



Homestead Owners Association & Court Club

July Events

Sunday, July 3rd
Club Closing at 5:00pm

Independence Day
Monday, July 4th
Club Hours: 5:55am-5:00pm
*No Tennis Programs
*No Fitness Classes
*No Kids Camp or Childcare

Board & DRC Meeting
Friday, July 8th @ 9am

Whites & Woods Tennis Mixer
Friday, July 8th @ 6pm

Vail Valley Adult Tennis Tournament
July 29th-31st

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!

Family Fun Night ~ July 21

Please join us on Thursday, July 21st, from 6:30-8:00pm for a night of outdoor activities including a giant slide, waterslide, bouncy gym, and more. We will be serving refreshments and cupcakes. Don't forget to bring your swimsuit and a towel! Please note the entire pool area will be closed for the evening.

Fitness News

Class Changes/Cancellations in July:

All Fitness classes are cancelled on July 4th.

Brittany will be taking over Karlie's Power Yoga Class on Mondays at 6:35pm in June and July while Karlie is away.

Joel will be taking over Yvonne's Spin Class on Tuesday's at 5:30pm during July.

Hannah is now offering small group fitness training. This will consist of outdoor workouts with weights, endurance, cardio, and personable one-on-one supervision for perfecting form and getting you to your best fitness abilities. Grab a friend and give it a try! 4 people minimum and 6 people maximum, please. Sign up at the front desk or contact Hannah Ellison for more details: 970-331-1900 or email volleyball6_15@hotmail.com.

Summer Tennis News

Whites & Woods Tennis Mixer July 8th, from 6:00-8:00pm

We are going old school with this mixer! Players must wear traditional whites and are encouraged to play with a wooden racquet for a portion of the event. Bring a dish to pass and we will provide the drinks! Doubles round robin format (20 minute rounds). All adult levels welcome. \$10 per player. Call the front desk to sign up. Space is limited to 24 players max.

Vail Valley Adult Tennis Tournament, July 29th-31st

We hope you will join us for this fun weekend of tennis at Homestead! This USTA tournament is open to 3.0-4.5 level players in singles, doubles, and mixed doubles. Register now at www.USTA.com or stop by the front desk to pick up a registration flyer. See Tom Ewert for more information on this awesome tournament.

Summer Tennis Programs are going on now through August 12th

We still have room in all of our junior clinics for ages 4+ and all ability levels. Get your junior involved in this fun lifelong sport!
Our Adult Tennis Clinics continue through the summer and include cardio tennis, 30 minute footwork, stroke of the day and drill and play clinics. For more information on days, times, and rates please stop by the front desk or visit our website hcchoa.com.

HCC Children's Policy Reminders

- All children under the age of 12 must be supervised by an adult at all times. An adult is considered 16 or older. If your child is under 12 and in a Homestead Program, please drop them off and pick them up with the instructor.
- All children over the age of 12 must have their own membership number to enter the club by themselves. (If you have a child over the age of 12 and they do not have a membership number please fill out a membership change form, which is available on our website, hcchoa.com)
- Children over the age of 12 are allowed to use the following club amenities without parental supervision: pool, hot tub, racquetball court and tennis courts.
- Children over the age of 12 can use the weight room and cardiovascular area once they have been certified by Justin Songer, Fitness Director.
- Children may **not** add individuals to the guest list. A parent must call or come in to sign up guests.
- All Eagle County resident guests must pay the \$5 children's guest fee.
- If you have any additional questions about Homestead's Children's Policies please refer to our Membership Guidelines.
- Homestead does not allow pool parties of any kind.

June Board & DRC Meeting Highlights

Our June Board & Design Review Committee Meeting was held on Friday, June 10th, 2016 at 9:00am. During the DRC portion of the meeting no items were seen. During the Board Meeting New Business included further discussions of the West End Development project. Rick Plyman gave a presentation and answered questions on the impacts to Homestead. The meeting minutes from the May 13th, 2016 meeting were approved. The financials from April 2016 were also approved. The meeting adjourned at approximately 9:40am.

Children's Programming News

After School Program 2016/2017 Registration Will Be Available July 11th.

