up only, please.

Dates: Saturday

September 19, October 24

Time: 6:00-8:30pm

Cost: \$60/M; \$65/NM

Kids Night Out

Enjoy your evening knowing your kids are having an unforgettable time at Samena! Children will 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 with us! 5-year-olds must be in kindergarten.

Ages: 5 - 12 years

Dates: Saturday, Sept 19, Oct 24,
Nov 21

Time: 5-8:30pm

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

Kids Day Away

Let your kids experience the magic of winter with a special evening just for them! Children will enjoy a fun-filled Saturday night starting with an exciting trip to the ice rink, followed by a cozy return for pizza and a movie with friends. While the kids are making winter memories, it's a great time for parents to check off some holiday shopping—or simply enjoy a festive evening out.

Ages: 5 - 12 years

Date: Saturday, December 12

Time: 2:30-8:30pm

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

Tweens Day Away

Give your tween a night out they'll be talking about for weeks! This adventure kicks off with a trip to Sky Zone Trampoline Park, where kids can jump and climb with friends in a high-energy environment. After the action, we'll head back to relax with pizza, a movie, and time to hang out with friends. It's the perfect combination of active fun, friendship, and a memorable night away!

Ages: 11 - 14 years

Date: Saturday, November 7

Time: 2:30-8:30pm

Cost: \$130/M; \$145/NM

Holiday Market

Saturday, November 14, 10am-4pm

Celebrate the season at Samena's Annual Holiday Market! Shop unique gifts from local vendors, enjoy festive treats, and soak in the holiday spirit with family and friends.

Free & open to the public!

Vendor information: samena.com/holiday-market



This year don't miss
Photos with Santa!

Take home professional keepsake prints, available for purchase to capture your holiday memories.

Photo pricing:

\$15 for two 4x6 photos



Swim Lessons

Registration Opens:

Members All sessions open

Non-Members

September & October sessions - July 24

November & December session - August 21

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

September 9 - 30	\$154/M;	\$245/NM
October 5 - 28;	\$176/M;	\$280/NM
November 2 - 18;	\$132/M;	\$210/NM
Nov 30 - Dec 16;	\$132/M;	\$210/NM

Once Per Week Lessons

Tuesday - 45 minutes

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

September 8 - 29;	\$132/M;	\$212/NM
October 6 - 27;	\$132/M;	\$212/NM
November 3 - 17;	\$99/M;	\$159/NM
December 1 - 15;	\$99/M;	\$159/NM

Thursday - 45 minutes

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

September 10 - October 1	\$132/M;	\$212/NM
October 8 - 29;	\$132/M;	\$212/NM
November 5 - 19;	\$99/M;	\$159/NM
December 3 - 17;	\$99/M;	\$159/NM

Saturday - 30 minutes

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

September 12 - October 3;	\$88/M;	\$140/NM
October 10 - 31;	\$88/M;	\$140/NM
November 7 - 21;	\$66/M;	\$105/NM
December 5 - 19;	\$66/M;	\$105/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, 7:00-7:45 Beginner

September 9 - 30;	\$140/M;	\$220/NM
October 7 - 28;	\$140/M;	\$220/NM
November 4 - 18;	\$105/M;	\$165/NM
December 2 - 16;	\$105/M;	\$165/NM

Thursday, 7:00-7:45pm Intermediate

Sept 10 - October 1;	\$140/M;	\$220/NM
October 8 - 29;	\$140/M;	\$220/NM
November 5 - 19;	\$105/M;	\$165/NM
December 3 - 17;	\$105/M;	\$165/NM

Saturday, 9:15-10:00am Beginner

Sept 12 - October 3;	\$140/M;	\$220/NM
October 10 - 31;	\$140/M;	\$220/NM
November 7 - 21;	\$105/M;	\$165/NM
December 5 - 19;	\$105/M;	\$165/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

September 12 - October 3;	\$88/M;	\$140/NM
October 10 - 31;	\$88/M;	\$140/NM
November 7 - 21;	\$66/M;	\$105/NM
December 5 - 19;	\$66/M;	\$105/NM

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

September 8 - 29;	\$132/M;	\$212/NM
October 6 - 27;	\$132/M;	\$212/NM
November 3 - 17;	\$99/M;	\$159/NM
December 1 - 15;	\$99/M;	\$159/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

October 10, 17, 24	9am-5pm	\$300/M; \$350/NM
November 11, 14, 15	9am-5pm	\$300/M; \$350/NM
December 28 - 30	9am-5pm	\$300/M; \$350/NM

Lifeguard Recertification

September 19	9am-7pm	\$130/M; \$175/NM
December 19	9am-7pm	\$130/M; \$175/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

Enroll in one-on-one or two-on-one instruction with one of our swim instructors! Recommended for ages 4 years & up and adults.

Semi-Private Lessons appropriate for two swimmers of the same level. Whether you are just beginning or a seasoned swimmer, our instructors can help you build endurance and confidence in the water.

Swim Team

**Members
only**

Development Team

A fun, non-competitive, foundational team for swimmers ages 5-18. The team participates in one optional 'mock' swim meet every other month; this meet is not sanctioned by USA swimming.

