

## Catalina Spa & RV Park

Written by  
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Today I want to share some of the reasons we like to come to [Catalina Spa & RV Park](#) in Desert Hot Springs. First and foremost we like the Coachella Valley; we like the warm winter climate, the desert cities and the location. Catalina Spa offers two very large, warm, mineral water swimming pools and two large mineral water hot tubs for their guests to use. Being a “membership” park, after our initial sign-up fee, the nightly rate is extremely affordable and we have figured that once spring arrives, the membership has paid for itself.

We truly love Catalina Spa members. There is a very active social program here and the folks that come here, though many of them are seniors, make full use of the activities. It’s a great place to stay motivated to be fit when one of the line-dancing instructors is turning 80 this year and has more energy than most people half his age. The water aerobics instructor is 74 and runs a more vigorous program than the one I used to go to at the YMCA in Orillia over 15 years ago (and he is in better shape than the instructor we had who was almost a third of his age!) Every morning there are scores of folks on the courts playing pickle ball with the oldest player being 83 (and last year she made Rick and Rich look like beginners).

If a person is up early enough they would see dozens of folks jogging, walking or running; getting their morning exercise in before dawn with and without a dog. The place literally bustles with active healthy seniors who enjoy their lives to the fullest. For the most part, they are inspiring, friendly and kind and we appreciate their warmth and acceptance. [Catalina Spa & RV Park](#) makes coming to the Coachella Valley something we look forward to and it is by far one of the best parks in the area!