



Lake Austin
SPA RESORT

Programming
Internship Guidelines

*Lake Austin Spa Resort
1705 S. Quinlan Park Rd
Austin, TX 78732
512-372-7300*

Lake Austin Spa Resort

We are a . . . Destination Spa

- We have 40 Rooms- capacity about 65 people
- We are a health based retreat/vacation known for our cutting edge fitness classes, outstanding cuisine, superb spa services, and fun and inspirational programs
- We are adult, co-ed facility, predominantly female
- Guest average 35-60 years of age, ages 14 and up are welcome
- Over 200 full and part time employees

Awards

- # 1 Destination Spa – North America, *Condé Nast Traveler* Reader's Choice Awards 2008
- # 2 Destination Spa – North America, *Condé Nast Traveler* Reader's Choice Awards 2007
- Top 5 Spa, *Zagat Survey* 2007, 2006, 2005, 2004 and 2003
- Top 15 Spa, *Travel + Leisure* World's Best Awards 2007, 2006 and 2005
- Top 10 Spa, *Celebrated Living* Magazine 2007 and 2006
- Top spa in six categories, *Spa Finder* 2007

Program Department Overview

Student Interns assist with planning, organizing and implementing all guest programs such as:

- Cooking Schools with Guest Chefs
- Wine Tasting with Guest Vineyards
- Yoga weeks
- Water Specialty Weeks

- Guest Fitness Instructors
- Guest Authors

Internship Benefits:

- You will learn the behind the scenes and front line business aspects of one of the top destination spas in the country
- You will have the opportunity to meet and work with some of the top professional presenters/instructors in a variety of fields
- You will receive a discount on spa services and in our retail shops
- You will have access to all classes- mind body, traditional fitness and outdoor activities and our newly renovated training room with Cybex equipment
- You will work in a beautiful environment on the shores of Lake Austin

Everyday Assignments

- Participate in a wide variety of fitness classes and programs
- Assist with all aspects of creating and marketing programs
- Assist with scheduling of guest appointments
- Work closely and report to the Program Director

As an intern you will be expected to:

- Attend an orientation and a customer service training
- Develop an understanding of a destination spa
- Meet general expectations of all LASR employees
- Complete a project related to spa programming
- Meet any school requirements
- Be flexible, reliable and a self starter
- Have good computer skills
- Be detailed oriented
- Enjoy people and have strong customer service skills

Days/Week, hours:

- 3-5 days per week – 1 weekend day as needed
 - (Minimum 3 days per week)
- 20-40 hours weekly –
- Everyday is different, new challenges, new guests

Non-paid

- This in a non-paid internship

Housing

- Housing is not provided. You must have your own housing in the Austin area.

Contact Information

Human Resources Department

- Susan Van Nostrand / Human Resources Director
- 512-372-7282
- Email: svanstrand@lakeaustin.com

Programming Department

- Robbie Hudson / Director of Programming
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- Email: rhudson@lakeaustin.com