



## Homestead Owners Association & Court Club

### January Events

#### **New Year's Eve**

Saturday, December 31st  
Club Hours: 6:30am-5:00pm  
**No group fitness classes**

#### **New Year's Day**

Sunday, January 1  
Club Hours: 8:00am-5:00pm

#### **Winter Tennis & Swim Programs Begin**

Monday, January 2

#### **HCC Winter Health Challenge Begins**

Monday, January 2

#### **BOD and DRC Meeting**

Friday, January 13 @ 9am

#### **10 & Under Practice Tournament**

Friday, January 20  
4:00-5:30pm

### 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!**

## Homesteads Annual Meeting

The Annual Homeowners Association Meeting will be held at the Homestead Court Club on Monday, February 20th, at 7:00pm. Information regarding the annual meeting will be sent out to all Homestead homeowners with the February newsletter. Candidate bios are on the back page.

## No Parking on Homestead Streets & Right of Ways

We have recently had complaints of residents and guests parking on Homestead Streets. We would like to remind all residents that there is no parking allowed on Homestead Streets or on Eagle County Right of Ways. In most cases the first 15 feet from the curb is Eagle County Right of Way. All vehicles must be parked on a hard surface driveway. This is especially important during winter months to allow Eagle County to complete safe snow removal. We have asked the Eagle County Sheriff to patrol our streets and ticket any vehicles parked on the streets or in the County right of ways. Also, please note that Homestead does not allow trailers to be parked in driveways, except for temporary loading and unloading. If you need to temporarily park a trailer in your driveway, please contact Tracy Erickson at the club.

## Tennis News

### **Winter Tennis Programs & Leagues Begin on January 2**

Our Winter Tennis Leagues and Junior Tennis Clinics begin on Monday, January 2nd. Winter tennis program dates are January 2th—March 17th, with no programs the week of February 13th-17th. Registration forms are available at the front desk, or on our website, [www.hcchoa.com](http://www.hcchoa.com). Sign up today, or see Tom for more information.

### **10 & Under Practice Tournament**

We are hosting a special 10 and under practice tournament on January 20th, from 4:00-5:30pm. Open to Superstars level players. The tennis pros will be on court helping players learn scoring and tennis etiquette. This is a fun and social environment for kids to learn how to play matches. Round robin format and continuous match play. Kids will be playing on the 10 and under nets. Price is \$10 for 1.5 hours of play. Sign up now at the front desk. Contact Tom for more information.

## Winter Swim Team Info

Homestead's Swim Team and Swim Team Prep are a fun and non-competitive way for swimmers to practice and improve all four strokes, increase swimming endurance and get some exercise, with sufficient time for team building and games that will help to improve your swimmers confidence. To join Swim Team, swimmers must know at least two strokes and be able to swim at least one length of the pool. Swim Team Prep is open to younger swimmers that are interested in joining swim team in the future. 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. The 10 week session begins on Monday, January 2. **Registration forms** are available at the front desk or on our website now. Email Cass at [coachcassj@gmail.com](mailto:coachcassj@gmail.com) for more information!

## December Board & DRC Meeting Highlights

Our December Board & Design Review Committee Meeting was held on Friday, December 9th, 2016 at 9:00am. One item was reviewed during the DRC portion of the meeting, a proposal to install a hot tub at 197 Remington Trail was approved. During the Board Meeting, New Business included a motion to approve the capital and reserve contributions for 2015. Matters Pending included an update from the nominating committee (see candidate bios below), a update on the West End Development and the Architectural Standards and Guidelines discussion was tabled. The meeting minutes from the November 11th, 2016 meeting were approved. The financials from October 2016 were also approved. The meeting adjourned to Executive Session at approximately 9:26am.

## Annual Meeting & Board Election February 20, 2017

There will be a vote for two open Board seats at the meeting. Bios of interested candidates are below.

