



# Homestead Owners Association & Court Club

## January Events

**New Year's Eve**  
Wednesday, December 31st  
Hours: 6am-5pm  
No fitness classes/childcare

**New Year's Day**  
Thursday, January 1st  
Hours: 8am-5pm  
No fitness classes/childcare

**Winter Break Kids Camp**  
Friday, January 2nd

**Winter Tennis Begins**  
Monday, January 5th

**No After School Program**  
Monday, January 5th &  
Monday, January 19th

**Board & DRC Meeting**  
Friday, January 9th @ 9am

## 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

Like Homestead Court  
Club on Facebook!

## Homesteads Annual Meeting

The Annual Homeowners Association Meeting will be held at the Homestead Court Club on Monday, February 16th, at 7:00pm. Information regarding the annual meeting will be sent out to all Homestead homeowners with the February newsletter. There will be a vote for two open Board seats at the meeting. If you are interested in running for the Board please attend the next Board Meeting on Friday, January 9th at 9:00am. Two community members have expressed interest in running for the Board; Bill McNamara and Alyson Leingang, their bios will be included in the February newsletter. For more information about the annual meeting contact Tracy Erickson at the Club.

## Tennis News

### Winter Tennis Clinics Begin on January 5th

There are still spaces available for Junior Clinics beginning in January. Both new and experienced players at every level can find great instruction and competition through Homestead Court Club tennis programs. Our Junior Clinics are designed specifically for the needs of junior players. An age specific breakdown of groups will help foster learning and keep your children having fun. Get your kids involved in this fun lifetime sport this winter! We also offer private and semi private lessons, adult clinics and leagues for all ability levels. If our clinic times don't work for you, you may also form your own group at a time that works for you and your friends. Talk to Eric at the Club for more information on any of our tennis programs. Sign up today!

### Tennis Guidance Group Meeting

We are looking for Homestead players of all levels to join our Tennis Guidance Group. The group will meet monthly or as needed to provide advice and counsel to Management on issues involving Homestead tennis programs. The group will also promote USTA leagues and assist with tournaments, socials and youth tennis programs. The first meeting will be held on Thursday, January 8th, at 4:00pm. Please come to the meeting or email [kim@homesteadcourtclub.com](mailto:kim@homesteadcourtclub.com) if you would like to be part of the group.

## Children's Programming News

Homestead is pleased to offer a special holiday session of all day kids camps on December 29, 30 and January 2. 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. 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, please email [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com).

**Holiday Childcare Hours:** The childcare room will be closed on December 24, 25, 31 and January 1.

**After School Program Reminders:** There will be no After School Program held on December 31, January 1, 2, 5 & 20.



## Homestead Trailer Storage Policy Reminder

We want to remind homeowners of the trailer storage policy:

*“No Lot, streets, private streets, drives or parking areas, unless specifically designated by the Association therefore, shall be used as a parking, storage, display or accommodation area for any type of house trailer, camping trailer, boat trailer, hauling trailer, boat or accessories thereto, truck larger than a 1 ton pickup truck, or any type of motor home except as a temporary expedience for loading, delivery, emergency, etc. The same shall be stored, parked or maintained wholly within a garage area of a dwelling unit with the garage door in a closed position.”*

(Architectural Standards, 2,G)

~ The Board thanks you for following the HOA guidelines

## Court Club Holiday Hours:

December 24th  
6:00am-12:00pm

December 25th  
CLOSED

December 31st  
6:00am-5:00pm

January 1st  
8:00am-5:00pm

## December Board & DRC Meeting Highlights

Our December Board of Directors and Design Review Committee Meeting was held on Friday, December 12, 2014 at 9:00am. There were no items on the agenda for the DRC portion of the meeting. In the Board Meeting, Matters Pending included discussion on the remodel and on the upcoming Board election. Two community members were present to express interest in running for the Board; Bill McNamara and Alyson Leingang. Please see note below regarding the election. The meeting minutes from the meeting on November 14, 2014 were approved. The October 2014 financial report was approved by the Board. The meeting adjourned to executive session at approximately 9:28am.

### 2015 Board Member Election

The Board would like to announce that there will be two Board Member openings for the 2015 election in February. Both current Board members will not be running again. If you are interested in running for the Board please attend the next Board Meeting on Friday, January 9, at 9:00am, or contact a member of the Nominating Committee: Erin Allen, Larry Agneberg or Dale Nelson (email [nominate@homesteadcourtclub.com](mailto:nominate@homesteadcourtclub.com)).

