



# Homestead Owners Association & Court Club

## November Events

### Daylight Savings Time Ends

Sunday, November 6

### Board of Directors and DRC Meeting

Friday, November 11 @ 9am

### Thanksgiving Break Clubhouse Kids Camp

November 21-23  
8:30am-5:15pm

### Happy Thanksgiving

Thursday, November 24

**CLUB HOURS:** 6am -12pm

Burn The Bird 9:00am

**Childcare Closed**

**Reminders:** No Tennis or Swim programs Nov. 21-25  
No ASP/Camp/Childcare on November 24-25

## 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!**

## November Tennis News

**Touchdown Tennis Mixer:** Join our tennis staff for this fun tennis event. Wear something that represents your favorite NFL football team. Players will vote and awards will be handed out for: MVP, most offensive player, most defensive player, biggest hit, and most mixer spirit! Bring your favorite appetizer to pass. Friday, November 11, from 6:00-8:00pm on Homestead's indoor tennis courts. Price is \$15 per player and space is limited to 12 players. Sign-up at the front desk.



### **Congratulations to Homesteads USTA Leagues that made it to Districts!**

3.0 Team: 18 and Over League, Daytime Doubles, Summer Daytime & Twilight

3.5 Team: 40 and Over League

4.0 Ladies Team: 40 and Over League, Summer Daytime & Daytime Doubles

4.0 Mens Team: 18 and Over

Mixed 8.5 Team

Homestead is proud of you for your outstanding league season! Congratulations once again and we look forward to seeing you all on the courts this Fall!

**Reminder:** There will be no junior programs, tennis clinics, or tennis leagues over Thanksgiving week, November 21-25.

## Fitness News

### **Ski Conditioning Party**

Lets all get excited for the 2016-2017 ski/snowboard season! Join us for a ski/snowboard film screening following the final Ski Conditioning class on Wednesday, November 30, at 6:45pm. We will be screening a ski film and serving beverages after class. We hope you will join us to kick off the season! Please sign up at the front desk.



### **Burn The Bird on Thanksgiving Day**

This special fitness class will be held Thanksgiving Day, November 24, from 9:00-10:15am. Come in for a killer workout before you feast! This will be the only fitness class held on Thanksgiving day. Sign up is required. Sign up policy: Homestead owners & their tenants may sign up 48 hours in advance, Non-Resident members may sign up 24 hours in advance and Non-members may sign up the day of the class.

### **Class Changes/Cancellations for November**

- New Spin Class on Thursday evenings from 5:30-6:30pm with Yvonne
- Tabata with Yvonne has been cancelled for November

Save  
the  
Date

Homestead's Annual  
Holiday Party  
Sunday, December 4  
4:00-7:00pm  
We hope to see you  
there!

### Holiday Hours:

**Thanksgiving Day**  
Thursday, November 24  
5:55am-12:00pm  
Childcare Closed

**Sunday, December 4**  
Club Hours 6:30am-12:00pm  
Holiday Party from 4:00-  
7:00pm

**Christmas Eve**  
Saturday, December 24  
6:30am-12:00pm

**Christmas Day**  
Sunday, December 25  
Club Closed

**New Years Eve**  
Saturday, December 31  
6:30am-5:00pm

**New Years Day**  
Sunday, January 1  
8:00am-5:00pm



Click facebook link on our website  
[www.hcchoa.com](http://www.hcchoa.com)

## October Board & DRC Meeting Highlights

Our October Design Review Committee Meeting was held on Friday, October 14th, 2016 at 9:00am. During the DRC portion of the meeting four DRC applications were approved: a fence at 152 Remington Trail, a fence and landscaping at 1077 Gold Dust Drive, a hot tub and landscaping at 63 Lindsey Trail, and window wells at 709 Edwards Village Boulevard. New Business included discussion on the Montessori School space lease, 2017 budget, and the nominating committee. The Board approved a 5 year lease extension for the Montessori school. Tracy Erickson is proposing for the 2017 homeowner dues level to remain the same. The meeting minutes from the September 9th, 2016 meeting were approved. The August 2016 financial report was also approved by the Board. The Directors Report included discussion on the possibility of adjusting Homestead's guidelines to help homeowners with wildfire mitigation on their property. Please see note below for more information on this topic. The meeting adjourned to executive session at approximately 10:28am.

### *Proposed Changes to Architectural Standards & Guidelines*

At the December meeting the DRC will receive recommendations from our architectural consultant on possible changes to our Architectural Standards and Guidelines. The Board would like to make these changes to aid homeowners in the approval process through Homesteads DRC to obtain RealFire certification and complete wildfire mitigation measures on your property. We invite you to attend the upcoming DRC meetings in November and December to participate in the conversation.

## Children's Programming News

**Holiday Break Kids Camp:** Homestead is offering a special session of all day kids camp on November 21-23 for children ages 5 to 12. 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 or to register, please visit [www.hcchoa.com](http://www.hcchoa.com) or by email request to Jillian at [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com).

