



# Homestead Owners Association & Court Club

## January Events

**New Year's Eve**  
Monday, December 30th  
Hours: 6am-5pm  
No fitness classes/childcare

**New Year's Day**  
Tuesday, January 1st, 2013  
Hours: 8am-5pm  
No fitness classes/childcare

**Winter Break Kids Camp**  
January 2nd-4th

**Winter Tennis Begins**  
Monday, January 7th

**Board & DRC Meeting**  
Friday, January 11th @ 9am

**Monday, January 21st**  
No After School Program

## General Club Information

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

Phone:  
970-926-1067

Fax:  
970-926-4710

400 Homestead Drive  
P.O. Box 808  
Edwards, CO 81632

Childcare Hours:  
8:30am-noon M-F  
3:00-7:00pm M-F  
By Appointment Only

Website:  
Homesteadcourtclub.com

## Homestead's Annual Meeting: February 18

The Annual Homeowners Association Meeting will be held at the Homestead Court Club on Monday, February 18th, at 7:00pm. Information regarding the annual meeting will be sent out to all Homestead homeowners with the February Newsletter. There will be a vote for three open Board Member seats at the meeting. If you are interested in running for the Board please attend the January Board Meeting or contact a member of the nominating committee (email addresses are available on our website). For more information on the annual meeting contact Tracy Erickson at the Club.

## Tennis News

### *Winter Tennis Clinics begin on January 7th*

There are still spaces available for junior clinics beginning in January. All Adult Clinics are drop in only. Please call the front desk to sign up. Both new and experienced players at every level can find great instruction and competition through Homestead Court Club tennis programs. We offer clinics for all ages and ability levels. For more information about the programs starting in January, please contact Derek at the Club, or visit our website, [www.homesteadcourtclub.com](http://www.homesteadcourtclub.com).

## Children's Programs

**Winter Break Kids Camp:** There are still spaces available for Jillian's special all day kids camp on January 2nd-4th. Children ages 5 to 12 are able to join "Exploration Days," a day camp that includes contests, games, sports, and a daily trip to swim in Homestead's pool. The camp also provides academic enrichment and exercise. Camp runs from 8:30 a.m. to 5:15 p.m.

**February Break Kids Camp:** We will also be hosting a special session of Kids Camp on February 19-22. Children who register prior to February 4th will receive an early bird discounted rate of 15% off the regular price. Rates are \$40/day for members and \$47/day for non-members. For more information, or to register for Camp please visit [homesteadcourtclub.com](http://homesteadcourtclub.com) or call 970-926-1067 and ask to speak with Jillian.

**Holiday Childcare Hours:** The Childcare room will be closed on December 31st and January 1st.

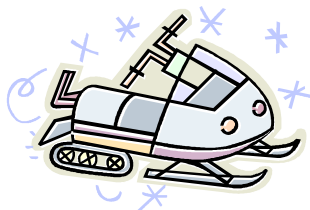
**After School Program Reminders:** There will be no After School Program held on January 21st.

## New Website - [www.hcchoa.com](http://www.hcchoa.com)

We are excited to announce the launch of our new website: [www.hcchoa.com](http://www.hcchoa.com) beginning on February 1st, 2013. Our old website will no longer work beginning in February. Please update your bookmarks, and let us know what you think!

## Adopt A Family Update

We would like to thank everyone who donated to our Adopt-A-Family this holiday season. Despite economic hardships for many, we had an overwhelming response from members wanting to help out the two families we adopted. The families are very grateful to be “adopted” and would like to thank you for your generous donations!