## Fitness News

### Winter Health Challenge

We all know the holidays are a time when we overindulge and under commit to our health. January is the perfect time of year to start fresh. Join Justin Songer (Certified Personal Trainer) and Christine Pierangeli (Certified Nutrition Therapy Practitioner) for a four week health challenge beginning in January. This four week challenge will include a fitness plan, daily health tips and recipes, group meetings and program assessments at the beginning, middle and end. The kick off meeting will be held on January 8, 2015 at 6:00pm. The four week program price is \$125 for members and \$170 for non-members. Contact [kim@homesteadcourtclub.com](mailto:kim@homesteadcourtclub.com) if you would like to join the Health Challenge!

### Welcome New Trainer, Chapin Johnson

Chapin is new to personal training but has been working out since he was sixteen. He is certified by the National Strength and Conditioning Association (NSCA-CPT) and is knowledgeable in many styles of fitness. Chapin teaches small groups, fitness classes and individual training sessions. His style focuses on functional and athletic movements that will help you achieve your goals and improve your performance in everyday activities. By providing knowledge on basic movements and techniques he hopes to build a base that will help you throughout your life and prevent future injuries. He moved to the valley in 2005 and enjoys snowboarding, mountain biking, and hiking. Whether you are training for a sport, competition or just life Chapin can help you get there. Chapin specializes functional fitness training and individual program design to help you reach your goals. Email [Justin@homesteadcourtclub.com](mailto:Justin@homesteadcourtclub.com) if you would like to schedule a session with Chapin.

### Pricing Updates for 2015

Please note Pilates and Personal Training Rates are changing effective January 1, 2015. Breakdowns for Privates, Duos, and Group Training are available at the Front Desk, or on our website, [www.hcchoa.com](http://www.hcchoa.com).

### Fitness Class Schedule Changes in January

- Yoga with Simone has been added on Tuesday mornings at 7:00am
- Amie is hosting a Strength & Conditioning Class on Wednesday evenings at 5:30pm
- Spin with Heidi Trueblood has been taken off the schedule in January

## Holiday Party Thanks

We would like to thank everyone who attended our Annual Holiday Party on December 7th. It was a huge success in the newly renovated community center. An extra special thanks goes out to Dave Perron for the wonderful music, Vail Catering Concepts for the food, WECMRD for their jumpy houses, No Bull Entertainment for bringing “the bull” and of course, Santa Claus too! The event couldn’t have been such a success without you there!

# January Fitness Schedule



	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>
<b>6:05-7:05am</b>			Spin (Amy)  6:15-7:15am Cardio Tennis* (Eric)		Spin (Joel)	
<b>7:15-8:15am</b>		<b>7:00-8:00am</b> Yoga				Cardio Tennis* (Eric)
<b>8:30-9:30am</b>			Zumba (Beth)			Level 2 Yoga (Trinity)
<b>9:00-10:00am</b>					<b>Board Meeting 1/9/2015 9:00am</b>	
<b>9:15-10:15am</b>	<b>20/20/20</b> (Justin)			S.I.T (Justin)		
<b>10:30-11:30am</b>	<b>Pilates Mat Class</b> (Deana)			<b>Pilates Mat Class</b> (Deana)		
<b>12:00-1:15pm</b>		Gentle Yoga (Sophie)				
<b>3:30-4:30pm</b>						
<b>5:30-6:30pm</b>	<b>Athletes Edge</b> (Justin)	<b>Spin</b> (Joel)	<b>Strength &amp; Conditioning</b> (Amie)			
<b>6:35-7:35pm</b>	<b>Power Yoga</b> (Karlie)		<b>Vinyasa/ Restorative Yoga</b> (Sophie)	<b>6:15-7:15pm</b> 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!

**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.

**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.

**LEVEL 2 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.

**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** – Move with your 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!

**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.



# January Pool Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>	<b>Sundays</b>
<b>6:00-8:00am</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	6:30-8:00am Lap Swim	6:30-8:00am Lap Swim
<b>8:30-9:45am</b>							
<b>10:00am-1:00pm</b>							
<b>1:00-2:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
<b>2:00-3:30pm</b>							
<b>3:30-4:30pm</b>	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		
<b>4:30-5:00pm</b>							
<b>5:00-6:00pm</b>							
<b>6:30-9:00pm</b>							
<b>9:00-10:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

## 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!



# Winter Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:15-7:00am			Cardio Tennis*			
7:15-8:15am						Cardio Tennis*
8:30-9:30am						4.0++ Level Adult Clinic*
9:30-10:30am						3.5 Level Adult Clinic*
10:30-11:30am						3.0 Level Adult Clinic*
10:45am-noon		3.0-3.5 Level Adult Clinic*		Stroke of the Day All Levels 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	Junior Elite Tennis Clinic*	Junior Elite Tennis Clinic*	Junior Elite Tennis Clinic*	Junior Elite Tennis Clinic*	Junior Elite Tennis Clinic*	
6:00-9:00pm	Coed 4.0-League Play*		Men's 4.0-League Play*	Coed 4.5 + Top Gun League*		

## Winter 2014 Program Dates:

January 5 - March 13

### **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

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

