



# Homestead Owners Association & Court Club

## December Events

### Homesteads Holiday Party

Sunday, December 6  
Party from 5:00-8:00pm  
**Club Closing at Noon**

### Board of Directors and DRC Meeting

Friday, December 11 @ 9am

### Last Day of Swim Team

Wednesday, December 16

### Last Day of Fall Tennis

Friday, December 18

### Winter Break Kids Camp

December 21-23 and 28-30

### Winter Tennis and Swim Programs Begin

Monday, January 4

### Holiday Hours on back

## 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:

Hchoa.com

**Like Homestead Court Club on Facebook!**

## Homesteads Holiday Party

Please join us on Sunday, December 6, from 5-8pm for a festive party to celebrate the holidays! There will be live music, appetizers, drinks and a light dinner catered by Vail Catering Concepts. We will also have jumpy houses, an arts & crafts room for the children, holiday photo booth and of course Santa Claus will be making a special appearance. We hope to see you there. Party is for Homestead residents and members only please.

## Adopt A Family

Homestead will once again be "adopting" some local families in need of our help this holiday season. If you would like to donate clothing, food, or a gift to a family member please stop by or call the club to sign up.



## Annual Homeowners Association Meeting February 15, 2016

The Board would like to announce that there will be three Board Member openings at the 2016 election in February. If you are interested in running for the Board please contact a member of the Nominating Committee via email: Kent Krohlow (krohlowk@gmail.com), Larry Agneberg (larry@come2vail.com), or Glenn Wible (glenn@thepaintbucket.com). If you would like to have your bio listed in the January newsletter, please turn in a short bio to Tracy Erickson (terickson@homesteadcourtclub.com) by December 15. There will also be nominations taken from the floor at the Annual HOA Meeting. Our next Nominating Committee meeting will be held on Friday, December 11, at 10:00am.

## 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 Christine Pierangeli, Master Nutrition Therapist and Chapin Johnson, Certified Personal Trainer 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. Christine offers a whole-foods based elimination cleanse that will help you achieve your health goals. Whether you want to lose those holiday pounds, discover hidden food sensitivities or just hit the reset button on your health, this is the program for you. Chapin Johnson, trainer, augments the program with workout ideas, body composition testing and discounted individual personal training. The kick off meeting will be held on December 30, 2015 at 6:30pm, where Christine will meet you and hand out plans so you can get prepared for the challenge. The four week program price is \$199 for members and \$244 for non-members. Contact kim@homesteadcourtclub.com if you would like to join the Health Challenge!

### Class Changes/Additions in December:

- Tabata with Donna has been added on Fridays at 9:15am
- Zumba with Michelle has been added on Tuesdays at 5:30pm

## Winter Break Kids Camps

Homestead is offering a special session of all day kids camps over the holiday break. Camp is offered on December 21, 22, 23, 28, 29, and 30. 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, please visit [hcchoa.com](http://hcchoa.com) or email [jilian@homesteadcourtclub.com](mailto:jilian@homesteadcourtclub.com).

### Children's Programming Reminders:

We would like to remind you that there will be no After School Program held on December 18 through January 4, for winter break (see above for dates camp is offered during break). Childcare will be closed on December 24, 25 and January 1.

### Holiday Club Hours:

#### Homesteads Holiday Party

**Sunday, December 6**

6:30am-12:00pm

**Thursday, December 24**

5:55am-12:00pm

Childcare Closed

**Friday, December 25**

Club Closed

**Thursday, December 31**

5:55am-5:00pm

Childcare Closed

**Friday, January 1**

8:00am-5:00pm

Childcare Closed

## November Board & DRC Meeting Highlights

Our November Board & Design Review Committee Meeting was held on Friday, November 13, 2015 at 9:00am. Three items were reviewed during the DRC portion of the meeting; a preliminary submittal for new construction at 1077 Gold Dust Drive, a fence was approved at 73 Gold Dust Drive, and a preliminary submittal for an addition at 709 Edwards Village Boulevard. During the Board Meeting Member Input included a request for more signage on Homestead's trails. Matters Pending included a motion to update the staff architects pay rate, a motion to amend Homestead's Architectural Standards and Guidelines in regards to habitable space, and a motion to keep the homeowners dues level at \$105 per month for 2016. Matters Pending also included discussion on the Nominating Committee. The meeting minutes from the October 9th, 2015 meeting were approved. The financials from September 2015 were also approved. The meeting adjourned to Executive Session at approximately 10:08am.