Homestead's action packed after school program concentrating on education, fitness, and creativity will begin this fall on August 22nd, 2016. 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 will be available at the front desk, or on our website, www.hcchoa.com, beginning on Monday, July 11th. Email jillian@homesteadcourtclub.com for more information.

Reminder: Kids Camp and Childcare are closed on Monday, July 4th.

Get your children involved in a Homestead Camp this summer! Contact Jillian immediately to register for our exciting kids camp. There is still room available in the Clubhouse Kids Camp for children ages 5-12. 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. Sign up today!



Spraying for Noxious Weeds This Month



Per State Law, Homestead staff will be spraying the open space areas for noxious weeds this month. Areas that have been treated for weeds will be dyed blue for a few days. Please keep children and pets away from the areas that are blue. Homestead will also be marking the areas with yellow flags. If you have any questions about the weed spraying please contact Tracy at the Club. Please note that Homestead does not spray for dandelions in open space or turf areas, as they are not listed as noxious weeds.

Note To Owners With Noxious Weeds:

Please be sure to treat your lawn or lot for noxious weeds this summer, per Homestead Regulations. If you have any questions or comments, please feel free to give us a call at 926-1067.



July 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 7/8/2016 9:00am	
9:15-10:15am	20/20/20 (Justin)	HITT (Donna)		S.I.T (Justin)	HITT (Donna)	
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* (Joel)	Strength & Conditioning (Chapin)			
6:35-7:35pm	Power Yoga (Brittany)	Vinyasa Flow (Kady)	Vinyasa/Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

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

Open Gym Orientation with Justin Songer ~ Wednesdays at 5:00pm

Don't be intimidated by the gym! This free orientation will help you feel comfortable using all the equipment at Homestead. Join Fitness Director Justin Songer to get an overview of our weight room and cardio area and ask any questions you may have. He will also be giving out Weight Room Certifications to children between the ages of 12-16 during this time. Please sign up at the Front Desk. Or email Justin@homesteadcourtclub.com for more info.

All Fitness classes are cancelled on July 4th.



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.



July 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
8:00-8:30am				Swim Team Prep	Swim Team Prep		
8:30-9:30am				Swim Team	Swim Team		
1:00-2:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
2:00-3:30pm							
3:30-4:30pm	Kids Camp Program in Pool	Kids Camp Program in Pool	Kids Camp Program in Pool	Kids Camp Program in Pool	Kids Camp 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

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.

Summer Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
7:30-8:30am	8:00-8:30am League Warm Up*					Cardio Tennis* (Eric)
8:30-10:00am	Coed 3.0+ Daytime League*					4.0+ Drill & Play Clinic* (Eric)
9:00-9:30am	Mighty Mites* (4-6 year olds) Tennis Footwork* (Laura)	Mighty Mites* (4-6 year olds)	Mighty Mites* (4-6 year olds)	Mighty Mites* (4-6 year olds)		
9:30-10:30am	Superstars* (7-9 year olds)	Superstars* (7-9 year olds)	Superstars* (7-9 year olds)	Superstars* (7-9 year olds)		10:00-11:30am 3.0-3.5 Drill & Play Clinic* (Eric)
10:30-Noon	Junior Aces* HS Prep* HS Advanced* 3.5-4.0 Drill & Play* (Laura)	Junior Aces* HS Prep* HS Advanced* 10:00-11:00am Cardio Tennis* (Laura)	Junior Aces* HS Prep* HS Advanced*	Junior Aces* HS Prep* HS Advanced*		
11:00-Noon		Tennis Stroke of the Day* (Laura)	11:30-12:00pm Tennis Footwork* (Laura)	3.0-3.5 Drill & Play* (Laura)		
Noon-1:30pm						
1:30-3:00pm						
3:00-4:30pm						
4:30-6:00pm						
6:00-7:30pm	3.0 Drill & Play* (Tom)	3.5-4.0 Drill & Play* (Tom)	Men's 4.0- League*			
7:30-9:00pm			Men's 4.0- League*			

Summer 2016 Program Dates:

May 31-August 12

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

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

