



# Homestead Owners Association & Court Club

## March Events

Last Day of Swim Team  
Thursday, March 6

Swim Clinic with Misty Hyman

Saturday, March 8  
(pool will be closed to membership during this time)

Daylight Savings Time Begins  
Sunday, March 9

Board & DRC Meeting  
Friday, March 14 @ 9am

Spring Tennis Begins & Swim Team Begins  
Monday, March 17

Free Injury Screenings  
March 4 & 18  
5:30-6:30pm

## General Club Information

### Club Hours:

5:55am-10:00pm M-F

6:30am-10:00pm S-S

### Phone:

970-926-1067

### Fax:

970-926-4710

400 Homestead Drive

P.O. Box 808

Edwards, CO 81632

### Childcare Hours:

8:30am-noon M-F

3:00-7:00pm M-F

By Appointment Only

### Website:

Hcchoa.com

## Olympic Gold Medalist Misty Hyman Teaching Swim Clinic at Homestead Saturday, March 8



Among all her swimming achievements, Misty Hyman is perhaps best known for one defining race. At the 2000 Olympics, Misty took gold in the 200m butterfly and set an American record by defeating the Australian who hadn't lost that event in six years. "When I got up behind the blocks, I wasn't thinking about who was next to me and that it was the Olympic finals. I was just focusing on swimming," Misty said. "To actually have that breakthrough race, was incredible. I still have trouble putting it into words." We are so excited to have the opportunity to host Misty at Homestead! The Clinic will be held on Saturday, March 8, from 2:30-6:30pm with two hours of classroom time followed by two hours of time in the pool. The clinic is open to anyone over the age of 12 who can swim at least 100 yards freestyle without stopping. Misty will focus on swimming for triathletes. Price is \$100 for members and \$115 for non-members. If you would like to meet Misty and participate in the Clinic, please call or stop by the front desk. Please note: The pool will be closed to members during the clinic on Saturday, March 8.

## Court Club Remodel Update

We are moving forward with our remodel plans and want to keep you informed regarding changes, updates and closures. You will start to notice changes at the club beginning in March. We are expecting to have the remodel complete by October. Our goal is to keep as much of the Club open as possible throughout the remodel, however due to the nature of the remodel we will have to move things around a bit and make a few changes to the fitness schedule. We plan to move the majority of the Club amenities onto indoor Tennis Court #7, and plan to keep the locker rooms and pool open. Please visit our website, [www.hcchoa.com](http://www.hcchoa.com), like us on Facebook, and follow Homestead Court Club on Twitter for the latest Club updates.

## Children's Programming News

**April Break Kids Camp:** We are hosting a special session of Kids Camp on April 14-18. Children ages 5 to 12 are able to join our day camp that includes contests, games, sports and a daily trip to swim in Homestead's pool. The camp also provides academic enrichment and exercise. Camp runs from 8:30 a.m. to 5:15 p.m. Rates are \$40/day for members and \$47/day for non-members. For more information, or to register for Camp please visit [hcchoa.com](http://hcchoa.com) or call 970-926-1067 and ask to speak with Jillian.

**After School Program Reminders:** There is no program on Monday, March 17. However we still have spaces available on all other days. This fun filled program runs Monday through Friday from 3-6pm during the school year. If you would like to sign up your child, registration packets are available on our website or at the front desk.



## Homestead General Meeting Report and Election Results

This year's meeting was held on Monday, February 17th, at 7:00pm, at the Homestead Court Club. Thank you to everyone who attended and participated in the business of the Association. Two seats for the Board of Directors were up for election. There were two candidates on the official ballot and there were no additional nominations from the floor. Katie DeMore was re-elected, and Glenn Wible was elected to the Board. Board President Bobby Ladd discussed the general state of the HOA and Court Club, projects that were completed in 2013, and projects scheduled for 2014 including the remodel. Two associates from RA Nelson gave a brief presentation on the remodel plans and then answered questions from the membership.