Practices 2-3x per week, timing based on age group

Club Performance Team

A member of USA Swimming, our club team is a competitive year-round team that participates in sanctioned meets throughout the Greater Seattle area. The team emphasizes hard work, dedication, and personal growth through wins and losses. If you are ready to take the next step in your swim team career, tryout today!

Practices 4-6x per week, timing based on age and skill level

Details: samena.com/swim-team

Tryouts & Membership Required



Ready to join swim team? Check out our Team site here



Before & After School Care

Register now for a safe place to send your child before and/or after school for the 2026- 2027 school year!

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.

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.

Come, learn, explore, and play!

Days: Monday - Friday

Time: Before Care, 6:30am until school begins

After Care, when school ends until 6:30pm

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

Contact: Rebecca Luke, ext. 117

childrens@samena.com



Preschool



Where swimming is part of the curriculum!

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. With a curriculum that prioritizes play and social and emotional development, we provide ample opportunities for children to learn and grow in a creative and secure setting.

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. 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.

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

This program is designed for children who have just missed the cutoff for kindergarten, or who may benefit from an extra year of development to build a strong foundation before heading off to kindergarten. The curriculum revolves around discovery-based learning, emphasizing social and emotional development and academic readiness. 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, 2027. Sign up for 4 or 5 days.

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
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Lesley Sweeney, ACSM-PT
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Scott Sandefur, ACSM-PT
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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

General Fitness Punchcard

5 classes: \$140

10 classes: \$270

Senior Punchcard (62 years +)

5 classes: \$113

10 classes: \$195

Strength & Stability

Tuesdays, 9:15-10am

Thursdays, 6-6:45pm

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, Sarah

Location: Rec Room

Tabata Thursday

Thursdays, 9:15-10am

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!

Instructor: Marianne

Location: Rec Room

Circuit Surge

Mon & Weds, 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



Strongevity

Tues & Thurs, 8-8:45am

Strength for lifelong independence in a fitness class that is 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.

Instructor: Marianne

Location: Rec Room

Impact Theory

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

Move with purpose. Train with impact. Mondays focus on TRX strength with precision, control, and clean, powerful movement patterns. Wednesdays shift into interval-based conditioning featuring Norwegian 4x4, Tabata, and other structured formats designed to push your capacity. Fridays open into controlled chaos with dynamic stations, to finish the week energized and strong.

Instructor: Jason

Location: Rec Room

TRX

Mon & Weds, 9:15-10am

Sun, 7:15-8am

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, Jason

Location: Rec Room

TRX Fusion

Mon & Weds, 6-6:45pm

Fri, 9:15-10am

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. Get ready to sweat, strengthen, and stabilize!

Instructor: Sarah

Location: Rec Room



Outdoor Group Cycle

Tuesday, 6-6:45am

Saturdays, 7:15-8am

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!

Instructor: Marianne

Location: Upstairs Hall Deck

Pilates Foundations

Tuesdays, 6-7pm

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.

Instructor: Kristina

Location: Rec Room

Muscles in Minutes

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

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!

Instructor: Jason, Kristina

Location: Rec Room

Pelvic Floor and More

Saturdays, 8:15-9am

Unlock the power of your core in this dynamic class focused on PRI (Postural Restoration Institute) breathing, pelvic floor awareness, and its connection to the entire body. Build strength, mobility, and stability while learning how breath and posture influence overall pelvic health. This class is designed to help you move better, reduce dysfunction, and feel more connected to your body. It's especially beneficial for those who are pregnant, postpartum, or experiencing pelvic floor dysfunction, but truly appropriate for anyone looking to improve core function and alignment.

This class is for you—at any stage of life.

Instructor: Marianne

Location: Fitness Center

Dance Fitness

Zumba®

Tues, Thurs, & 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: Maddie, 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, 2:15-3pm

Ages 11 - 13 (6-8th grade)

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

Massage

Eva Hui, LMT

Eva has over 15 years of experience in spa and medical facilities. 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!

Pricing for 1 Hour Massage

\$90 / Members

\$105 / Non-Members

Package discounts available

Yoga Classes

Hatha Yoga

Wednesdays, 10:15-11:30am

Sundays, 8:15-9:30am

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: Hall

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

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

Intensive Yoga Series

Healthy Hips & Backs: Therapeutic Yoga for Strength, Mobility, & Ease

Saturdays

September 12 - October 17

10:30-11:30am

Cost: \$75/M; \$180/NM

Join Damithia for a supportive 6-week therapeutic yoga series designed to improve back health, mobility, and confidence in movement. Ideal for adults experiencing stiffness, tension, chronic discomfort, or stress-related holding patterns, as well as anyone looking to move with greater ease.

No yoga experience is required. Classes focus on gentle movement, core and postural strength, breathwork, functional movement for daily activities, body awareness, and restorative practices to support recovery and wellbeing.

Participants will gain practical tools and simple home practices to help improve mobility, reduce tension, and support overall health—both on and off the mat.



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

