



Homestead Owners Association & Court Club

May Events

Community Clean Up
Saturday, May 7th

Board & DRC Meeting
Friday, May 13th @ 9am

Free Jr. Tennis Clinic
Saturday, May 14th

Spring Paddle Social
Saturday, May 21st

Last Day of Spring Tennis Programs
Friday, May 20th

Pool Area Closed
May 22nd-29th

Memorial Day
Monday, May 30th
No After School Program
No Group Fitness Classes
Childcare Closed

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!

Children's Programming News

Homestead Summer Camp 2016

Join us for 12 weeks of summer fun! Our kid-approved camps add up to a summer of discovery and fun. Participants will enjoy a wide variety of activities that include: yoga, arts and crafts, show and tell, parks, hikes, special events, leadership development, positive social interaction, sports, teamwork activities, and so much more! Included in the cost is an afternoon snack and art supplies. Tennis is also offered Mondays through Thursdays at a special rate for our campers. Camp is open Monday through Friday from 8:30am-5:15pm, beginning on Tuesday, May 31st. **Registration** packets are available on our website, hcchoa.com. Contact jillian@homesteadcourtclub.com for more information on any of our camps. Register now to ensure your child's space!

Memorial Day Closures

The Childcare Room and After School Program will be closed on Monday, May 30th.

Reminder

The last day of HCC After School Program is Thursday, May 26th.



Tennis News

Free Junior Tennis Clinic on Saturday, May 14th

Just sign up your kids and who knows, a little fun could lead to a passion for the game! Our pros are ready to teach your children the basics of the sport, challenge them with drills, and of course have a blast! We hope you will join us for this fun filled event! Clinic will be held from 10:00-11:30am, followed by pizza party from 11:30-12:00pm. Please pick up your children at noon. Open to ages 4-15. Parent or guardian must accompany child to complete on-site registration process. All playing levels welcome. Loaner tennis racquets will be provided if needed. Clinic will be held indoors in case of inclement weather. Call the front desk to reserve your space!

Summer Tennis Programs Begin Tuesday, May 31st. Sign up now!

This summer we are offering new morning clinic times for Juniors: Mighty Mites (Ages 4-6) is offered from 9:00-9:30am Monday—Thursday Superstars (Ages 7-9) is offered from 9:30-10:30am Monday—Thursday Junior Aces, HS Prep, and HS Advanced are offered from 10:30am-12:00pm M-Th Match Play is offered from 12:00-1:00pm Monday—Thursday Registration forms are available at the front desk and at hcchoa.com now! Summer Adult Clinic information will be available at the front desk and on our website beginning May 1st. See Tom for more information on Summer Tennis Programs.

Spring Paddle Tennis Social

Join Eric Meyer for a fun paddle social on Saturday, May 21st, from 1:00-4:00pm. Price is \$10 per player. Call the front desk to sign up! See Eric for more information.

USTA Junior Challenger Tennis Tournament

Sign up now for this great Junior Tournament that will be held at Homestead June 10th-12th, 2016. Registration is open now at www.USTA.com for ages 10-16. See Tom for more details.

Spring Clinics Ending

Reminder—The last day of Spring Junior Tennis Clinics & Spring Tennis Leagues is Friday, May 20th.



Mark Your Calendar for a Community Clean Up Day

Love where you live, and help us make Homestead look beautiful this Spring! We are planning to have a Community Clean Up Day on Saturday, May 7th. Volunteers can pick up trash bags at the Club on Friday, May 6th or in the morning on Saturday, May 7th. Homestead Staff will pick up bags along Homestead streets on Saturday afternoon. We hope you will participate and keep our community looking the best that it can. If you have any questions please email kim@homesteadcourtclub.com or call 970-926-1067.

Pool, Hot Tub and Steam Room Closed for Annual Maintenance

Please note the entire pool area, including hot tub, steam room, and pool will be closed for annual cleaning and maintenance May 22nd-29th. The pool area, hot tub and steam room will reopen on Monday, May 30th. Please excuse our mess as we work to improve the Homestead Court Club!

April Board & DRC Meeting Highlights

Our April Board & Design Review Committee Meeting was held on Friday, April 8th, 2016 at 9:00am. During the DRC portion of the meeting two items were seen for review, a remodel at 463 Edwards Village Boulevard was approved, and a second floor addition at the same residence was seen for a preliminary review. During the Board Meeting the meeting minutes from the March 11th, 2016 meeting were approved. The financials from February 2016 were also approved. The meeting adjourned at approximately 9:55am.

Fitness News

Welcome New Personal Trainer Hannah Ellison

Hannah Ellison is a native to Homestead, growing up as an athlete and developing her love for fitness and health. She started her personal training career in 2015 and has been working full-time in Denver gym for the last three years. Hannah has worked with a variety of clients in helping them to obtain their personal goals. Besides individual personal training, Hannah also does small group training and teaches group fitness classes. She pays close attention to her client's form and technique. Her training sessions have purpose and focus on achieving maximum results in a safe manner. If you are looking for an enjoyable workout experience with a trainer who is positive and creative with every session, Hannah is your person. Her passion for fitness shows in her workouts which are intense yet fun. Hannah's other interests include weight lifting, hiking, beach volleyball, and tennis. Contact Justin Songer if you would like to schedule a training session with Hannah.

