

Homestead Owners Association & Court Club

November Events

Daylight Savings Time Ends

Sunday, November 4

Board of Directors 2019 Budget Meeting

Friday, November 9 @ 9am

Nutrition Series: Nutrition & Mood

Tuesday, November 13

Happy Thanksgiving

Thursday, November 22
CLUB HOURS: 6am-12pm
Burn The Bird 9:00am
Gratitude Ride 9:00am
Childcare Closed

Reminders:

No Junior Tennis programs
November 19-23
No ASP/Camp/Childcare on
November 22-23

Fall Session 2 Junior Tennis Begins

Monday, November 26

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

Fall Junior Tennis Programs

Fall Junior Tennis Session 2 will begin the week of November 26, and will run for four weeks ending on December 21. This four week session is a great time to introduce a new junior into our program. Our tennis programs emphasize basic fundamentals, developing age appropriate techniques, and having fun! We offer clinics for ages 4+ and all ability levels. We will begin accepting registration on 10/29 from Homestead residents, on 11/1 from non-resident members, and on 11/5 from non-members. Registration flyers are available at the front desk or on our website, www.hcchoa.com.

Reminder: Fall Session 1 tennis programs are ending on Friday, November 16.



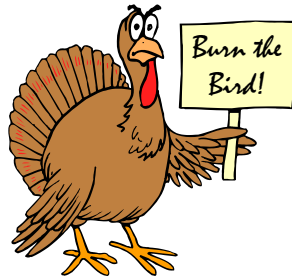
Thanksgiving Day Fitness Classes

Burn the Bird on Thanksgiving Day with Justin Songer

This special fitness class will be held Thanksgiving Day, November 22, from 9:00-10:15am with Justin Songer. Come in for a killer workout before you feast! Sign up is required. Sign up policy: Homestead owners & their tenants may sign up 48 hours in advance, Non-Resident members may sign up 24 hours in advance.

Gratitude Ride on Thanksgiving Day with Jennifer Sage

Join us Thanksgiving morning from 9:00-10:30am for a 90-minute cycling circuit of calorie crushing hills and feel-good flats with a few sufferfest sprints. Jennifer's



"Gratitude Ride" will help you feel grateful for your fitness and for dragging yourself into the club at 9am on Turkey Day to "pre-burn" your meal! Might as well do it on a bike! Sign up is required. Sign up policy: Homestead owners & their tenants may sign up 48 hours in advance, Non-Resident members may sign up 24 hours in advance.

Please note all other Fitness Classes are cancelled on Thanksgiving Day.

Nutrition Series with Christine Pierangeli Nutrition & Mood

Join Christine Pierangeli, certified master nutrition therapist, Board certified in holistic nutrition and owner of Profound Wellness of Vail for a discussion on Mood Disorders and Nutrition, Tuesday November 12 at 5:30pm. This one hour discussion will focus on how a healthy nutrition and lifestyle plan can help alleviate symptoms of anxiety and depression and boost overall mental wellness. Christine will take questions and provide a handout with information discussed. This class is free for Homestead members. We hope to see you there!



GOOD FOOD = GOOD MOOD

Save
the
Date

Homestead's Annual
Holiday Party

Sunday, December 2

5:00-8:00pm

We hope to see you
there!

Holiday Hours:

Thanksgiving Day

Thursday, November 22

Club Hours 6:00am-12:00pm

Childcare Closed

Sunday, December 2

Club Hours 6:30am-12:00pm

Holiday Party from 5:00-8:00pm

Christmas Eve

Monday, December 24

Club Hours 6:00am-12:00pm

Christmas Day

Tuesday, December 25

Club Closed

New Years Eve

Monday, December 31

Club Hours 6:00am-5:00pm

New Years Day

Tuesday, January 1

Club Hours 8:00am-5:00pm

Childcare Closed



Click facebook link on our website

www.hcchoa.com

October Board & DRC Meeting Highlights

Our October Board & Design Review Committee Meeting was held on Friday, October 12, 2018 at 9:00am. During the DRC portion of the meeting, a submittal for a play structure at 220 Spring Creek Court was approved and a submittal for a fence at 397 Edwards Village Boulevard #B was approved. The DRC also discussed an owner question about a concrete driveway at 205 Creamery Trail. During the Board Meeting, preliminary discussion was held on the 2019 budget and dues level, please see article below regarding the 2019 budget. The meeting minutes from the September 14, 2018 meeting were approved. The financials from August 2018 were also approved. The meeting adjourned at approximately 9:41am.

