



Homestead Owners Association & Court Club

July Events

**Independence Day
Wednesday, July 4**
Hours: 5:55am-6:00pm
*No Fitness Classes
*No Swim Programs
*Childcare Room Closed
*Junior Tennis & Kids
Camp programs
still running

**Free Nutrition Series
Digestive Wellness**
Tuesday, July 10
5:30-6:30pm

Board & DRC Meeting
Friday, July 13 @ 9am

**Vail Valley Open
Tennis Tournament**
July 13 - 15

Family Fun Night
Thursday, July 26
6:30-8:00pm

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

Family Fun Night ~ July 26

Please join us on Thursday, July 26, from 6:30-8:00pm for a night of outdoor activities including a giant slide, waterslide, bouncy gym, and more. We will be serving refreshments and cupcakes. Don't forget to bring your swimsuit and a towel! Please note the entire pool area will be closed for the evening. This event is weather dependent, and will be cancelled in case of inclement weather. Please leave your pets at home.

Children's Programming News

We still have spaces available in our Clubhouse Kids Camp for July and August dates, including July 4th. The campers have been enjoying the addition of special visitors and field trips this Summer.

Upcoming special events in July include:

- Ice Cream Sundae Party ~ Tuesday, July 3
- Eagle County Sheriff Talks Bullying ~ July 10
- Smokey the Bear Visits Camp ~ July 18
- Water Slides and Bouncy Houses ~ July 26
- Surprise Movie at Riverwalk Theatre ~ TBD



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

Changes to Childcare Hours in July: Our childcare room is closed on Wednesday, July 4. Enjoy the holiday!

July Swim News



It's not too late to register for Summer Swim Team! We still have spaces available in all of our groups. Swim Team Prep is offered Mondays-Thursdays from 3:30-4:00pm. Swim Team is offered Mondays-Thursdays from 4:00-5:00pm. **New this Summer is the addition of a Teen Group** that is offered Mondays-Thursdays from 5:00-6:00pm. **Sign Up:** Registration flyers are available at the front desk or on our website, www.hcchoa.com. Please contact Coach Emilie (emilie.f.clarke@gmail.com) if you have any questions regarding our swim programs.

Reminder: There are no swim programs July 2-5.

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 house-keeping 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." 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.

June Board & DRC Meeting Highlights

Our June board & design review committee meeting was held on Friday, June 8, 2018 at 9:00am. During the DRC meeting, 118 Spring Creek Court provided a submittal for a new single family home. The following five submittals were approved: 79 Hummingbird Trail—new deck and stairs, 199 Russell Trail—fence and landscaping, 94 Cameron Place—roofing materials, 100 Arlington Place #3—deck and landscaping, and 220 Spring Creek Court—fence. Matters Pending included a discussion to add fire safety signs next to the new station. The meeting minutes from the April 13, 2018 meeting were approved. The financials from March & April 2018 were approved. The Directors Report included discussion about capital improvement projects. The meeting adjourned at approximately 10:25am.

Summer Tennis News

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. Registration deadline is July 9. See Tracy Erickson for more information on the tournament.

Summer Tennis Programs are going on now through August 31—spots are still available!

We still have room in all of our junior clinics for ages 4+. Get your junior involved in this fun lifelong sport! Our Adult Tennis Clinics continue through the summer and include cardio tennis, stroke of the day and drill and play clinics and NEW Intro to Tennis and Ball Machine Drills clinics. For more information on days, times, and rates please stop by the front desk or visit our website.

Congratulations to Homestead's USTA 4.0 Women's 18 & Over team who made it to districts. Good luck in Denver!



July Fitness News

Nutrition Series: Digestive Wellness on July 10, at 5:30pm

This month Christine Pierangeli, certified master nutrition therapist, will discuss digestive wellness. This one hour discussion will focus on defining "Leaky Gut", supporting natural detoxification pathways and foods that boost our digestive health. Christine will take questions and provide a handout with information discussed. This class is free for Homestead members. We hope you will join us.

New Specialty Class, Yoga Transformation, with Grace Clinton

This class is designed to focus on the integrity of alignment and power of breath, while integrating yogik wisdom. More than just a workout, this empowering class teaches yoga as a means of self-care and personal education. Besides a challenging yet fun array of *asana*, this class will touch on other techniques to enhance your practice and quiet the mind, including *pranayama* (purification by breath) and *Dhyana* (meditation). All levels welcome! Class is offered Monday/Wednesday from 6:05-7:15am and Tuesday/Thursday from 5:00-6:15pm. Sign up is required; minimum of 4 participants to run class. \$20 per class. Call the front desk to reserve your spot!





July Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:05-7:05am	\$*Yoga Transformation	Get Lifted (Hannah)	\$*Yoga Transformation (Grace)	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 7/13/18 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)	\$*Yoga Transformation (Grace) 5:00-6:15pm Spin* (Joel)	Spin* (Aaron) Strength & Conditioning (Chapin)	\$*Yoga Transformation (Grace) 5:00-6:15pm			
6:35-7:35pm		Nutrition Series: Digestive Wellness 7/10/18 5:30pm	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 \$

New Yoga Transformation Class with Grace Clinton

This class is designed to focus on the integrity of alignment and power of breath, while integrating yogik wisdom. More than just a workout, this empowering class teaches yoga as a means of self-care and personal education. Besides a challenging yet fun array of *asana*, this class will touch on other techniques to enhance your practice and quiet the mind, including *pranayama* (purification by breath) and *Dhyana* (meditation). All levels welcome! This class is offered Monday/Wednesday from 6:05-7:15am and Tuesday/Thursday from 5:00-6:15pm. Sign up is required; minimum of 4 participants to run class. \$20 per person, per class.

Fitness Class Cancellations: Please note that all fitness classes have been cancelled on Wednesday July 4th. We hope you have a wonderful holiday!



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.



July 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

Summer Swim Programs Going on Now

Summer Swim Session Info: This summer we are offering a 9 week Swim Team and Swim Team Prep program that is offered one to four days per week. You choose the days that work best for your schedule! Summer programs begin June 4th and end August 2nd.

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

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

Sign Up: Registration flyers are available at the front desk or on our website, www.hcchoa.com.

Summer Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
7:30-8:30am			6:30-7:30am Cardio Tennis*			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* 11:00-12:00 Kids Camp Tennis*	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.