



Homestead Owners Association & Court Club

August Events

**August
Board & DRC Meeting**
Friday, August 8th @ 9am

**Last Day of Summer
Junior Tennis**
Friday, August 15th

Last Day of Camp
Wednesday, August 20th

**First Day of ASP & Fall
Tennis**
Monday, August 25th

**September DRC
Submittal Deadline**
Friday, August 30th @ 5pm

Labor Day
Monday, September 1st
Club Hours: 6am-5pm

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

3:00pm-7:00pm M-F

By Appointment Only

Website:

Hcchoa.com

Twitter: Homestead Court
Club @HomesteadHOA

Court Club Remodel Update

Our remodel is ongoing. Things are going well in our temporary location. You'll notice that what has come down is starting to go back up. The interior is beginning to take shape and the construction of the family locker room is underway. The painting crew has started exterior painting. Color swatches are located at the front desk if you would like to take a look! For your safety we ask that you please pay close attention to the signage and construction fencing. We are excited about the progress so far, and thank you for your continued support as we improve Homestead! Please visit our website, www.hcchoa.com, like us on Facebook (Homestead Court Club), and follow Homestead Court Club @HomesteadHOA on Twitter for the latest Club updates.

Tennis News

Summer Tennis Programs are going on now through August 15th. We still have room in all of our Junior & Adult tennis clinics for drop-ins. Registration flyers are available on our website, or at the front desk. Call the Club front desk at 970-926-1067 to sign up for Adult drop in clinics. See Eric or Kim for more information regarding any of our tennis programs.

Reminder: The last week of Summer Junior Tennis and Leagues is August 11th-15th.

Try Tennis This Fall! If you are considering trying tennis for the first time, you will be excited to know that tennis is fun, easy exercise! There are tremendous fitness and health benefits to playing tennis, both physical and mental. Tennis is not only a great way to get in shape, but it is also a great way to have fun and you can enjoy playing with your friends and family. So, why not give tennis a try this fall at Homestead? We welcome anyone ages 4+, and all ability levels to join in on this fun, lifelong sport!
Junior Tennis Groups: The Mighty Mites classes are for 4-6 year olds and will emphasize hand-eye coordination, strokes, footwork and fun. The Superstars group of 7-9 year olds will work toward developing dependable strokes, ball placement, and consistency. Teenager, High School Prep and JET group students will be placed by the tennis staff and will have advanced drills and supervised match play.

Fall Tennis Programs & Leagues: Fall Session 1 will begin the week of August 25th and will run for 8 weeks. Fall session 2 will begin the week of October 20th and will run for 8 weeks, with no programs over Thanksgiving week. Sign up today!

Fitness News

Class Changes/Cancellations in August

- Align & Flow Yoga with Cheryl has been moved to Tuesday mornings from 6:05am-7:05am. Welcome the new day with an all levels class, giving modifications and intensifications. Focusing on breaking down postures, getting into your body and letting energy flow. Cheryl also teaches on Thursday mornings at 6:05am. Try one of her classes this week!
- Body Shop with Nichole has been taken off the schedule in August.
- Holiday Reminder: All fitness classes are cancelled on Labor Day, Monday, September 1, 2014. Enjoy the holiday!



Tennis Etiquette Reminders

1. Reservations may be made up to 48 hours in advance by Homestead homeowners and their tenants, and up to 24 hours in advance by Non-Resident members.
2. Cancellations must be made at least 6 CLUB Hours in advance of the reserved time. Failure to cancel will result in a \$20 penalty fee that will be charged to your account. Please show consideration to your fellow members.
3. All players must check in at the front desk before using a court. No exceptions. If you are caught using the court without checking in you will be asked to leave the facility.
4. A reserved court becomes an open court time when not claimed within 10 minutes of the appointed time.
5. Courts must be promptly relinquished at the end of your court time. Har-tru courts must be swept 5 minutes prior to the end of your court time. Please allow adequate time for this.
6. No bikes, skateboards, scooters, dogs etc. are allowed on the courts at any time.
7. Hoppers available upon request, must be returned to front desk when finished.

HCC Party Note:

Regrettably, we have decided to not to host our End of Summer Party & BBQ this year due to the construction. We hope you have a wonderful Labor Day. We look forward to many parties in the future in our newly remodeled Club, starting with our Annual Holiday Party on Sunday, December 7, 2014.

July Board Of Directors Meeting Highlights

Our July Board of Directors and Design Review Committee Meeting was held on Friday, July 11, 2014, at 9:00am. During the DRC portion of the meeting the Redmond residence at 128 Creamery Trail received approval to install a fence, and the Homestead Valley HOA received approval to revise their plat. Additionally, seven DRC items were staff approved this month. During the Board of Directors portion of the meeting New Business included a review of the construction loan documents. Matters Pending included discussion on the Court Club Remodel. The meeting minutes from the meeting on June 13, 2014 were approved. The May 2014 financial report was approved by the Board. The meeting adjourned to executive session at approximately 9:15am.