Chapin's Small Group Training

Join Chapin on Fridays from 5:30pm-6:30pm for a challenging, no nonsense small group training experience. Get together a group of 4 or more friends or sign up for a spot at the front desk. The purpose of the class is the following: Learn how to perform Olympic lifts, increase 1RM in power lifts, train % of 1RM, learn technique for muscle ups, handstand push-ups, and various other exercises, finish class with a couple high intensity circuits with heavier weights. Price: \$15 per day or buy a 5 pack for \$50. For more information contact Chapin at 317-694-6712.

Class Changes/Cancellations in May:

Missy Lacy will be taking over Donna's Tabata Class on Fridays at 9:15am in May.

HIIT with Donna on Tuesdays at 9:15am has been cancelled for May.

Memorial Day Reminder All Group Fitness Classes are cancelled on Memorial Day, Monday, May 30th. We hope you get outside and enjoy the holiday!

Summer Swim Team

Summer Swim Session Info: This summer we have a 10 week Swim Team and Swim Team Prep program that is offered one to four days per week with optional Swim Meets in June and July. You choose the days that work for your schedule! Summer programs begin June 6th.

Swim Team Prep: Swim Team Prep is offered on Mondays and Wednesdays from 4:30-5:00pm and on Thursdays and Fridays from 8:00-8:30am.

Swim Team: Swim Team is offered on Mondays and Wednesdays from 5:00-6:00pm and on Thursdays and Fridays from 8:30-9:30am.

Sign Up: Registration flyers are available at the front desk or on our website, www.hcchoa.com. Please contact Coach Cass at 336-407-2901 or via email at coachcassj@gmail.com if you have any questions regarding Swim Team or would like to schedule lessons with Cass.



May Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am	Spin* (Amy)	Get Lifted (Hannah)	Morning Fitness Swim (Cass)		Get Lifted (Hannah)	
7:00-8:00am				Rise, Shine and Align Yoga (Simone)		
8:30-9:30am						Power Yoga (Cassie)
9:00-10:00am					Board Meeting 5/13/2016 9:00am	
9:15-10:15am	20/20/20 (Justin)			S.I.T (Justin)	Tabata (Missy)	
10:30-11:30am	Pilates Mat Class (Deana)	10:30-11:45am Gentle Yoga (Terry)		Pilates Mat Class (Deana)		
12:00-1:15pm					Gentle Yoga (Sophie)	
4:30-5:30pm						
5:30-6:30pm	Total Body Blast (Danita)	Zumba (Michelle) Spin* (Yvonne)	Strength & Conditioning (Chapin)			
6:35-7:35pm	Power Yoga (Karlie)	Vinyasa Flow (Kady)	Vinyasa/Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

***Sign up required for classes with an asterisk**

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Hannah Ellison is a native to Homestead, growing up as an athlete and developing her love for fitness and health. She started her personal training career in 2015 and has been working full-time in Denver gym for the last three years. Hannah has worked with a variety of clients in helping them to obtain their personal goals.

Besides individual personal training, Hannah also does small group training and teaches group fitness classes. She pays close attention to her client's form and technique. Her training sessions have purpose and focus on achieving maximum results in a safe manner. If you are looking for an enjoyable workout experience with a trainer who is positive and creative with every session, Hannah is your person. Her passion for fitness shows in her workouts which are intense yet fun. Hannah's other interests include weight lifting, hiking, beach volleyball, and tennis. Contact Justin Songer if you would like to schedule a training session with Hannah.

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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 back-bends.

GET LIFTED – Get Lifted is a new fitness class that will use a combination of plyometric exercises and lifting weights, keeping the heart rate up for an all around fat burning work out!

HIIT – High Intensity Interval Training with Donna is a class focusing on building strength and incorporating cardio. Try it on Tuesdays at 9:15am!

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!

STRENGTH & CONDITIONING - This class incorporates 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.



May Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00-8:00am	Lap Swim	Lap Swim	Morning Fitness Swim (Cass)	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		
2:00-3:30pm							
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	Swim Team Prep		Swim Team Prep				
5:00-6:00pm	Swim Team		Swim Team				
6:30-9:00pm							
9:00-10:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

Spring Swim Team

8 Week Session:
March 21—May 18 (No practice April 25-29)

Summer Swim Team

10 Week Session:
June 6—August 19 (No practice July 4-8)

Summer Swim Session Info: This summer we have a 10 week Swim Team and Swim Team Prep program that is offered one to four days per week with optional Swim Meets in June and July. You choose the days that work for your schedule! Summer programs begin June 6th.

Swim Team Prep: Swim Team Prep is offered on Mondays and Wednesdays from 4:30-5:00pm and on Thursdays and Fridays from 8:00-8:30am.

Swim Team: Swim Team is offered on Mondays and Wednesdays from 5:00-6:00pm and on Thursdays and Fridays from 8:30-9:30am.

Sign Up: Registration flyers are available at the front desk or on our website, www.hcchoa.com. Please contact Coach Cass at 336-407-2901 or via email at coachcassj@gmail.com if you have any questions regarding Swim Team or would like to schedule lessons with Cass.

Spring Tennis Schedule

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

Spring 2016 Program Dates:

March 21 - May 19 (No programs April 25-29)

Summer 2016 Program Dates:

May 31 - August 12 **Sign up now!!**

