



Homestead Owners Association & Court Club

September Events

Labor Day
Monday, September 1st
Club Hours:
5:55am-5:00pm
No Fitness Programs
No After School Program
Childcare Closed

September Board & DRC Meeting
Friday, September 12th @ 9:00am

October DRC Submittal Deadline
Friday, September 26th @ 5:00pm

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

Note to Residents Regarding Trailer & Garbage Can Storage



We have recently received many complaints of improper storage of trailers and garbage cans in the neighborhood. We would like to remind all residents that there is no trailer, camper, or garbage can storage allowed on driveways, lots, or Homestead Streets. These items must be stored inside your garage. We will be patrolling the neighborhood regularly and notifying owners of any violations. If you need to temporarily park a trailer for loading and/or unloading purposes for 24 hours or less please contact Tracy Erickson at the Club. To read more about our policies please visit our website, www.hcchoa.com, and click on the document page.

Swim Lessons with Amy Klunzinger

We are excited to introduce our new swim instructor Amy Klunzinger! Amy grew up swimming for the Detroit Yacht Club swim team for 10 years, and then coached and lifeguarded on and off for the past several years. She has a strong passion for swimming and teaching and coaching others in this sport. She has a Deep Water Lifeguard/CPR/AED/First Aid certification through the American Lifeguard Association. She also has been teaching Spin and Fitness classes for the past eight years. Amy greatly enjoys fitness and wellness and also loves to hike, bike, ski, run, float the rivers, travel and have fun! She will be doing her 4th triathlon this Fall in September. Amy is available to teach both adult and children's private, semi-private and group lessons. Please contact the Front Desk for more information, or to schedule lesson with Amy.

Tennis News

Sign up today for Fall Tennis Programs! Junior Fall Session 1 begins the week of August 25th, and will run for 8 weeks. Junior Fall session 2 will begin the week of October 20th, and will run for 8 weeks, with no programs over Thanksgiving week. Leagues and Adult Programs run for 16 weeks beginning on August 25th, with no programs over Thanksgiving week. We offer tennis programs for all ages and ability levels. Sign up today!

Reminder: Court times will be changing back to 1 hour and 15 minutes beginning on Monday, August 25th.



Children's Programming

Homestead's Action Packed After School Program concentrating on education, fitness, and creativity will begin this fall on Monday, August 25th. The ASP meets 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 the Homestead pool. 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 packets are available now at the front desk and on our website, www.hcchoa.com. Please email jillian@homesteadcourtclub.com for more information.

Reminder: HCC Childcare and After School Program will be closed on Labor Day.



**Coming
November 3!**

August Board Of Directors & DRC Meeting Highlights

Our August Board of Directors and Design Review Committee Meeting was held on Friday, August 8, 2014, at 9:00am. During the DRC portion of the meeting the Dominguez residences at 587 & 592 Gold Dust presented preliminary plans to build a duplex at each location, and the Lipson residence at 243 Gold Dust was approved to install a fence. Additionally, two DRC items were staff approved this month. During Member Input discussion was held regarding recent complaints of improper storage and maintenance on homeowners property. During the Board of Directors portion of the meeting Matters Pending included discussion on the Court Club Remodel. The meeting minutes from the meeting on July 11, 2014 were approved. The June 2014 financial report was approved by the Board. The meeting adjourned to executive session at approximately 9:43am.

Fitness News

Class Changes/Cancellations in September:

- Please note all fitness classes are cancelled on Labor Day, Monday, September 1, and the Club is closing early at 5:00pm.
- Baby & Me Blast with Lauren has been taken off the fitness schedule.

Classes Coming Soon: Ski Conditioning Class and Spin & Abs with Heidi Trueblood will be back soon!