## Eagle County Road Maintenance

We have received a lot of comments recently regarding the conditions of the roads in Homestead, as well as other areas in Edwards. Homestead roads and right-of-ways are maintained by Eagle County Road & Bridge. State highways and interstates are maintained by Colorado Department of Transportation. Please feel free to contact either entity with your comments and concerns:

Eagle County Road & Bridge  
P.O. Box 250  
Eagle, CO 81631  
Phone: 970-328-3540  
Email: [road@eaglecounty.us](mailto:road@eaglecounty.us)

CDOT-Region 3  
Maintenance Superintendent  
Phone: 970-683-6305  
Email: [dot\\_info@state.co.us](mailto:dot_info@state.co.us)

## February Board Of Directors Meeting Highlights

Our February Board of Directors and Design Review Committee Meeting was held on Friday, February 14, 2014, at 9:00am. During the DRC portion of the meeting the Gruber residence at 185 Russell Trail presented preliminary plans for new construction of a single family home. Member Input included a question on how Homestead is financing the remodel, and a question on the amount the Association has spent on legal fees for the Allen case. New Business included approval of the ballot for the 2014 Annual HOA meeting, approval of a new neighbor notification policy for DRC changes, approval of RA Nelson as the General Contractor for the remodel and approval of the broker fee agreement as part of the financing for the remodel project. Matters Pending included an informational item regarding changes to the remodel and an announcement from the nominating committee that there are two candidates running for the two Board Member openings. The meeting minutes from the meeting on January 10, 2014 were approved. The December 2013 financial report was approved by the Board. The meeting adjourned to executive session at approximately 10:40am.

Please Note: The Board will be considering a marijuana policy for Homestead's Open Space areas at the March 14, 2014 Board Meeting. Please plan to attend to give your input.

## Spring Junior Tennis Info

All Spring Junior Tennis Programs will begin the week of March 17, and will run for 9 weeks, with a break from April 14-18. The last day of kids spring programs is May 23.

**Spring Junior Clinics** You choose the days that work with your schedule!

**Mighty Mites (Ages 3-6):** Wednesdays and Fridays from 3:15-4:00pm

**Superstars (Ages 7-9):** Mondays, Wednesdays and Fridays from 4:00-5:00pm

**Intermediates (Ages 10+):** Tuesdays, Thursdays and Fridays from 4:00-5:00pm and

**Junior Elite Tennis:** Tuesdays and Thursdays from 5:00-6:00pm

**JET Gold:** Mondays, Wednesdays and Fridays from 5:00-6:00pm

Registration flyers are available at the front desk and on our website [www.hcchoa.com](http://www.hcchoa.com).

VMS High School Tennis Practice will be held every Monday, Wednesday and Friday from 5:00-6:00pm. Practice will be moved outside as soon as weather permits. If you know of anyone who is interested in participating on the high school team, please have them contact Hillary McSpadden at [hmcspadden@slifer.net](mailto:hmcspadden@slifer.net) or 970-390-7632.

*Reminder: Winter Junior Tennis Clinics are ending on Friday, March 14. New Spring Clinics begin Monday, March 17.*

## Adult Tennis Info

**Drop In Adult Clinics:**

**Tuesdays:** 3.0/3.5 Clinic from 10:45am-noon

**Wednesdays:** 4.0++ Clinic from noon-1:15pm

**Thursdays:** All Levels Stroke of the Day Clinic from 10:45am-noon

**Saturdays:** 4.0++ Clinic from 8:15-9:30am and 3.5+ Clinic from 9:30-10:45am

**Sign Up:** Please call the front desk to reserve your space for any adult clinic.

**Rates:** Member price is \$20 per clinic/Non Member price is \$35 per clinic.

## Swim Team March Session

Erinn will be hosting another session of Swim Team beginning Monday, March 17. Swimmers will practice and improve all four strokes, increase swimming endurance and have fun. Swimmers must know at least two strokes and be able to swim at least one length of the pool to join swim team. **Session Dates:** March 17th - April 10th. **Times:** Swim Team meets from 5:00-6:00pm on Mondays & Thursdays. **Prices:** Member price is \$110, Non-member price is \$150. Registration forms are available on [www.hcchoa.com](http://www.hcchoa.com) and at the Front Desk. Minimum of 5 swimmers needed to run the program.

## Fitness News

*Ashley's Power Vinyasa Yoga* class will now be held on Wednesdays from 6:05-7:05am. Start your morning by moving with breath in this invigorating Baptiste style yoga class. You will be encouraged to use your breath, to come into your body, to clear your mind and to discover your true power. Expect to sweat and challenge yourself with both movement and powerful, athletic postures!

