



Homestead Owners Association & Court Club

June Events

Summer Tennis, Swim & Kids Camp Begin
Monday, June 4

Board & DRC Meeting
Friday, June 8 @ 9am

**Nutrition Series:
Athlete Nutrition**
Tuesday, June 12 @
5:30pm

**Junior Challenger
Tennis Tournament**
Saturday, June 16
(Make up day June 17)

Ice Cream Social
Thursday, June 21

**Summer Tennis
Kickoff Party**
Friday, June 29
6:00-8:00pm

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:

Hcchoa.com



Ice Cream Social ~ June 21

We are kicking off our 2018 Homestead Summer Events on Thursday, June 21, with an ice cream social from 6:30-8:00pm. Join us for a fun filled evening where you can build your own ice cream sundae with the best topping bar west of the Mississippi! Come by, mingle with your neighbors and have a treat. We hope to see you there.

Special Camp Events This Summer

Homestead Clubhouse Kids Camp has some exciting additions to our Camp Program this Summer. Camp Director, Jillian Labbe, has been working on some local field trips and visits from guests including:

- Vail Valley Anglers
- Visit from Vet Charlie
- Walking Mountains Science Center ~ Animal Architects
- Water Slides & Bouncy Houses ~ Fun in the Sun
- Alpine Arts Center
- Ice Cream Sundae Party
- Eagle County Watershed Aquatic Exploration
- And More!



For more information on pricing and dates of these special camp events, please email Jillian@homesteadcourtclub.com. Registration packets are available online at www.hcchoa.com. Advanced registration is required.

Summer Swim Programs

Summer Swim Session Info: This summer we are offering an 8 week Swim Team and Swim Team Prep program that is offered either two or 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 4th.

Swim Team Prep: Swim Team Prep is offered Mondays-Thursdays from 3:30-4:00pm.

Swim Team: Swim Team is offered Mondays-Thursdays from 4:00-5:00pm.

New This Summer is the Addition of a Teen Group! Swimmers 13yrs-18yrs will practice and improve all four strokes, increase swimming endurance, and team build with peers close to their age. Practice will be offered on Mondays-Thursdays from 5:00pm-6:00pm.

Sign Up: Registration flyers are available at the front desk or on our website, www.hcchoa.com. Please contact Coach Emilie at emilie.f.clarke@gmail.com if you have any questions regarding Swim Team.



Nutrition Series Athlete Nutrition June 12, at 5:30pm

This month Christine Pierangeli, certified master nutrition therapist, will discuss athlete nutrition. This presentation will focus on the transition from traditional carb-based athlete nutrition to a more fat-adapted plan. Learn the newest information on using this sustainable form of energy and how it can help you achieve your goals as an athlete! Christine will take questions and provide a handout with information, resources and tips. This class is free for Homestead members.



Homestead Treating Weeds

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:

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

Welcome to our Newest Pro, David Cook

David is originally from Spring Lake, Michigan and graduated from Ferris State's Professional Tennis Management Program. Since then, he spent three years teaching in Colorado Springs at the Garden of the Gods Club and Resort. He is USPTA, PTR and certified to string tennis racquets. His hobbies outside of tennis include skiing, fishing and basketball. He is very excited to be here and to get to know the Homestead community members. He is available to teach private, semi private and group lessons as well as the clinics below. Contact Dave at 616-512-1931 to set up a lesson today!



New Clinics with David Cook Beginning June 1:

Intro to Tennis on Fridays from 9:00-10:00am The perfect clinic for those just starting out with limited or no tennis experience. This clinic focuses on fundamentals of tennis and getting the ball into play with basic stroke development: forehand, backhand, volley, serve and overhead. Call the front desk to reserve your space.

Ball Machine Drills with Dave on Fridays from 10:00-11:00am

When it comes to building skills on the tennis court and maintaining your best game at all times, having a partner on the other side of the net that never tires of sending a return shot is an invaluable resource. Come see what our new state of the art pro teaching tool can do! Dedicated to providing the repetition of constant, high-action ball propulsion, this accessory will simulate the rigors of an actual tennis match. Call the front desk to reserve your space.

Summer Tennis News

Junior Challenger Tennis Tournament, June 16

Sign up now for this great Junior Tournament that will be held at Homestead on June 16. Registration is open now at www.USTA.com for ages 12-18. Please note the tournament may be moved to Sunday, June 17, if needed for weather. See Tracy Erickson for more information.