## Winter Swim Team Info

Get your child involved in Swim Team this winter! 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 Prep prepares swimmers to join swim team. Swim Team Prep meets on Mondays and Wednesdays from 4:30-5:00pm, and Swim Team meets on Mondays and Wednesdays from 5:00-6:00pm.

### 10 Week Session:

**January 4 - March 18 (No practice February 22 or 24)**

Swim Team Prep is \$200-Members/\$300-Non Members

Swim Team is \$300-Members/\$400-Non Members

**Registration** forms are available at the front desk or on our website now.

## Tennis News

**Winter Tennis Programs & Leagues** will begin the week of January 4 and will run for 10 weeks with no programs February 22-26. Winter program and league registration flyers for junior and adult programs are available at the front desk now. We would also like to add a friendly reminder to make sure your kids arrive for class in proper tennis attire and non-marking court shoes. **Reminder:** The last day of Fall Tennis Programs is Friday, December 18.

### Platform "Paddle" Tennis

Platform tennis, or paddle, is a unique racquet sport for people of all ages and ability levels. Paddle is similar to tennis, however it also incorporates elements of racquetball and squash and is typically played in the wintertime. Homestead has two Paddle Tennis courts located in upper Homestead on Gold Dust Drive. Members must reserve a court in advance by calling the front desk. All players must stop at the Club to check in or sign our liability waiver and pay guest fee, if they are non members. We now have a key at the front desk for the courts. We will require a drivers license when you take the key. We also have demo paddles available for \$5 per paddle and have balls available for sale. Come try this fun winter sport this season with one of the following programs:

**Free Platform Clinics:** Every Monday from 10:30-noon, beginning on Monday, November 30. All levels welcome! Focus will be on stroke production, tactics unique to paddle strategy, and point play. Max 6 players. Call the front desk to sign up.

**Coed Social Paddle League:** Monday Nights from 6:00-7:30pm or 7:30-9:00pm beginning on November 30. New to Paddle? You must have had any combination of 2 lessons or clinics to participate in the League. Price is \$5 per week. Max 16 players. Sign up at the desk.

**Private and Group Lessons:** Our Paddle expert, Eric Meyer, is available for private, semi-private and group lessons. He is also running a special for anyone new to paddle: Bring 3 friends and pay only \$10 per person for your first lesson! Or sign up for a private Paddle lesson and receive a half hour tennis lesson at no charge. To take advantage of these great deals please email Eric at [emeyer@vail.net](mailto:emeyer@vail.net).



# December Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>6:05-7:05am</b>	Spin (Amy)		Morning Fitness Swim (Cass)			
<b>7:00-8:00am</b>				<b>Rise, Shine and Align Yoga (Simone)</b>		
<b>8:30-9:30am</b>						Power Yoga (Cassie)
<b>9:00-10:00am</b>					<b>Board Meeting 12/11/2015 9:00am</b>	
<b>9:15-10:15am</b>	20/20/20 (Justin)			S.I.T (Justin)	<b>Tabata (Donna)</b>	
<b>10:30-11:30am</b>	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
<b>12:00-1:15pm</b>					Gentle Yoga (Sophie)	
<b>4:30-5:30pm</b>						
<b>5:30-6:30pm</b>	Total Body Blast (Danita)	<b>Zumba (Michelle)</b>	Strength & Conditioning (Chapin)			
<b>6:35-7:35pm</b>	Power Yoga (Karlle)	Vinyasa Flow (Kady)	Vinyasa/Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

***Please note that Simone's Rise, Shine and Align Yoga has been moved to Thursday mornings beginning on 12/17/15.***

***Zumba with Michelle on Tuesdays at 5:30pm*** 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.

***Tabata with Donna on Fridays at 9:15am*** This class challenges and encourages strength, agility, cardio, and recovery. Based on functional exercise that enhances the everyday living of an active lifestyle. Emphasis is on building core and leg strength with each class.



## 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.

**MORNING FITNESS SWIM** — Work on technique and conditioning. If you just want to up your game, meet with swim buddies, or fine tune your strokes, this is the class for you!! Coach Cass provides structured workouts to motivate you and help you reach your goals.

**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 backbends.

**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 YOGA** – This powerful, energetic, playful flowing class has a strong emphasis on breath and allows beginners, intermediate and advanced students to be challenged in the same class. Expect to sweat and challenge yourself with movement and powerful, athletic postures, inventive and thoughtful sequences of sun salutations, standing and seated postures, back bending, and inversions guided by a steady breath to tone and calm the mind. Power Yoga flow will tone, strengthen and rinse your body, clear your mind and leave you with a sense of accomplishment and empowerment.

