



Heathrow Country Club Aquatics & Fitness Operation

Ross Bohlken has been the Aquatics and Fitness Director at Heathrow Country Club since 1991. Ross attended East Carolina University in Greenville, NC. He is certified in the State of Florida as a licensed Swimming Pool Contractor, State Certified Swimming Pool Operator and holds several nationally recognized certifications in health and fitness.

Aquatics Facility: Heathrow Country Club boasts one of the premiere swimming pool facilities in Central Florida. Our 6 lane, 25-yd competitive swimming pool has built-in starting blocks and a 1-meter Dura Flex diving board. In addition to our family pool, Heathrow also has a separate wading pool for children less than 3 years of age.

Swimming Pool Hours: October – April, Monday through Sunday 6am – 6pm.
May – September, Monday through Friday 6am – 9pm; Saturday and Sunday 6am – 6pm

Lifeguard Staff: Although the swimming pool is open for year round swimming (not heated) our lifeguard staff is seasonal. Lifeguards are on duty Memorial Day through Labor Day.

Aquatics Programs:

Group and Private Swimming Lesson: Heathrow Country Club offers swim lessons to children ages 3 years to adults. Certified swimming instructors teach both group and private swimming lessons. Lessons begin in May and go through August.

Heathrow Stingray: Our Swim team season runs from May through July. Over seventy children ages 5 to 15 participate on our summer swim team each summer. For the past 20 years the Heathrow Stingrays have been one of the Country Club Swim League's most dominant swim teams.

Exercise Room: Our state-of-the-art Fitness Room offers the latest in exercise equipment. Fourteen Model 2ST Nautilus weight training machines, 3 Precor treadmills, 3 Precor cross-trainers, 2 Precor bikes and a Precor Cable Crossover machine, are all you need to get a fantastic workout. Additionally, we also have a Smith machine, dumbbell free weights 5lbs. to 60 lbs., and an abdominal bench.

Aerobics Room: Heathrow offers a variety of floor room exercise classes. From Yoga to our high energy Power Hour to Exercise workout classes catering to our Senior Members. Member daily rate is \$7.00, Member monthly rate is \$55.00 for unlimited classes.

Personal Trainers: Nationally Certified Fitness Trainers are available to help you get your exercise program started and continually motivate you through your workout. Personal training rates are \$50.00 per hour or \$30.00 per half-hour.

Exercise Room Hours:

Monday - Friday:	6:00am – 9:00pm.
Saturday & Sunday:	6:00am – 6:00pm.

Massage Therapy: Located at The Racquet Club, our massage therapists are scheduled on an on-call basis. To schedule your massage call the Tennis pro shop at 407-333-1475 to set up your appointment.

Swedish Massage:	\$60.00 per hour, \$35.00 ½ hour
Neuro Muscle:	\$70.00 per hour, \$40.00 ½ hour
Hot Stone/Swedish Massage:	\$85.00 per hour, \$105.00 per 1 ½ hours

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