## Homestead Trailer Policy Reminder

We want to remind homeowners of the trailer storage policy:

*“No Lot, streets, private streets, drives or parking areas, unless specifically designated by the Association therefore, shall be used as a parking, storage, display or accommodation area for any type of house trailer, camping trailer, boat trailer, hauling trailer, boat or accessories thereto, truck larger than a 1 ton pickup truck, or any type of motor home except as a temporary expedience for loading, delivery, emergency, etc. The same shall be stored, parked or maintained wholly within a garage area of a dwelling unit with the garage door in a closed position.”*

(Architectural Standards, 2,G)

~ The Board thanks you for following the HOA guidelines

## December Board Of Directors Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, December 14, 2012 at 9:00am. DRC items included approval of landscaping changes at 122 Allen Circle and approval of an addition of a fireplace and chimney at 245 Meile Lane. New Business included changing the date of the regular February Board & DRC meeting to Friday, February 15th, and approval of the Document Retention/Inspection policy. Matters Pending included continued discussion regarding Homestead’s mission statement, 5 & 10 year plans for the Association, nominating committee informational item, a presentation from Rick Dominick showing options for remodeling the Club entryway and discussion on bids for the addition of a family restroom. The meeting minutes from the meeting on November 9, 2012 were approved. The October 2012 financial report was approved by the Board. The meeting adjourned at approximately 10:30am.

## Fitness News

### *Holiday Personal Training/Pilates/TRX Training Special*

Treat yourself or a loved one with the gift of health this holiday season. Get three 60 minute personal training, pilates, or private TRX training sessions for only \$150. That is a savings of \$30 off regular price! Gift certificates available at the front desk. This package has been extended through January! Package must be purchased by January 31, 2013. Sessions must be used before December 31, 2013.

### *Free Body Composition Testing*

We offer free body composition testing to all of our members using the quick and relatively painless skin caliper method. Now is a great time to find out your body composition so you can track your progress throughout the new year. Contact Justin at the Club to schedule an appointment.

### *Holiday Fitness Challenge*

Starting in January ~ Contact Justin for more information!

We all know the holidays are a time when we over indulge and under commit to our health. January is the perfect time of year to start fresh. That is why we are hosting a fitness challenge beginning in January. See Justin for more information.

## Swim News

**Swim Lesson Special:** We would like to welcome back swim instructor Kate Pink, who taught swim lessons here last year. She is offering a special of 4 lessons for \$100, which is a savings of \$20 off the regular price. To schedule lessons with Kate, please contact her at 970-376-2465

**Swim Team & Swim Team Prep:** January 21-February 14

*Swim Team Prep* will be held on Mondays and Thursdays from 4:30-5:00pm. *Swim Team* will be held on Mondays and Thursdays from 5:00-6:00pm. **Member Prices:** Swim Team Prep is \$80 per child and Swim Team is \$110 per child. **Registration:** Forms are available at the front desk and on our website now!

## Holiday Party Thanks

We would like to thank everyone who attended our Annual Holiday Party on December 2nd. An extra special thanks goes out to Dave Perron for the wonderful music, Vail Catering Concepts for the food, WECMRD for their jumpy houses, No Bull Entertainment for bringing “the bull” and of course, Santa Claus too! The event couldn’t have been such a success without you there!



# January Fitness Schedule

|               | Mondays                            | Tuesdays                 | Wednesdays   | Thursdays                         | Fridays                                      | Saturdays  |
|---------------|------------------------------------|--------------------------|--|-----------------------------------|--|--|
| 6:05-7:05am   | Spin<br>(Todd)                     | Sunrise Yoga<br>(Beth)   | Spin<br>(Jennifer)<br><br>6:15-7:15am<br>Cardio Tennis*              | Super Sculpt<br>(Beth)            | Spin<br>(Mariella)                           |  |
| 7:10-8:30am   |                                    |                          |  | Power Vinyasa<br>Yoga<br>(Ashley) |  | 7:15-8:15am<br>Cardio Tennis*                        |
| 8:30-9:45am   |                                    | Master's Swim<br>(Erinn) | 8:30-9:30am<br>Zumba<br>(Beth)<br><br>8:45-9:45am<br>Spin<br>(Heidi) |                                   | Master's Swim<br>(Erinn)                     | 8:00-9:30<br>Intermediate<br>Hatha Yoga<br>(Trinity) |
| 9:00-10:30am  |                                    |                          | 9:45-10:15<br>Core<br>(Heidi)  |                                   | Yoga<br>(Tim)                                |  |
| 9:15-10:15am  | 20/20/20<br>(Justin)               | Body Shop<br>(Nichole)   |  | S.I.T<br>(Justin)                 | Board Meeting<br>1/11/2013<br>9:00am         |  |
| 10:30-11:30am | Pilates Mat<br>Class<br>(Deana)    |                          |  | Pilates Mat<br>Class<br>(Deana)   | 11:00-12:00pm<br>Baby & Me Blast<br>(Lauren) |  |
| 12:00-1:15pm  | 12:00-1:00pm<br>Spin<br>(Mariella) | Gentle Yoga<br>(Wendi)   |  |                                   |  | 2:30pm<br>Anjali<br>Restorative Yoga<br>(Sophie)     |
| 5:30-6:30pm   | 20/20/20<br>(Justin)               | Spin<br>(Joel)           | Cardio Fusion<br>(Amie)  | Turbo Kick<br>(Tiffany)           |  |  |
| 6:35-7:35pm   | Hatha Flow<br>(Lindsey)            |                          |  | Vinyasa Flow<br>(Sophie)          |  |  |

