



# Homestead Owners Association & Court Club

## April Events

**Summer Camp  
Registration Available  
Beginning April 2**

**Nutrition Series:  
Cancer Prevention  
April 10 @ 5:30pm**

**Board & DRC Meeting  
Friday, April 13 @ 9am**

**Last Day of Swim Team  
Wednesday, April 18**

**Spring Break Kids Camp  
April 23-27**

**No Junior Tennis  
April 23-27**

**Spring Swim Programs  
Begin  
Monday, April 30**

## **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-6:00pm M-F

By Appointment Only

Website:

Hechoa.com

## **April Fitness News**



### **Nutrition Series with Christine Pierangeli Cancer Prevention on April 10 at 5:30pm**

This month Christine Pierangeli, certified master nutrition therapist, will discuss nutrition for cancer prevention. This one hour discussion will focus on prevention by supporting natural detoxification, incorporating cancer fighting nutrients, eating super foods and she will also give healthy lifestyle tips. Christine will take questions and provide a healthy recipe using ingredients for cancer prevention for you to try out at home. This class is free for Homestead members. We hope you will join us this month to learn a little more about cancer prevention!

**New 45 minute Yoga Sculpt Class from 8:30-9:15am on Tuesdays** with Terry Copeland, beginning on Tuesday, April 3. Yoga Sculpt is a high energy yoga class that incorporates free weights, bands and power poses for a full body workout! Participants will get cardio, strength training, and gains in flexibility with each class. All levels are welcome as modifications are always offered and students are encouraged to take it at their own pace and to choose their intensity level. This class is extremely fun, upbeat and a fantastic workout!

**New Spin/HIIT class from 9:15-10:15am on Wednesdays** with Aaron, beginning on Wednesday, April 4. Join Aaron for 30 minutes of spin followed by 30 minutes of high intensity interval training that combines fun and hard work into every work out. Challenge yourself to be a better athlete with structured classes to help you succeed!

### **Other Fitness Schedule changes for April:**

- Endah's Tuesday evening Zumba class has been taken off the schedule.
- Aaron's Wednesday evening Spin class has been moved to 5:30pm beginning on Wednesday, April 4.
- Aaron's Wednesday Spin/HIIT class at noon has been taken off the schedule.

## **Spring Swim Programs**

The next swim session begins on Monday, April 30, and will run for 3 weeks. 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. 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 Prep, swimmers must be able to swim at least one length of the pool unassisted. To join Swim Team, swimmers must know at least two strokes. **Registration forms** are available at the front desk or on our website now. Email Aimee at [aimee@homesteadcourtclub.com](mailto:aimee@homesteadcourtclub.com) for more information!



## Spring Break Kids Camp April 23-27

Camp runs from 8:30am to 5:15pm Monday—Friday. Advanced registration is required by April 20. For more information on Homestead's Kids Camp, 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.

## Homestead Summer Camp Begins June 4th

Homestead clubhouse is proud to present a continuing theme that resonates in all camp weeks this summer: nature exploration. This summer we will focus on encouraging creative thinking rather than providing answers, assist campers in developing problem solving skills and self sufficiency, and ultimately encourage a much deeper level of learning. Theme weeks this summer will include: Aviation, Animal Kingdom's Devoted Dads, Natural Arts, Geology, America the Beautiful, Science is Magic, Nature Detectives, Wild West, Hydrology, 5 Senses in Nature, and more. Field trips and special guests will include: Alpine Arts, Fossil Posse, Tony G, Markos Pizza, Walking Mountains and more. Additionally, professional tennis and swim instruction is available weekly for campers to add on to their summer experience. Registration packets will be available beginning April 2.

## Homestead Owners Association & Court Club

### March Board & DRC Meeting Highlights

Our March board & design review committee meeting was held on Friday, March 9, 2018 at 9:00am. During the DRC meeting one preliminary submittal was seen for new construction at 20 Remington Trail. During the board meeting the board heard member input regarding speeding and the possibility of placing a radar sign in the neighborhood. New Business included appointing the Board of Directors to the DRC, electing Director Allen as the Board President, Director Drummet as Vice President, and Director DeMore as Secretary/Treasurer. New Business also included appointing the 2019 nominating committee. Matters Pending included an update on the Eagle River Fire Protection District construction progress. The meeting minutes from the February 9, 2018 meeting were approved. The financials from January 2018 were approved. The meeting adjourned at approximately 9:37am.

### April Tennis News

**Spring Tennis Programs & Leagues** began on Monday, March 19, and run through May 27. There are still spaces available in some groups. Registration forms are available at the front desk, or on our website. Email [kim@homesteadcourtclub.com](mailto:kim@homesteadcourtclub.com) for more information.

**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 [kim@homesteadcourtclub.com](mailto:kim@homesteadcourtclub.com) for more information or to join a team!