2019 Budget and Dues Level

The November Board meeting will be a general owner membership meeting to discuss the 2019 proposed budget and dues level. Staff is proposing no dues increase for Homestead homeowners in 2019. The 2019 budget meets the reserve study required funding amount and pays for the principle and interest on our remodel bank loan. The proposed 2019 budget is available on our website now. If you have any questions, please email Tracy Erickson at terickson@homesteadcourtclub.com.

Children's Programming News

Holiday Break Kids Camps: Homestead is offering a few special sessions of all day kids camp over upcoming school breaks. Camp dates are December 26-28 and January 2-4. Our kids camp program is guaranteed to be a fun filled day with a variety of different activities including educational projects, arts and crafts, games, show and tell, swimming and much more! Camp runs from 8:30 a.m. to 5:15 p.m., and is for children ages 5-12. Advance registration rates are \$40/day for members and \$50/day for non-members. Registration deadline for camp is Wednesday, December 19. Minimum of 5 children/maximum of 30. No drop ins allowed. For more information or to register, please visit www.hcchoa.com or by email request to jillian@homesteadcourtclub.com.

Holiday Closures: Please note that our After School Program/Kids Camp/Childcare programs are closed on November 22-23, and December 24 & 25. We hope you have a wonderful holiday!

No Parking on Homestead Streets & Right of Ways and Sidewalks

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 approved hard surface driveways. 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.





November Fitness Schedule

| | Mondays | Tuesdays | Wednesdays | Thursdays | Fridays | Saturdays |
|----------------------|--------------------------------|----------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|-----------------------------|
| 6:05-7:05am | Morning Flow Yoga (Sophie) | Get Lifted (Hannah) | | Get Lifted (Hannah) | | |
| 8:30-9:30am | | 8:30-9:15am Yoga Sculpt (Terry) | ABSolutely Pilates (Kim) | | ABSolutely Pilates (Kim) | Saturday Flow Yoga (Sophie) |
| 9:15-10:15am | 20/20/20 (Justin) | 9:15-10:30am Gentle Yoga (Terry) | | S.I.T (Justin) | Board Meeting 11/9/18 9:00am | |
| 10:30-11:30am | Pilates Mat Class (Deana) | | | Pilates Mat Class (Deana) | | |
| 12:00-1:15pm | | | | | Gentle Yoga (Sophie) | |
| 4:00-5:00pm | After School in Fitness Studio | After School in Fitness Studio | After School in Fitness Studio | After School in Fitness Studio | After School in Fitness Studio | |
| 5:30-6:30pm | Ski & Board Conditioning (Koz) | Spin* (Joel) | Ski & Board Conditioning (Chapin) | | | |
| 6:35-7:35pm | Power Yoga (Karlie) | | Stretch/Restorative Yoga (Sophie) | 6:15-7:15pm Vinyasa Flow (Sophie) | | |

Fall Fitness News

Burn the Bird on Thanksgiving Day with Justin Songer*

This special fitness class will be held Thanksgiving Day, November 22, from 9:00-10:15am with Justin Songer. Come in for a killer workout before you feast! Sign up is required. Sign up policy: Homestead owners & their tenants may sign up 48 hours in advance, Non-Resident members may sign up 24 hours in advance.

Gratitude Ride on Thanksgiving Day with Jennifer Sage*

Join us Thanksgiving morning from 9:00-10:30am for a 90-minute cycling circuit of calorie crushing hills and feel-good flats with a few sufferfest sprints. Jennifer's "Gratitude Ride" will help you feel grateful for your fitness and for dragging yourself into the club at 9am on Turkey Day to "pre-burn" your meal! Might as well do it on a bike! Sign up is required. Sign up policy: Homestead owners & their tenants may sign up 48 hours in advance, Non-Resident members may sign up 24 hours in advance

Please note all other Fitness Classes are cancelled on Thanksgiving Day.