# March Fitness Schedule



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>6:05-7:05am</b>			Spin (Amy) <b>6:05-7:05am Power Vinyasa Yoga (Ashley)</b> 6:15-7:15am Cardio Tennis*  6:30am Masters Swim (Erinn)	Sunrise Yoga (Cheryl)	Spin (Joel)	7:15-8:15am Cardio Tennis*
<b>8:30-9:30am</b>	8:30-9:05am TRX with Deana*\$	Spin/Pilates Deana & Evin*\$ (Contact Deana at 970-331-6302)	Zumba (Beth)		8:00-9:00am TRX/Pilates with Deana*\$	8:00-9:30 Intermediate Hatha Yoga (Trinity)
<b>8:30-9:45am</b>		Master's Swim (Erinn)			Master's Swim (Erinn)	
<b>9:00-10:00am</b>			Spin (Heidi)		Spin/Pilates Deana & Evin*\$ (Contact Deana at 970-331-6302)	
<b>9:15-10:15am</b>	20/20/20 (Justin)	Body Shop (Nichole)	10:00-10:30am Core (Heidi)	S.I.T (Justin)	<b>Board Meeting 3/14/2014 9:00am</b>	
<b>10:30-11:30am</b>	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)	11:00-12:00 Total Body for Moms (Lauren)	
<b>12:00-1:15pm</b>		Gentle Yoga (Sophie)				
<b>5:30-6:30pm</b>	Athletes Edge (Justin)	Spin (Joel)	Cardio Fusion (Amie)			
<b>6:35-7:35pm</b>	Power Yoga (Karlle)	Insanity (Joel)	Vinyasa/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

*\*Please call the front desk to sign up for classes with an asterisk\* Sign up policy: Homestead homeowners and their tenants may reserve their space 48 hours in advance and Non-resident members may reserve their space 24 hours in advance. Please call 970-926-1067 to sign up.*

\$ = Fee for class

New classes and/or changed classes are listed in bold



## Fitness Class Descriptions

**20/20/20** - An invigorating, fast paced fitness class that challenges your endurance. You will utilize various forms of fitness equipment totaling 20 minutes of intervals, 20 minutes of weights, and 20 minutes of core.

**ATHLETES EDGE** - Join Justin for this fast paced, high energy, strength and conditioning class!

**BODY SHOP**— Join Nichole for a full hour of weight training. This class will focus on building strength and balance while using proper form.

**CARDIO FUSION** - Join Amie for a blend of cardio, intervals, weights and core to sculpt the entire body.

**CARDIO TENNIS** — Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Cardio Tennis includes a warm-up, cardio workout, and cool down phases.

**CORE** — Join Heidi Trueblood for a invigorating 30 minute class that focuses on building core strength.

**GENTLE YOGA**—Gentle yoga is a class designed for the practitioner who is newer to yoga, recovering from an injury, or is looking for modifications to all postures. Our instructor creates a safe environment through alignment to explore your personal boundaries while building strength and flexibility. This practice excludes all inversions and extreme back-bends.

**INTERMEDIATE HATHA YOGA** - Based on traditional Hatha Yoga poses and the principals of alignment, the flowing moves encourage breath and movement synchronization. Focus is on body awareness and working within personal limits while building strength & flexibility with a calm mind.

**INSANITY** - **INSANITY™** is a cardio class, based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. You don't have to be in extreme shape— levels of each exercise are provided. Time to dig deep!

**MASTERS SWIM** - Join coach Erinn for a structured swim workout designed to help you improve your fitness or train for specific goals. Open to all levels.

**PILATES MAT CLASS** - An exercise system focused on increasing flexibility and strength for the total body without building bulk. No apparatus is used during this class.

**POWER VINYASA YOGA** – Start your morning by moving with breath in this invigorating Baptiste style yoga class. You will be encouraged to use your breath, to come into your body, to clear your mind and to discover your true power. Expect to sweat and challenge yourself with both movement and powerful, athletic postures.

**SPIN** - A cardio workout without comparison. All instructors incorporate climbing, intervals and steady state training. Guaranteed to make you sweat! Each instructor creates a different design for each class.

**S.I.T.**— “Strength and Interval Training.” Another high energy conditioning class utilizing the step, bosu, weights and intervals to keep your heart pumping!

