



Homestead Owners Association & Court Club

August Events

Board & DRC Meeting
Friday, August 14th at
9:00am

**Last Day of Summer
Tennis Programs**
Friday, August 14th

**Last Day of Summer
Camp**
Wednesday, August 19th

Tennis & Brews Mixer
Friday, August 21st

**First Day of Fall Tennis &
After School Programs**
Monday, August 24th

**End of Summer Party &
BBQ**
Saturday, September 5th

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!

End of Summer Party & BBQ

Please join us on Saturday, September 5th, from 4-7pm for Homesteads Annual End Of The Summer Party & BBQ. Help us celebrate the last days of summer with a live music performance, family games, jumpy house, face painting, food & drinks, and a mechanical bull! Please plan to walk or carpool to the club if you can, as limited parking will be available.



Tennis News

Tennis & Brews Mixer

Join us on Friday, August 21st, from 6:00-8:00pm for a fun all levels tennis mixer. A social gathering will be held afterwards with food and local brews. Cost is \$25 per player. Sign-up at the front desk. Maximum of 24 players. See you there!

Fall Junior Program Registration Open

Get your junior involved in a fun lifelong sport this fall! We offer junior clinics for ages 4-18 and welcome all ability levels. This fall we are offering two 8-week sessions beginning on August 24th. You may choose to register your junior for 1-4 days per week. For days, times, and rates please visit our website, hcchoa.com, or send an email to tennis@homesteadcourtclub.com for more information.

Fall Leagues Begin August 24th

Fall leagues are beginning August 24th, and will run for 16 weeks. Club leagues are a great way to meet some other players and improve your game! Member price is only \$35 for the whole session. Register now to reserve your space. League registration forms are available on our website, hcchoa.com, or at the Front Desk.

Congratulations to Homesteads Teams who qualified for Districts:

3.0 Daytime Doubles League, 3.0 18 & Over USTA League, 3.5 Daytime Doubles League, 4.0 Daytime Doubles League, and 8.0 Mixed USTA League. Best of luck to all our teams who will be participating in Districts in Denver!

Reminder: The last day of Summer Tennis Programs is August 14th.



Thank you to everyone who joined us for the Whites & Woods Mixer on Friday, July 17th. A great time was had by all!



Like us on Facebook!

We have a new Homestead Court Club Facebook page with our new logo as the profile picture. Like us for updates on neighborhood news and events!

Fitness News

Gentle Yoga with Sophie moving to Fridays

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. Sophie creates a safe environment through alignment to explore your personal boundaries while building strength and flexibility. Join Sophie on Fridays from 12:00-1:15pm beginning on Friday, August 7th!

Children's Programming News

Last Day of Summer Camp is August 19th: 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 24th. 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.



Two Recent Mountain Lion Sightings in Homestead

We would like to inform residents of two recent reports of mountain lion sightings. One was spotted on 7/15/15 near Russell Trail and another was spotted on 7/21/15 near Spring Creek Court. Here are a few tips from Colorado Parks & Wildlife on what to do if you encounter a mountain lion:

- When you walk or hike in mountain lion country, go in groups and make plenty of noise to reduce your chances of surprising a lion. A sturdy walking stick is a good idea; it can be used to ward off a lion. Make sure children are close to you and within your sight at all times. Talk with children about lions and teach them what to do if they meet one.
- Do not approach a lion, especially one that is feeding or with kittens. Most mountain lions will try to avoid a confrontation. Give them a way to escape. Stay calm when you come upon a lion. Talk calmly yet firmly to it. Move slowly.
- Stop or back away slowly, if you can do it safely. Running may stimulate a lion's instinct to chase and attack. Face the lion and stand upright.
- Do all you can to appear larger. Raise your arms. Open your jacket if you're wearing one. If you have small children with you, protect them by picking them up so they won't panic and run.
- If the lion behaves aggressively, throw stones, branches or whatever you can get your hands on without crouching down or turning your back. Wave your arms slowly and speak firmly. What you want to do is convince the lion you are not prey and that you may in fact be a danger to the lion.
- Fight back if a lion attacks you. Lions have been driven away by prey that fights back. People have fought back with rocks, sticks, caps or jackets, garden tools and their bare hands successfully. Remain standing or try to get back up!
- For more information on mountain lions in Colorado, please visit <http://cpw.state.co.us/learn/Pages/>





August Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am		Rise, Shine and Align Yoga (Simone)			Spin (Joel)	
7:00-8:00am						
8:30-9:30am						Level 2 Yoga (Trinity)
9:00-10:00am		9:15-10:15 Yoga Sculpt (runs through 8/11)			Board Meeting 8/14/2015 9:00am	
9:15-10:15am	20/20/20 (Justin)			S.I.T (Justin)		
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
12:00-1:15pm					Gentle Yoga (Sophie)	
4:30-5:30pm						
5:30-6:30pm	Total Body Blast (Danita)	Spin (Joel)	Strength & Conditioning (Chapin)			
6:35-7:35pm	Power Yoga (Lindsey)	6:00-7:00pm Zumba (Beth)	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.*

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 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.

MASTERS SWIM - Join coach Larisa 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 – 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!

STRENGTH & CONDITIONING - Come join HCC trainer Chapin for an hour long workout incorporating free weights, kettlebells, medicine balls, and body weight exercises. This class blends movements that recruit multiple muscle groups with circuit training for a full body burn.

TOTAL BODY BLAST — This fast-paced and fun class provides a complete body workout and incorporates strengthening and toning of muscles, sustained cardio and intervals, and finishes with core work and stretching for a well-balanced total body workout!

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.

YOGA SCULPT — Yoga Sculpt is a high energy yoga class that incorporates free weights, cardio burst, and plyometrics for a full body workout! Participants will get cardio, strength training, and gains in flexibility with each class. All levels are welcome.

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
7:00-8:00am							
10:00am-1:00pm							
1:00-2:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
2:00-3:00pm							
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 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!

Summer Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:30am						
7:30-8:30am						Cardio Tennis*
8:30-10:00am		4.0 Drill & Play Clinic*		3.0-3.5 Drill & Play Clinic*		8:30-9:30am 4.0+ Drill & Play Clinic*
9:00-10:00am		Never Ever Tennis Clinic*				9:30-10:30am 3.5 Drill & Play Clinic*
10:00-11:00am	Mighty Mites Jr. Tennis Clinic* (4-6 year olds)	Mighty Mites Jr. Tennis Clinic* (4-6 year olds)	Mighty Mites Jr. Tennis Clinic* (4-6 year olds)	Mighty Mites Jr. Tennis Clinic* (4-6 year olds)	Never Ever Tennis Clinic*	10:30-11:30am 3.0 Drill & Play Clinic*
11:00am-noon	Superstars Jr. Tennis Clinic* (7-9 year olds)	Superstars Jr. Tennis Clinic* (7-9 year olds)	Superstars Jr. Tennis Clinic* (7-9 year olds)	Superstars Jr. Tennis Clinic* (7-9 year olds)		
Noon-1:15pm						
1:15-2:30pm	Junior Aces & High School Prep Tennis*	Junior Aces & High School Prep Tennis*	Junior Aces & High School Prep Tennis*	Junior Aces & High School Prep Tennis*		
2:30-4:00pm	High School Advanced & JET Tennis*	High School Advanced & JET Tennis*	High School Advanced & JET Tennis*	High School Advanced & JET Tennis*		
4:00-5:00pm	Junior Tennis Match Play	Junior Tennis Match Play	Junior Tennis Match Play	Junior Tennis Match Play		
5:00-6:00pm						
6:00-7:30pm			Coed 3.0-3.5 Drill & Play Clinic*			

Summer 2015 Program Dates:

June 1 - August 14

Fall 2015 Program Dates:

Session 1: August 24 - October 16

Session 2: October 19 - December 18 (No programs November 23-27)



SIGN UP POLICY FOR ADULT CLINICS

Homestead Homeowners and their tenants may sign up for clinics up one week in advance.

Non-resident members may sign up for clinics up to 48 hours in advance.

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

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