



## **With a Focus on Water Safety, Arden Hills Makes a Splash in 2010 With New Swim Lessons *Group & Private Lessons Open to All Ages, Members & Guests Alike***

SACRAMENTO, Calif. (March 1, 2010) – With an unparalleled 55-year tradition of excellence in aquatics, Arden Hills Resort Club & Spa offers a variety of new and returning swim lesson options for the 2010 season. Swim lessons are provided on-site by top-notch swim experts trained to teach water safety tips and techniques plus introduce the philosophy of a lifetime of fitness among any and all athletes-in-training.

While a March swim clinic and private swim lessons are already underway as of today, Arden Hills is extending its popular “Otter Pups” program to begin in April and continue on a monthly basis through August. Aimed at children ages three to five, the “Otter Pups” program both reinforces basic swim skills and introduces swim team concepts perfect for families exploring a continued focus on aquatics excellence. The program lasts for three weeks each month and takes place daily -- Monday through Thursday -- with 30-minute lessons each afternoon. “Otter Pups” lessons are open to members and guests and limited spaces are still available beginning as early as April.

Then, starting in June when school is out for the summer, a variety of swim lessons are available for all ages, including for any adults interested in water safety and learning or improving swimming skills. Also open to infants as young as six months of age, a wide range of private, small group or group lessons are available which first focus on water safety before moving on to techniques and stroke styles as ability allows.

With a long and impressive history of training Olympic gold medal swimmers, Arden Hills Resort Club & Spa is the destination for swim excellence in the Sacramento area.

### ***About Arden Hills Resort Club & Spa***

*For more than a half century, Arden Hills has been at the forefront of inspiring young and old to experience a more abundant life. Whether it is world-class athletes needing that extra edge, business professionals looking to improve their productivity, or individuals seeking to improve their self image through health and beauty enhancement, they all look to Arden Hills Resort Club & Spa, a state-of-the-art wellness resort offering cutting edge technology and education combined with first-class service. Sound nutrition is the foundation of our wellness philosophy. Our award winning chefs specialize in natural, organic whole foods and are supported by a highly trained nutritional staff. Situated in the heart of California's capital, Arden Hills has been both world-renowned and treasured by locals throughout its colorful history. The wealth of services offered at Arden Hills are available to both members and to daily and overnight guests. Enter the resort and be prepared to be transformed on your way to a more fulfilling life of health and happiness. To explore and experience the wide range of wellness offerings available to everyone, visit [www.ardenhills.net](http://www.ardenhills.net) or call 916-482-6111.*

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