Pool Etiquette & Rule Reminders

1. All pool users must check in at the front desk.
2. There is no lifeguard on duty, swim at your own risk. We recommend that no one swim alone.
3. Children under 12 must be accompanied by a responsible person that is at least 16 years old.
4. Please do not wear street shoes or muddy shoes into the pool area.
5. Pool doors must remain closed at all times.
6. No pool parties allowed. No food or glass allowed in the pool area.
7. Proper swim attire is required in pool, infants and untrained toddlers must wear swim diapers at all times.
8. Per state law, showers are required before using the pool or hot tub.
9. No hard balls (tennis balls, etc.), large inflatables, or squirt guns allowed in pool area. No letting unregistered guests into the pool area through the emergency exit doors. No interfering with lap swimmers. No flipping, diving, roughhousing, running, or pushing others into the pool.
10. Penalties for misbehavior will be strictly enforced, at the discretion of ANY Homestead Employee. Penalties include removal from the building, suspension from the Club for a limited period of time, or permanent expulsion from the Club. In cases where vandalism or damage has occurred, the police will be called, and charges pressed. We will expect to be reimbursed for any expenses for repair, etc.
11. In the event of lightning, pool users must exit the pool and wait 20 minutes after the last lightning sighting before re-entering the pool.
12. Lap Swim is time specifically designated for lap swimming only. Anyone in the pool must be swimming laps.
13. Lap Swim Hours are: Monday-Friday: 6am-8am, 1-2pm, 9-10pm, and Saturday-Sunday: 6:30am-8:00am, and 9-10pm. No lap swim on holidays or school breaks.
14. Thank you for abiding by our pool rules!

September 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 9/12/2014 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						
5:30-6:30pm	Athletes Edge (Justin)	Spin (Joel)	Cardio Fusion (Amie)			
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.



September 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		
2:00-3:30pm							
3:30-4:30pm	After School Program in Pool	After School Program in Pool	After School Program in Pool	After School Program in Pool	After School Program 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

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4. Please do not wear street shoes or muddy shoes into the pool area.
5. Pool doors must remain closed at all times.
6. No pool parties allowed. No food or glass allowed in the pool area.
7. Proper swim attire is required in pool, infants and untrained toddlers must wear swim diapers at all times.
8. Per state law, showers are required before using the pool or hot tub.
9. No hard balls (tennis balls, etc.), large inflatables, or squirt guns allowed in pool area. No letting unregistered guests into the pool area through the emergency exit doors. No interfering with lap swimmers. No flipping, diving, roughhousing, running, or pushing others into the pool.
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14. Thank you for abiding by our pool rules!



Fall Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:00am						
7:15-8:15am						Cardio Tennis*
8:15-9:30am						8:30-9:30am 4.0++ Level Adult Clinic*
9:30-10:45am						9:30-10:30am 3.5 Level Adult Clinic*
10:45am-noon		3.0-3.5 Level Adult Clinic*		3.5-4.0 Level Adult Clinic*		10:30-11:30am 3.0 Level Adult Clinic*
Noon-1:15pm			4.0++ Level Adult Clinic*			
1:15-2:30pm					Ladies 3.0-3.5 League Play*	
3:15-4:00pm			Mighty Mites Junior Clinic* (Ages 4-6)		Mighty Mites Junior Clinic* (Ages 4-6)	
4:00-5:00pm	Superstars Junior Clinic* (Ages 7-9)	Intermediate Junior Clinic* (Ages 10+)	Superstars Junior Clinic* (Ages 7-9)	Intermediate Junior Clinic* (Ages 10+)	Superstar Clinic* (Ages 7-9) Intermediate Clinic* (Ages 10+)	
5:00-6:00pm	Teenager Junior Clinic*	Junior Elite Tennis Clinic*	Teenager Junior Clinic*	Junior Elite Tennis Clinic*		
6:00-9:00pm	Ladies 3.5-4.0 League Play*	Ladies 3.0-3.5 League Play*	Men's 3.5-4.0 League Play*	Coed 4.5 + Top Gun League*		

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 \$30 per clinic