### ***Katie DeMore***

My name is Katie DeMore. I have lived in the valley for 13 years and Homestead for the last 10 years. My husband and I have always loved this community and are coming to appreciate all the unique opportunities for families that Homestead offers now that we are raising two kids here. I am a CPA and also have a software development background. I have served on the board for six years and have been the Treasurer for all six of those years. In those six years I have learned so much about the place that we live and I am proud to say that I contributed to some great improvements to our community as part of a fantastic team, specifically the additional Open Space and the Court Club remodel. I would like to be considered for another term as I continue to be enthusiastic about working to make our neighborhood the best it can be for all of our residents.

### ***Jim Pyke***

Jim moved to the Vail Valley as a young child in 1969. He left for several years to attend college but returned in 1992 after receiving a mathematics degree from the University of Colorado, Boulder. He first moved to Homestead in 1999 and lived there for 8 years with his wife and children before moving to Eagle Ranch. He eventually moved back to Homestead in 2014 and has a passion for the community. He and his family are active users of the Club and would like to see the facilities progress and improve to meet the needs of the homeowners. As sole owner of a business technology management and consulting practice, he works with a wide range of customers from local emergency districts to large real estate developments and golf resorts throughout the United States. Jim has a great deal of experience in the club industry which can be beneficial to his contributions as a board member. As a husband and father of three children, Jim has enjoyed over ten years of coaching youth sports, including skiing, football, and basketball. Jim is active in the local schools and has also served on other boards in the past, including Vail Board of Realtors, Vail Multi-List and Stone Creek School Board.

## Holiday Party Thanks

We would like to thank everyone who attended our Annual Holiday Party on December 4th. An extra special thanks goes out to Dave Perron for the wonderful music, Vail Catering Concepts for the food, No Bull Entertainment for bringing "the bull" and photo booth, and of course, Santa Claus too! The event couldn't have been such a success without you there!

### **Holiday Club Hours:**

**Saturday, December 31**

6:30am-5:00pm  
(No fitness classes)

**Sunday, January 1**

8:00am-5:00pm

## After School Program News

We have room in our 2017 After School Program and are excited to announce that we now pick up from the Stone Creek Charter School as well as Edwards Elementary School. We are also offering a 10 punch card that may be purchased in advance for your convenience. If you are interested in learning more about our program or enrolling your child, please email [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com). Please note there is no After School Program on January 2 or 16.

## Winter Health Challenge

January is a great time to hit the reset button on your health, and this plan will help you start off the new year right! Our annual Winter Health Challenge begins on Monday, January 2nd. In this challenge Christine Pierangeli, Master Nutrition Therapist, and Chapin Johnson, Certified Personal Trainer, will lead you through a four week health challenge including a whole foods elimination diet, fitness plan, daily health tips and recipes, group meetings and support. The kick off meeting will be held on Thursday, December 29th, 2016 at 6:30pm at the Club, where you will meet Christine and Chapin, and you will receive challenge plans so you can get prepared for the start of the challenge on January 2nd. 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, will also offer discounted individual personal training for program participants. The four week program price \$169 for individuals or \$280 for couples who are members and \$214 for non-members. Contact [Kim@homesteadcourtclub.com](mailto:Kim@homesteadcourtclub.com) for more information, or to join the Health Challenge!





# January Fitness Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>
<b>6:05-7:05am</b>	Spin* (Amy)	Get Lifted (Hannah)	Morning Fitness Swim (Cass)		Get Lifted (Hannah)	
<b>7:00-8:00am</b>						
<b>8:30-9:30am</b>						Power Yoga (Simone)
<b>9:00-10:00am</b>					<b>Board Meeting 1/13/2016 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>	Total Body Blast (Danita)	Spin* (Joel) Zumba (Michelle)	Strength & Conditioning (Chapin)	Spin* (Yvonne)		
<b>6:35-7:35pm</b>	Power Yoga (Karlle)	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.

**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.



# January 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>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

## Winter Swim Programs

**Winter Swim Team and Swim Team Prep** with coach Cass Jones begins on Monday, January 2. 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.

# Winter 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*		12:30-1:00pm 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)	1:00-2:30pm 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)	Superstars* (7-9 year olds)  Jr. Aces* (10+ year olds)	
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*		

## Winter 2017 Program Dates:

January 2 - March 17 (no programs February 13-17)

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.