Junior Tennis Programs are Beginning on June 4

Get your junior involved in this fun lifelong sport! You choose 1-13 weeks that work with your schedule. Registration forms are available at the front desk and at hcchoa.com now.

Summer Tennis Kickoff Party on Friday, June 29, from 6:00-8:00pm

We invite our members to come by and meet our pros, Eric Meyer, Malachy Coyne and David Cook on Friday, June 29, from 6:00-8:00pm for a fun tennis party. Bring a dish to pass and we will provide the drinks! Doubles round robin format (20 minute rounds). All adult levels welcome.

Vail Valley Adult Tennis Tournament, July 13-15

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.

May Board & DRC Meeting Highlights

Our May board & design review committee meeting was cancelled due to lack of quorum. Two DRC items were staff reviewed and approved this month.



June Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:05-7:05am		Get Lifted (Hannah)		Get Lifted (Hannah)			
8:30-9:30am		8:30-9:15am Yoga Sculpt (Terry)				Yoga (Sophie)	
9:15-10:15am	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)	Spin/HIIT (Aaron)	S.I.T (Justin)	Board Meeting 6/8/18 9:00am		
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)			
12:00-1:15pm					Gentle Yoga (Sophie)		
3:30-5:00pm	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio		
5:30-6:30pm	Lift the Barre (Hannah)	Spin* (Joel)	Spin* (Aaron) Strength & Conditioning (Chapin)				
6:35-7:35pm	Power Yoga (Karlie)	Nutrition Series: Athlete Nutrition 6/12/18 5:30pm	Vinyasa/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)			



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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.



June Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00-8:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	6:30-8:00am Lap Swim	6:30-8:00am Lap Swim
8:00am-9:30am							
9:30am-1:00pm							
1:00-2:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
2:00-3:30pm	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool		
3:30-4:00pm	Swim Team Prep*	Swim Team Prep*	Swim Team Prep*	Swim Team Prep*			
4:00-5:00pm	Swim Team*	Swim Team*	Swim Team*	Swim Team*			
5:00-6:00pm	Teen Swim Team*	Teen Swim Team*	Teen Swim Team*	Teen Swim Team*			
6:00-9:45pm							

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



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Summer Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
7:30-8:30am						Cardio Tennis*	
8:30-10:00am	3.0+ Daytime League					4.0+ Drill & Play Clinic*	
9:00-9:30am	Mighty Mites* (4-6 year olds)	Mighty Mites* (4-6 year olds)	Mighty Mites* (4-6 year olds)	Mighty Mites* (4-6 year olds)	9:00-10:00am Intro to Tennis Clinic*		
9:30-10:30am	Superstars* (7-9 year olds)	Superstars* (7-9 year olds) 10:00-11:30am Cardio Tennis*	Superstars* (7-9 year olds)	Superstars* (7-9 year olds)			
10:30-12:00pm	Junior Aces, HS Prep, HS Advanced & JET* 3.5-4.0 Drill & Play Clinic*	Junior Aces, HS Prep, HS Advanced & JET* Stroke of the Day* 11:00am-noon	Junior Aces, HS Prep, HS Advanced & JET*	Junior Aces, HS Prep, HS Advanced & JET* 3.0-3.5 Drill & Play Clinic* 11:00am-noon	10:00-11:00am Ball Machine Drills*	10:00-11:30am 3.0-3.5 Drill & Play Clinic*	
12:00-1:00pm	Junior Match Play*	Junior Match Play*	Junior Match Play*	Junior Match Play*			
1:00-2:30pm	Junior Aces, HS Prep, HS Advanced & JET* (Ages 10-18)	Junior Aces, HS Prep, HS Advanced & JET* (Ages 10-18)	Junior Aces, HS Prep, HS Advanced & JET* (Ages 10-18)	Junior Aces, HS Prep, HS Advanced & JET* (Ages 10-18)			
2:30-5:30pm							
5:30-6:30pm			Men's 4.0-League Play*				
6:00-7:30pm	6:00-7:00pm Beginner Drill & Play Clinic*	3.5-4.0 Drill & Play Clinic*					
7:30-9:00pm							

Summer Program Dates

June 4 - August 31

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.