**\*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.

**\$ Indicates a fee for Class**



## 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.

**ANJALI RESTORATIVE YOGA** — Anjali Restorative Yoga is a deeply restorative class for all ability levels. Participants will spend sustained periods of time in each fully supported posture while guided through meditation and breathing practices.

**BABY & ME BLAST** - Fun, all-levels fitness class for moms (dads, too!) and their new babies aged four weeks to approximately nine months (pre-crawling). Your babies will relax on yoga mats and blankets while they watch you bounce back into shape!

**BODY SHOP**— Join Nichole for a full hour of weight training. This class will focus on building strength and balance while using proper form.

**CARDIO FUSION** - Join Amie for a blend of cardio, intervals, weights and core to sculpt the entire body.

**CARDIO TENNIS** - Join Homestead's Tennis Pros for this fun group activity featuring drills to give players of all abilities an ultimate, high energy workout.

**CORE** - Join Heidi Trueblood for a invigorating 30 minute class that focuses on building core strength.

**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.

**HATHA FLOW YOGA** - Based on traditional Hatha Yoga poses and the principals of alignment, the flowing moves encourage breath and movement synchronization. Focus is on body awareness and working within personal limits while building strength & flexibility with a calm mind.

**MASTERS SWIM** - Join coach Erinn for a structured swim workout designed to help you improve your fitness or train for specific goals. Open to all levels.

**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 VINYASA YOGA** – Start your morning by moving with breath in this invigorating Baptiste style yoga class. You will be encouraged to use your breath, to come into your body, to clear your mind and to discover your true power. Expect to sweat and challenge yourself with both movement and powerful, athletic postures.

**SKI CONDITIONING** — Strength training is combined with speed work, plyometrics, and agility training, to develop power and endurance for the ski season. This class will get progressively harder as the weeks go on!

**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!

**SUPER SCULPT**-- This class will focus mostly on core and legs, while using other muscle groups in a functional training setting.

**SUNRISE YOGA** — Welcome the new day with a flowing vinyasa class to energize the mind and the body.

**TURBO KICK** — Learn kickboxing skills choreographed to energizing music. Using no equipment, this kickboxing workout incorporates a number of upper body punches and lower body kicks.

**TRX TRAINING** — The much talked about TRX is a total body suspension training system. By using your own body weight and vector angles the TRX system provides a well-rounded workout for the entire body.