Children's Programming News

Last Day of Summer Camp is August 20: We still have spaces available for the last few weeks of camp. Contact Jillian immediately to check availability for Clubhouse Kids Camp for children ages 5-12, or Adventure Out Camp for children ages 8-12. Registration forms are available at the Front Desk or on our website. Please make sure registration information is complete before turning it in to ensure your space is reserved.

Homestead's Action Packed After School Program concentrating on education, fitness, and creativity will begin this fall on Monday, August 25th. The ASP will meet Monday through Friday from 3:00pm-6:00pm at the Homestead Court Club and will utilize all of the great Homestead Club facilities including parks, trails, and Homestead neighborhoods. Homestead will provide transportation to the program for students at Edwards Elementary School. **PRICE:** \$17 a day for Members and \$22 a day for Non-Members. **REGISTRATION:** Registration packets are available now on our website, at the front desk, or by email request to Jillian at jillian@homesteadcourtclub.com.

Multiple Bear Sightings in Homestead

Most conflicts between bears and people are linked to careless handling of food or garbage. Bears will eat almost anything including human food, garbage, hummingbird food and pet food. Once a bear has found the easily accessible food source, it may visit regularly.

We would like to remind you of Eagle County's Wildlife Ordinance:

The Eagle County Wildlife Protection and Waste Disposal Ordinance (07-001) was passed by the Board of County Commissioners in the spring of 2007. There are two main components to the ordinance, both aimed at preventing the feeding of wildlife. The first component requires that trash remain inside a garage or other locked structure at all times, except for 6:00am - 7:00pm on trash day. The second major component requires that all trash, residential and commercial, be placed in a wildlife-resistant trash container when it is not inside.

Homestead requires all residents keep their garbage cans inside at all times except for trash day. Staff will be patrolling the neighborhood and issuing fines for violating these guidelines and the Wildlife Ordinance.



August Fitness Schedule



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am		Align & Flow Yoga (Cheryl)	Spin (Amy)	Sunrise Yoga (Cheryl)	Spin (Joel)	
7:15-8:15am						Cardio Tennis*\$ (Eric)
8:30-9:30am	8:30-9:05am TRX with Deana*\$		Zumba (Beth)			
8:30-9:45am		Master's Swim (Erinn)			Master's Swim (Erinn)	
9:15-10:15am	20/20/20 (Justin)			S.I.T (Justin)	Board Meeting 8/8/2014 9:00am	
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
12:00-1:15pm		Gentle Yoga (Sophie)				
3:30-4:30pm			Total Body for Moms (Lauren)			
5:30-6:30pm	Athletes Edge (Justin)	Spin (Joel)	Cardio Fusion (TBD)			
6:35-7:35pm	Power Yoga (Karlie)		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.

ALIGN & FLOW YOGA - All levels class, giving modifications and intensifications. Focusing on breaking down postures, getting into your body and letting energy flow.

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 backbends.

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.

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.

VINYASA/RESTORATIVE — In a calm meditative atmosphere a half hour is spent stretching with your breath. The remaining time of class is given to guided meditation while exploring the range of motion of your spine supported by bolsters in gentle poses.

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.



August Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00-8:00am	Lap Swim	Lap Swim	Lap Swim	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							
3:00-4:30pm	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool		
4:30-5:00pm							
5:00-6:00pm							
6:30-9:00pm							
9:00-10:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

Pool Rules Reminder:

1. All pool users must check in at the front desk prior to pool use.
2. There is no lifeguard on duty, swim at your own risk.
3. Children under 12 must be accompanied by a responsible person that is at least 16 years old.
4. There is no food or glass allowed in the pool area.
5. Showers are required before using the pool or hot tub.
6. No Diving!
7. No Running!



Summer Tennis Schedule (thru 8/15)

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:00am						
7:15-8:15am						Cardio Tennis*
8:30-10:00am	Coed 3.0-4.0 Tennis League*	3.0-3.5 Level Adult Clinic*		3.5-4.0 Level Adult Clinic*		8:30-9:30am 4.0++ Level Adult Clinic*
10:00-11:00am	Mighty Mites Junior Clinic*	Mighty Mites Junior Clinic*	Mighty Mites Junior Clinic*	Mighty Mites Junior Clinic*		9:30-10:30am 3.5 Level Adult Clinic*
11:00am-noon	Superstars Junior Clinic*	Superstars Junior Clinic*	Superstars Junior Clinic* 11:30am-1:00pm 4.0++ Level Adult Clinic*	Superstars Junior Clinic*		10:30-11:30am 3.0 Level Adult Clinic*
1:00-2:30pm	Intermediate Junior Clinic*	Intermediate Junior Clinic*	Intermediate Junior Clinic*	Intermediate Junior Clinic*		
2:30-4:00pm	High School Tennis Clinic*	JET Tennis Clinic*	High School Tennis Clinic*	JET Tennis Clinic*		
1:00-4:00pm	Tennis Camp*	Tennis Camp*	Tennis Camp*	Tennis Camp*		
5:30-7:00pm						
7:00-8:30pm						
8:30-10:00pm						

Summer 2014 Program Dates:

June 2 - August 15

Fall 2014 Program Dates:

Session 1: August 25 - October 17

Session 2: October 20 - December 19 (no programs November 24-28)



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**