**RISE, SHINE, AND ALIGN YOGA** — Anusara alignment principles of muscular engagement and organic extension with focus on breath and vinyasa flow.

**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!

**SKI & SNOWBOARD CONDITIONING** — Strength training is combined with speed work, plyometrics, and agility training, to develop power and endurance for the ski season. This class will get progressively harder as the weeks go on!

**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.

**TABATA** — A class that challenges and encourages strength, agility, cardio, and recovery. Based on functional exercise that enhances the everyday living of an active lifestyle. Emphasis is on building core and leg strength with each class.

**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!

**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.



# December Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<b>6:00-8:00am</b>	Lap Swim	Lap Swim	Morning Fitness Swim (Cass)	Lap Swim	Lap Swim	6:30-8:00am Lap Swim	6:30-8:00am Lap Swim
<b>7:00-8:00am</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>	Swim Team Prep		Swim Team Prep				
<b>5:00-6:00pm</b>	Swim Team		Swim Team				
<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

## New Swim Instructor

We would like to welcome our newest swim instructor to the Homestead staff. Coach Cass Jones has been teaching and coaching for more than 20 years. She is a USA level 3 coach. She has coached and instructed all ages and ability levels from infants to octogenarians! Her passion is to enhance lives through swimming. Cass is available now for private, semi-private, and group lessons, and will also be coaching our swim team and adult fitness swim class beginning in November. Adult Fitness Swim will be held on Wednesdays at 6:05am. Swim Team registration forms are available on our website and at the front desk. Contact Cass to schedule swim lessons: 336-407-2901, coachcassj@gmail.com.

### **Fall Swim Team Information:**

Dates: 11/2 - 12/16 (No practice over Thanksgiving week)

Swim Team Prep will meet on Mondays and Wednesdays from 4:30-5:00pm

Swim Team will meet on Mondays and Wednesdays from 5:00-6:00pm

Homesteads Swim Team is a non competitive program designed to help young swimmers practice and improve on their strokes, increase swimming endurance, and most of all have fun! Pricing and registration is available on our website, hcchoa.com, or at the front desk.

### **Winter Swim Team Information:**

#### **10 Week Session:**

**January 4 - March 18 (No practice February 22 or 24)**

Swim Team Prep is \$200-Members/\$300-Non Members

Swim Team is \$300-Members/\$400-Non Members

# Fall Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>7:30-8:30am</b>			6:30-7:30am			Cardio Tennis*
<b>8:30-9:30am</b>		Cardio Tennis*				4.0++ Drill & Play Clinic*
<b>9:30-10:30am</b>						3.5 Drill & Play Clinic*
<b>10:30-Noon</b>				3.0 Drill & Play*	Stroke of the Day* (All levels)	<b>10:30-11:30am</b> 3.0 Drill & Play Clinic*
<b>Noon-1:30pm</b>	Never Ever Tennis Clinic*		4.0 Drill & Play*	3.5-4.0 Drill & Play		
<b>1:00-2:30pm</b>					<b>12:30-1:00pm</b> League Warm Up* Coed 3.0+ League*	
<b>3:30-4:00pm</b>	Mighty Mites* (4-6 year olds)	Mighty Mites* (4-6 year olds)	Mighty Mites* (4-6 year olds)	Mighty Mites* (4-6 year olds)		
<b>3:30-4:30pm</b>		Superstars* (7-9 year olds)		Superstars* (7-9 year olds)		
<b>4:00-4:30pm</b>		Mighty Mites* (4-6 year olds)		Mighty Mites* (4-6 year olds)		
<b>4:00-5:00pm</b>	Superstars* (7-9 year olds)  Jr. Aces* (10+ year olds)  High School Prep (12+ years old)	Jr. Aces* (10+ year olds)  High School Prep (12+ years old)	Superstars* (7-9 year olds)  Jr. Aces* (10+ year olds)  High School Prep (12+ years old)	Jr. Aces* (10+ year olds)  High School Prep (12+ years old)		
<b>5:00-6:00pm</b>	High School Advanced and JET Tennis*	High School Advanced and JET Tennis*	High School Advanced and JET Tennis*	High School Advanced and JET Tennis*		
<b>6:00-9:00</b>	Coed 4.0- League*	6:00-7:30pm 3.5-4.0 Drill & Play*	Men's 4.0- League*	Coed 4.5+ League*		

## Fall 2015 Program Dates:

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

## Winter 2016 Program Dates:

January 4 - March 18 (No programs February 22-26)

Winter tennis program registration is available at the front desk and on our website now!