**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.

**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.



# January 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<br>Lap Swim | 6:30-8:00am<br>Lap Swim |
| 8:30-9:45am   |                              | Master's Swim<br>(Erinn)     |                              |                              | Master's Swim<br>(Erinn)     |                         |                         |
| 8:45-11:45am  |                              |                              |                              |                              |                              |                         |                         |
| 12:00-12:30pm |                              |                              |                              |                              |                              |                         |                         |
| 1:00-2:00pm   | Lap Swim                     | Lap Swim                     | Lap Swim                     | Lap Swim                     | Lap Swim                     |                         |                         |
| 2:00-3:30pm   |                              |                              |                              |                              |                              |                         |                         |
| 3:30-4:30pm   | After School<br>Kids in Pool | After School<br>Kids in Pool | After School<br>Kids in Pool | After School<br>Kids in Pool | After School<br>Kids in Pool |                         |                         |
| 4:30-5:00pm   | Swim Team<br>Prep            |                              |                              | Swim Team<br>Prep            |                              |                         |                         |
| 5:00-6:00pm   | Swim Team                    |                              |                              | Swim Team                    |                              |                         |                         |
| 6:30-9:00pm   |                              |                              |                              |                              |                              |                         |                         |
| 9:00-10:00pm  | Lap Swim                     | Lap Swim                     | Lap Swim                     | Lap Swim                     | Lap Swim                     | Lap Swim                | Lap Swim                |

### *Master's Swim*

Join Erinn for a structured swim workout designed to help you improve your fitness or train for specific goals. Open to all levels. Tuesdays and Fridays from 8:30-9:45am.

**Swim Lesson Special:** We would like to welcome back swim instructor Kate Pink, who taught swim lessons here last year. She is offering a special of 4 lessons for \$100, which is a savings of \$20 off the regular price. To schedule lessons with Kate, please contact her at 970-376-2465

### *Swim Team & Swim Team Prep: January 21-February 14*

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# January Tennis Schedule

| Program Time  | Mondays                    | Tuesdays                              | Wednesdays                  | Thursdays                             | Fridays  | Saturdays          |
|---------------|----------------------------|---------------------------------------|-----------------------------|---------------------------------------|--|--------------------|
| 6:15-7:15am   |                            |                                       | Cardio Tennis*              |                                       |  |                    |
| 7:15-8:15am   |                            |                                       |                             |                                       |  | Cardio Tennis*     |
| 8:30-9:30am   |                            |                                       |                             |                                       |  | 4.0+ Level Clinic* |
| 9:30-10:30am  |                            |                                       |                             |                                       |  | 3.5 Level Clinic*  |
| 10:30-11:30am |                            |                                       |                             |                                       |  | 3.0 Level Clinic*  |
| 11:00-12:00pm | Beginner Adult Clinic*     | 3.0-3.5 Level Adult Clinic*           |                             | 3.5 Level Adult Clinic*               | Cardio Tennis*                                     |                    |
| 12:00-1:00pm  | Cardio Tennis*             |                                       | 4.0+ Level Adult Clinic*    |                                       |  |                    |
| 1:15-2:30pm   |                            |                                       |                             |                                       | Coed 3.0 and above League                          |                    |
| 3:15-4:00pm   | Mighty Mites* (Ages 4-6)   |                                       | Mighty Mites* (Ages 4-6)    |                                       |  |                    |
| 4:00-5:00pm   | Superstars* (Ages 7-9)     | Intermediate Juniors* (Ages 10+)      | Superstars* (Ages 7-9)      | Intermediate Juniors* (Ages 10+)      | Mighty Mites* (Ages 4-6)<br>Superstars* (Ages 7-9) |                    |
| 5:00-6:00pm   |                            | JET Tennis & Teenager Junior Clinics* |                             | JET Tennis & Teenager Junior Clinics* |  |                    |
| 6:00-10:00pm  | Coed 4.0 and below League* | Ladies 3.5 and below League*          | Men's 4.0 and above League* | Coed 4.5 and above League*            |  |                    |

\*Advance sign up is required for all tennis programs. Adult programs are drop-in only. Your space is reserved by calling the front desk. Junior programs run for 10 weeks beginning January 7th, 2013. Space for Junior programs is reserved by completing a registration form, which is available at the front desk, or on our website.

## Adult Program Rates (Per person)

|                     | Member | Non-Member |
|---------------------|--------|------------|
| Drop in Clinics     | \$20   | \$35       |
| Cardio Tennis       | \$15   | \$30       |
| Private Lesson      | \$60   | \$75       |
| Semi Private Lesson | \$35   | \$50       |

## \*SIGN UP POLICY

**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.