**SUNRISE YOGA** — Welcome the new day with a flowing vinyasa class to energize the mind and the body.

**TOTAL BODY FOR MOMS** - A fun, all-levels fitness class for moms in a no-pressure environment. This innovative, comprehensive workout includes exercises from many different genres, including resistance training, circuit training, yoga, aerobics, and interval training. You can expect to leave class feeling physically energized, and mentally refreshed. *(Moms with babies age 4 weeks to pre-crawling are welcome to bring them to class where they can lounge on blankets and watch you sweat!)*

**TRX TRAINING** — The much talked about TRX is a total body suspension training system. By using your own body weight and vector angles the TRX system provides a well-rounded workout for the entire body.

**VINYASA FLOW YOGA**— In this yoga class the teacher will encourage you to synchronize your breath to the movement from one pose to the next on an inhale or an exhale. This style of yoga allows for a lot of variety, but you can expect movement, not just stretching.

**ZUMBA** — Zumba Fitness is the only Latin-inspired dance-fitness program that blends red-hot international music, and contagious steps to form a "fitness-party" that is downright addictive.



# March Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00-8:00am	Lap Swim	Lap Swim	Lap Swim 6:30am Masters Swim (Erinn)	Lap Swim	Lap Swim	6:30-8:00am Lap Swim	6:30-8:00am Lap Swim
8:30-9:45am		Master's Swim (Erinn)			Master's Swim (Erinn)		
10:00am-1:00pm							
1:00-2:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
2:00-4:00pm							
3:30-4:30pm	After School in Pool	After School in Pool	After School in Pool	After School in Pool	After School in Pool		
4:30-5:00pm							
5:00-6:00pm	Swim Team			Swim Team			
6:30-9:00pm							
9:00-10:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

**Winter Swim Team with Erinn Hoban** ~ Swimmers will practice and improve all four strokes, increase swimming endurance and have fun, with sufficient time for team building and games that will help to improve your swimmers confidence. Swimmers must know at least two strokes and be able to swim at least one length of the pool to join swim team. Swim Team meets on Mondays and Thursdays from 5:00-6:00pm.

**Session Dates:** *February 3 - March 6 (No practice on February 17-20 for spring break)  
March 17 - April 10*

**Member Prices:** Swim Team is \$110 per child/per session

**Non-Member Prices:** Swim Team is \$150 per child/per session

**Registration** forms are available at the front desk or on our website, [www.hcchoa.com](http://www.hcchoa.com).





# Winter Tennis Schedule (thru 3/14)

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:00am	High School Tennis Team	High School Tennis Team	6:15-7:15am Cardio Tennis*	High School Tennis Team	High School Tennis Team Practice	
7:15-8:15am						Cardio Tennis*
8:30-9:30am						4.0++ Level Clinic*
9:30-10:30am						3.5 Level Clinic*
10:30-11:30am						3.0 Level Clinic*
10:45-12:00pm		3.0-3.5 Level Clinic*		Stroke of the Day All Levels Clinic*		
12:00-1:15pm			4.0++ Level Clinic*			
1:15-2:30pm					Ladies 3.0+ League Play*	
3:15-4:00pm			Mighty Mites Clinic* (4-6 yr. olds)		Mighty Mites Clinic* (4-6 yr. olds)	
4:00-5:00pm	Superstar Clinic* (7-9 yr. olds)	Intermediate Clinic* (10+ yr. olds)	Superstar Clinic* (7-9 yr. olds)	Intermediate Clinic* (10+ yr. olds)	Superstar Clinic* (7-9 yr. olds) Intermediate Clinic* (10+ yr. olds)	
5:00-6:00pm	Junior Elite Tennis* (JET)	Junior Elite Tennis* (JET)	Junior Elite Tennis* (JET)	Junior Elite Tennis* (JET)	Junior Elite Tennis* (JET)	
6:00-9:00pm	Coed 4.0- League Play*		Men's 4.0- League Play*	Coed 4.5+ League Play*		

## Winter 2014 Program Dates:

January 6 - March 14

## Spring 2014 Program Dates:

March 17 - May 23



### SIGN UP POLICY FOR ADULT CLINICS

**Homestead Homeowners** and their tenants may sign up for clinics up to 48 hours in advance.

**Non-resident members** may sign up for clinics up to 24 hours in advance.

**Non-members** may sign up for clinics on the day of the clinic.

**Adult Clinic Prices:** Member rate is \$20 per clinic, Non-member rate is \$35 per clinic

**\*Advance sign up required for all tennis programs**