****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.

ABSolutely Pilates - Improve core strength and stabilization as you move through this fluid series of floor work exercises designed to strengthen your entire body, improve posture and increase flexibility. Cultivate mindfulness in your movement as precision and flow is emphasized.

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!

MORNING FLOW YOGA — Start your week with a morning wake up class! A flow that gives you time to center yourself on your mat and work into fun, playful movement sequences synced with breath. Many variations available depending on how your morning is going.

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.

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, bo-su, weights and intervals to keep your heart pumping!

SKI & SNOWBOARD CONDITIONING - Our Ski & Snowboard conditioning class concentrates on the most commonly used muscle groups and movements to help start out your season right and avoid injuries. Some classes will be held outside, so be sure to bring layers!

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.

STRETCH/RESTORATIVE YOGA — 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.



November 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 | | |
| 2:00-3:45pm | | | | | | | |
| 3:45-4:45pm | After School in Pool | After School in Pool | After School in Pool | After School in Pool | After School in Pool | | |
| 4:30-5:00pm | Swim Team Prep | | Swim Team Prep | | | | |
| 5:00-6:00pm | Swim Team | | Swim Team | | | | |
| 6:00-9:45pm | | | | | | | |

Fall Swim Team Going On Now

We are pleased to introduce Jenny Carll as Homestead's new swim coach. Jenny previously worked with the Vail Swim School for the past seven years. Jenny is offering a 7 week session beginning on Monday, October 1. Homestead Swim Team gives young swimmers the opportunity to practice and improve all four strokes, increase swimming endurance and have fun, with sufficient time for team building and games that will help to improve your swimmers confidence. Practice will be held on Mondays and Wednesdays. You choose 1-2 days that work best for your child's schedule. Registration forms are available at the front desk or on our website now.

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



Fall Tennis Schedule

| Program Time | Mondays | Tuesdays | Wednesdays | Thursdays | Fridays | Saturdays | Sundays |
|--------------|---|---|---|---|---|----------------------|---------|
| 7:30-8:30am | | | 6:15-7:15am Cardio Tennis | | | Cardio Tennis | |
| 8:30-10:00am | | 8:30-9:30 Cardio Tennis | | | 9:30-10:30am Stroke of the Day | 4.0+ Drill & Play | |
| 10:00-11:30 | 10:30-11:30 3.0 Drill & Play | | | 10:30-12:00pm 3.0/3.5 Drill & Play | | 3.0/3.5 Drill & Play | |
| 11:30-1:00pm | | | 11:30-12:30 Ball Machine Drills | | 12:30-1:00pm League Warm Up | | |
| 1:00-2:30pm | | | | | Coed 3.0+ League | | |
| 2:30-3:30pm | | | | | | | |
| 3:30-4:00pm | Mighty Mites | Mighty Mites 3:30-4:30pm Superstars | Mighty Mites | Mighty Mites 3:30-4:30pm Superstars | | | |
| 4:00-5:00pm | Superstars, Junior Aces and HS Prep | Junior Aces and HS Prep 4:30-5:00pm Mighty Mites | Superstars, Junior Aces and HS Prep | Junior Aces and HS Prep 4:30-5:00pm Mighty Mites | Superstars, Junior Aces and HS Prep | | |
| 5:00-6:00pm | HS Advanced and JET Tennis | HS Advanced and JET Tennis | HS Advanced and JET Tennis | HS Advanced and JET Tennis | | | |
| 6:00-7:30pm | Coed 4.0- League | 3.5 Drill & Play 4.0 Drill & Play | Men's 4.0- League | Coed 4.5+ League | | | |
| 7:30-9:00pm | 7:30-8:30pm Beginner Drill & Play | | Men's 4.0- League | Coed 4.5+ League | | | |

Fall Tennis News

Fall Junior Tennis Session 2 will begin the week of November 26, and will run for four weeks ending on December 21. This four week session is a great time to introduce a new junior into our program. Our tennis programs emphasize basic fundamentals, developing age appropriate techniques, and having fun! We offer clinics for ages 4+ and all ability levels. We will begin accepting registration on 10/29 from Homestead residents, on 11/1 from non-resident members, and on 11/5 from non-members. Registration flyers are available at the front desk or on our website, www.hcchoa.com.

Reminder: Fall Session 1 tennis programs are ending on Friday, November 16.