**VMS High School Girls Tennis News** The girls team started out their season with a tournament in Steamboat on March 9-10. VMS took third place. Next up they traveled to Longmont on March 14 for their first match outdoors, which was very helpful for the rest of the season. The girls lost 0-7 to an experienced Denver team. The tennis team would like to thank Homestead for providing the facilities, courts and coaches that allow this program to grow. Homestead's newest tennis pro, Malachy Coyne, is Assistant Coach under Head Coach and Homestead Pro, Hillary McSpadden. The team sincerely appreciates the support of Homestead! Weather permitting, VMS home matches will be March 30 vs Delta, April 4 vs Glenwood and April 18 vs Basalt. Hope to see you there to cheer us on!

**Summer Tennis Programs will begin on Monday, June 4.** See the May newsletter for more information.

**Save the Date for our Free Junior Tennis Clinic on Saturday, May 19!**



### CDOT Open House April 17 for Highway 6 Roundabout Construction

CDOT will be hosting an Open House to show plans for the Edwards intersection roundabout and pedestrian improvements. The Open House will be held on April 17, from 4:00-6:00pm at Miller Ranch Community Center. CDOT will be sending press releases closer to the date, which we will post to our website. We hope you can make it to the open house to see the plans.



# April Fitness Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>	<b>Sundays</b>
<b>6:05-7:05am</b>		Get Lifted (Hannah)			Get Lifted (Hannah)		
<b>8:30-9:30am</b>		<b>8:30-9:15am Yoga Sculpt (Terry)</b>				Yoga (Sophie)	
<b>9:15-10:15am</b>	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)	<b>Spin/HIIT (Aaron)</b>	S.I.T (Justin)	<b>Board Meeting 4/13/18 9:00am</b>		
<b>10:30-11:30am</b>	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)			
<b>12:00-1:15pm</b>					Gentle Yoga (Sophie)		
<b>5:30-6:30pm</b>	Lift the Barre (Hannah)	Spin* (Joel)	Spin* (Aaron)  Strength & Conditioning (Chapin)				Reset & Restore Yoga (Karlie)
<b>6:35-7:35pm</b>	Power Yoga (Karlie)	<b>Nutrition Series Cancer Prevention 4/10/18 5:30pm</b>	Vinyasa/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)			

## **Nutrition Series with Christine Pierangeli Cancer Prevention on April 10 at 5:30pm**

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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.

**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!

**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.

**RESET & RESTORE YOGA** — In this class, Karlie will teach 30 minutes of power yoga, followed by 30 minutes of restorative yoga. The perfect way to end your weekend!

**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.

**SPIN/HIIT** — Take a break in your day to join Aaron for 30 minutes of spin followed by 30 minutes of high intensity interval training that combines fun and hard work into every work out. Challenge yourself to be a year round athlete with structured classes to help you succeed!

**S.I.T.**— “**Strength and Interval Training.**” Another high energy conditioning class utilizing the step, bo-su, 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.

**LIFT THE BARRE** — This fast-paced and fun class provides a complete body workout and incorporates strengthening and toning of muscles, sustained cardio and intervals, barre work, 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.



# March Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<b>6:00-8:00am</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	6:30-8:00am Lap Swim	6:30-8:00am Lap Swim
<b>8:00am-9:30am</b>							
<b>9:30am-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>	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		
<b>4:30-5:00pm</b>	Swim Team Prep*		Swim Team Prep*				
<b>5:00-6:00pm</b>	Swim Team*		Swim Team*				
<b>6:00-9:45pm</b>							

### Pool Room Hours:

Monday-Friday: 5:55am-9:45pm

Saturday/Sunday: 6:30am-9:45pm

### Lap Swim Hours:

Monday-Friday: 6:00am-8:00am and 1:00-2:00pm

Saturday/Sunday: 6:30am-8:00am

**No Lap Swim on School Breaks or Holidays**



## Spring Swim Programs

The next swim session begins on Monday, April 30, and will run for 3 weeks. 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. 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 Prep, swimmers must be able to swim at least one length of the pool unassisted. To join Swim Team, swimmers must know at least two strokes.

**Registration forms** are available at the front desk or on our website now. Email Aimee at [aimee@homesteadcourtclub.com](mailto:aimee@homesteadcourtclub.com) for more information!

# Winter Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:15-7:15am			Cardio Tennis*				
7:30-8:30am						Cardio Tennis*	
8:00-8:30am							
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*		10:00-11:30am 3.0/3.5 Drill & Play Clinic*	
Noon-1:30pm					12:30-1:00pm League Warm Up*		2:00-3:00pm Superstars* (7-9 year olds)
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*		3:00-4:00pm Jr. Aces* (10+ year olds)
3:30-4:30pm		Superstars* (Ages 7-9)		Superstars* (Ages 7-9)			3:00-4:00pm High School Prep* (12+ 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)	Superstars* (7-9 year olds)  Jr. Aces* (10+ year olds)  High School Prep* (12+ years old)		4:00-5:30pm 3.0/3.5 Drill & Play*
4:30-5:00pm		Mighty Mites* (Ages 4-6)		Mighty Mites* (Ages 4-6)			5:30-7:00pm High School Advanced*
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 Program Dates

**March 19 - May 27 (no junior programs April 23-29)**

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).