



# Homestead Owners Association & Court Club

## April Events

**Board & DRC Meeting**  
Friday, April 14th @ 9am

**Easter Party**  
Saturday, April 15th  
10:00am-12:00pm

**Spring Break Kids Camp**  
April 17th-21st  
8:30am-5:15pm

**No Tennis or Swim Programs**  
April 17th-21st

**VMS Tennis Matches at Homestead**  
April 11th @ 4:00pm  
vs. Cedaredge  
April 25th @ 1:00pm  
vs. Basalt and @ 3:30pm  
vs. Glenwood Springs  
April 29th @ 11:00am  
vs. Cortez

## **General Club Information**

### Club Hours:

5:55am-10:00pm M-F  
6:30am-10:00pm S-S

### Phone:

970-926-1067

### Address:

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

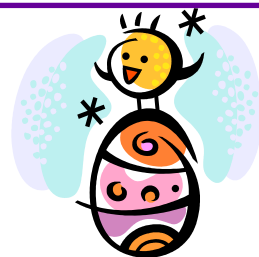
### Website:

Hchoa.com

**Like Homestead Court Club on Facebook!**

## **Homestead's Annual Easter Party**

Please join us on Saturday, April 15th, from 10am-12pm, for a fun filled Easter party including an Easter egg hunt for ages 1-9, arts & crafts, coffee, pastries and, of course, a visit from the Easter Bunny! We hope to see you there. Don't forget to bring your Easter baskets! Party is for Homestead residents and members only please.



## **Tennis News**

**Spring Tennis Programs & Leagues** began on Monday, March 20th, and run through May 19th. It's not too late to sign up! Registration forms are available at the front desk, or on our website, hchoa.com. Email tennis@homesteadcourtclub.com for more information.

**Summer Tennis Programs:** Summer tennis programs begin on Tuesday, May 30th. Registration packets will be available at the front desk and online beginning April 1st.

**USTA Leagues** We are looking for people to participate in Homestead's USTA leagues this summer. If you like team play, you will love playing on the USTA league. Match play is based on the NTRP rating system so you will play with and against players of a similar abilities. Whether new to the game or a former player, there's a spot for you! USTA Leagues also offer you and your teammates a chance to advance from local play to USTA National League Championships. Email tennis@homesteadcourtclub.com for more information or to join a team!

**VMS High School Girls Tennis** will be hosting three tennis matches at Homestead during April. Their first home match will be held Tuesday, April 11th, versus Cedaredge at 4:00pm. Their second home match will be held on Tuesday, April 25th, versus Basalt and Glenwood Springs at 1:00pm and 3:30pm. Their last home match of the season will be held on Saturday, April 29th, versus Cortez at 11:00am. Please check the tennis bulletin board for updates. This is a great program being offered for all high school girls in the valley so come out and show your support. The Tennis Team would like to thank Homestead for providing the facilities, courts and coaches that allow this program to continue to grow!

**Now Carrying Wilson Kaos & Rush Pro 2.5 Tennis Shoes in Homestead's Pro Shop!** We carry Men's sizes 9-11 and Women's sizes 7-9, and are also able to special order different sizes and colors. Special orders will arrive in about a week.

## **Spring Swim Programs**

**Spring Swim Team and Swim Team Prep are going on now.** There are still spaces available in both programs. Cass welcomes swimmers of any age as long as they are able to swim continuously for at least one length of the pool. Swim Team meets on Mondays and Wednesdays from 5:00-6:00pm. Swim Team Prep meets on Mondays and Wednesdays from 4:30-5:00pm. Registration flyers are available at the front desk or on our website, www.hchoa.com. Please contact Coach Cass via email at coachcassj@gmail.com if you have any questions or need additional information regarding swim team.



## April Children's Programming News

### Spring Break Kids Camp

We are hosting a special session of Kids Camp on April 17th-21st. Camp runs from 8:30 a.m. to 5:15 p.m. Minimum of 4 children per day. Advanced registration is required. Registration packets are available at the front desk, or on our website, [www.hcchoa.com](http://www.hcchoa.com). Contact [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com) for more information.

### Homestead Summer Camp 2017 Begins May 30th

Homestead Clubhouse Kids Camp is an action packed summer camp with a different theme each week. Themes this summer include prehistoric times, mad scientist, gravity/space, Colorado wildlife, back to the future, kid life hacks, and more. Children will participate in a wide variety of daily activities surrounding the weekly theme including: swimming, arts and crafts, science experiments, show and tell, outdoor activities, fitness and yoga classes, special events, leadership development, positive social interaction, and teamwork games. Additionally, professional tennis and swim instruction is available weekly for campers to add on to their summer experience. Advanced registration is required. For more information on Homestead's Kids Camp and to register, visit [www.hcchoa.com](http://www.hcchoa.com), email [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com), or call 970-926-1067, and ask to speak with Jillian Labbe, Children's Programming Director.

## March Board & DRC Meeting Highlights

Our March Board & Design Review Committee Meeting was held on Friday, March 10th, 2017 at 9:00am. During the DRC portion of the meeting one preliminary proposal was seen for a new single family residence at 30 Fremont. This item was tabled and will be on the agenda for the April DRC Meeting. During the Board Meeting, New Business included appointing the Board of Directors to the DRC, electing Director Allen as the Board President, Director Portman as Vice President, and Director DeMore as Secretary/Treasurer. New Business also included appointing 2018 nominating committee. Matters Pending included a presentation from the Eagle River Fire Protection District on the latest plans for the new construction of a fire station on tract K in lower Homestead. Please visit our website, [www.hcchoa.com](http://www.hcchoa.com), for more information and plans. The meeting minutes from the February 10th, 2017 meeting were approved. The financials from January 2017 were approved. The meeting adjourned at approximately 10:33am.