**November Closures:** Please note that our After School Program/Kids Camp/Childcare programs are closed on November 24-25. We hope you have a wonderful holiday weekend!



## Design Review Committee Reminder

We have recently received notification of some projects throughout the neighborhood that have been completed without approval from Homestead's DRC. We encourage our owners to make improvements to their property, however we ask that you please keep in mind that Homestead has a Design Review Committee in place to help maintain the quality of our neighborhood. It's function is to evaluate and approve plans for all exterior changes including landscaping, repairs and remodeling (such as painting, decks, fences, tree trimming, roof replacement, hot tubs, etc.) to ensure compliance with our covenants and guidelines. The purpose of this committee is to protect our scenic environment and maintain property values. All modifications to the exterior of your property must be submitted to the DRC for approval before any work begins. DRC Application Forms for Changes and Remodels/Additions are available at the front desk, or on our website, [www.hcchoa.com](http://www.hcchoa.com). Please feel free to contact Tracy Erickson if you have any questions regarding the application and approval process. We thank you for your compliance and help in keeping Homestead looking great! ~ Homestead Design Review Committee



# November Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>6:05-7:05am</b>	Spin* (Amy)	Get Lifted (Hannah)	Morning Fitness Swim (Cass)		Get Lifted (Hannah)	
<b>7:00-8:00am</b>				Rise, Shine and Align Yoga (Simone)		
<b>8:30-9:30am</b>						Power Yoga (Cassie)
<b>9:00-10:00am</b>				<b>Burn the Bird on 11/24/16* 9:00-10:15am</b>	<b>Board Meeting 10/14/2016 9:00am</b>	
<b>9:15-10:15am</b>	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)	HITT (Donna)	
<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>	Ski/Snowboard Conditioning* (Danita)	Spin* (Joel) Zumba (Michelle)	Ski/Snowboard Conditioning* (Chapin)	<b>Spin* (Yvonne)</b>		
<b>6:35-7:35pm</b>	Power Yoga (Karlie)	Vinyasa Flow (Kady)	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.

**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.

**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 Fridays 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.

**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!

**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.

**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.



# November 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	Morning Fitness Swim (Cass)	Lap Swim	Lap Swim	6:30-8:00am Lap Swim	6:30-8:00am Lap Swim
<b>8:30-9:30am</b>							
<b>10:00am-1:00pm</b>							
<b>1:00-2:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
<b>2:00-3:00pm</b>							
<b>3:30-4:30pm</b>	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp 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

## Fall Swim Programs

**Fall Swim Team and Swim Team Prep Session 2** with coach Cass Jones is going on now. Swim Team Prep is offered on Mondays and Wednesdays from 4:30-5:00pm. Swim Team is offered on Mondays and Wednesdays from 5:00-6:00pm. Registration forms are available on our website, [hcchoa.com](http://hcchoa.com), and at the front desk.

**Private, semi-private and small group lessons.** Whether you're an adult, have a young child, a beginner learning to swim, or you're an experienced swimmer training for competition, Coach Cass can help you reach your goals in the pool. Cass focuses on your specific needs and goals to maximize your learning experience. Enjoy the convenience of planning lessons around your schedule too! Contact Coach Cass at 336-407-2901 or email her at [coachcassj@gmail.com](mailto:coachcassj@gmail.com) if you have any questions or would like to schedule a lesson.

# Fall Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:15-7:15am			Cardio Tennis*			
7:30-8:30am						Cardio Tennis*
8:00-8:30am		Tennis Footwork*				
8:30-10:00am		8:30-9:30am Cardio Tennis*				3.5/4.0 Drill & Play Clinic*
9:30-11:00am					Stroke of the Day*	
10:30-11:30am	Never Ever Clinic*			10:30-Noon 3.0/3.5 Drill & Play*	11:00-Noon 2.5/3.0 Drill & Play*	10:00-11:30am 3.0/3.5 Drill & Play Clinic*
Noon-1:30pm			4.0 Drill & Play*		12:45-1:15pm League Warm Up*	
3:30-4:00pm	Mighty Mites* (Ages 4-6)	Mighty Mites* (Ages 4-6)	Mighty Mites* (Ages 4-6)	Mighty Mites* (Ages 4-6)	1:15-2:30pm Coed 3.0+ League*	
3:30-4:30pm		Superstars* (Ages 7-9)		Superstars* (Ages 7-9)		
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)		
4:30-5:00pm		Mighty Mites* (Ages 4-6)		Mighty Mites* (Ages 4-6)		
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*		
6:00-9:00pm	Coed 4.0- League*	6:00-7:30pm 3.5/4.0 Drill & Play Clinic*	Mens 4.0- League*	Coed 4.5+ League*		

## Fall 2016 Program Dates:

Session 1: August 22-Oct. 14

Session 2: Oct. 17-Dec. 16 (No programs Nov. 21-25)

Advance sign up is required for all tennis programs. Please call the front desk to reserve space for all Adult Clinics. Junior Clinic registration flyers are available at the front desk or on our website, [www.hcchoa.com](http://www.hcchoa.com).

## 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.