## Fitness News

**Reshape Your Body And Mind with Homestead Trainer Nichole Kellerman**  
Exercise and food will never look and feel the same. You can exercise your heart out, but if you aren't putting quality foods into your body, and eating them correctly you won't lose a pound. In this 6 week class I'll not only lead you through a 30 minute fun (and super effective workout) but you'll also learn how to eat for your body. You could be eating all the "right foods" but if they are not what your body needs you could be doing more damage than good. I'll teach you exactly how to tune into your body needs. This special class is offered on Thursdays 5:00pm or Saturdays at 9:30am beginning on Thursday, April 27th. Member price is \$199 for the session, \$289 for Non-members. Call the front desk to reserve your space.

**New 30 Minute Weightlifting Form Workshop with Hannah Ellison**  
Join Hannah on Tuesdays from 12:00-12:30pm to perfect your weightlifting form. Hannah will focus on two different movements each Tuesday. If you are recovering from an injury, are new to weightlifting, or just want some tips to make sure you are using the correct form, this is the class for you! Class price is \$10 per week for members and is limited to 8 participants. Advanced sign up is required. Please contact the front desk to reserve your space.

**April Fitness Schedule Changes:** Yvonne's Spin has been taken off the schedule.

## Property Maintenance Reminder

Residents of Homestead are being reminded to maintain their properties in accordance with the Homestead Covenants, Conditions, and Restrictions. Keeping your property well maintained is important for you and your neighborhood. Good housekeeping and maintenance practices keep property values at a higher level and limit health and safety hazards, in addition to a better quality of life. Homestead guidelines state:

*"Each Lot at all times shall be kept in clean, sightly and wholesome condition. No trash, litter, junk, boxes, containers, bottles, cans, implements, machinery, lumber or other building materials shall be permitted to remain exposed upon any Lots so that same are visible from any neighboring Lot or street, except as necessary during the period of construction."*

We would like to remind you that now is a great time to do a spring cleaning of your property. If, in our travels, we see that some maintenance is needed on your property, we will notify you of our observations. Our goal is to establish a dialog with you that will insure your property is brought into compliance in a timely manner, serving both the Association's needs and your own. For those of you who are planning exterior work, please remember that any landscaping/exterior changes and/or improvements must be applied for and approved by the DRC. If you have any questions or comments, please feel free to give us a call at 926-1067. ~Homestead DRC



# April 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)			Get Lifted (Hannah)	
<b>7:00-8:00am</b>			Morning Fitness Swim (Cass)			
<b>8:30-9:30am</b>						Power Yoga (Simone)
<b>9:30-10:30am</b>					<b>Board Meeting 4/14/2017 9:00am</b>	<b>Reshape Your Body &amp; Mind* (Nichole)</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>		<b>12:00-12:30pm Form Workshop* (Hannah)</b>			Gentle Yoga (Sophie)	
<b>4:30-5:30pm</b>						
<b>5:30-6:30pm</b>	Total Body Blast (Danita)	Zumba (Michelle) Spin* (Joel)	Strength & Conditioning (Chapin)	<b>5:00-6:00pm Reshape Your Body &amp; Mind* (Nichole)</b>		
<b>6:35-7:35pm</b>	Power Yoga (Karlie)	Vinyasa Flow (Kady)	Vinyasa/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

*\*Advanced sign up required for classes with an asterisk\**

*\$ Fee for classes with a dollar sign \$*

## **Reshape Your Body And Mind with Nichole Kellerman**

Exercise and food will never look and feel the same. You can exercise your heart out, but if you aren't putting quality foods into your body, and eating them correctly you won't lose a pound. In this 6 week class I'll not only lead you through a 30 minute fun (and super effective workout) but you'll also learn how to eat for your body. You could be eating all the "right foods" but if they are not what your body needs you could be doing more damage than good. I'll teach you exactly how to tune into your body needs. This special class is offered on Thursdays 5:00pm or Saturdays at 9:30am beginning on Thursday, April 27th. Member price is \$199 for the session, \$289 for Non-members. Call the front desk to reserve your space.

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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 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.



# April Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<b>6:00-8:00am</b>	Lap Swim	Lap Swim	7:00am 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

## Spring Swim Programs

**Spring Swim Team and Swim Team Prep are going on now.** There are still spaces available in both programs. Cass welcomes swimmers of any age as long as they are able to swim continuously for at least one length of the pool. Swim Team meets on Mondays and Wednesdays from 5:00-6:00pm. Swim Team Prep meets on Mondays and Wednesdays from 4:30-5:00pm. Registration flyers are available at the front desk or on our website, [www.hcchoa.com](http://www.hcchoa.com). Please contact Coach Cass via email at [coachcassj@gmail.com](mailto:coachcassj@gmail.com) if you have any questions or need additional information regarding swim team.



# Spring 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*		

## Spring 2017 Program Dates:

March 20—May 19 (no programs April 17-21)

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.