



Homestead Owners Association & Court Club

February Events

Valentine's Day
Thursday, February 14th

Board & DRC Meeting
Friday, February 15th @ 9am

Presidents' Day
Monday, February 18th
Annual HOA Meeting
7:00pm in Fitness Studio

Please note:

We do not have After School Program and all evening fitness classes have been cancelled for the meeting.

Clubhouse Kids Camp
February 19-22
8:30am-5:15pm
Register now!

Swim Team & Swim Team Prep
March 4-28

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 Homeowners General Meeting **February 18, 2013**

This year's meeting will be held at the Homestead Court Club on Monday, February 18th, at 7:00pm. The agenda and proxy for the meeting has been included on a separate sheet in this mailing to all Homestead homeowners. There will be a vote for three open Board Member seats at the meeting. Please note the candidate bios are also on the enclosed agenda sheet. For more information on the meeting contact Tracy Erickson at the Club.

Children's Programs

February Break Kids Camp: We are hosting a special session of Kids Camp on February 19-22. 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. Children who are registered 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 hcchoa.com or call 970-926-1067 and ask to speak with Jillian.

After School Program Reminders: There are still spaces in the After School Program. This fun filled program runs Monday through Friday from 3-6pm during the school year. If you would like to sign up your child, registration packets are available on our website or at the front desk. There will be no After School Program held on February 18-22, as Edwards Elementary School has a break that week.

Swim Team and Swim Team Prep: The next session of Swim Team and Swim Team prep dates will be March 4-28, 2013. For more information, or to register please visit our website, or stop by the front desk.

Open Space Winter Rules Reminder

1. Use of Homestead Open Space, trails, and parks is reserved for Homestead Homeowners and their guests.
2. Open Space and park hours are sunrise—sunset.
3. No camping, campfires, alcohol, or glass are permitted on Homestead Open Space, trails, and parks.
4. Children under 12 years old must be accompanied by an adult.
5. Dogs must be kept on a leash at all times. Please pick up after your dog.
6. Please respect your neighbors by not parking on the sidewalk or blocking anyone in.
7. You may only park in the Open Space lots when using parks, trails, etc. There is absolutely no overnight parking.
8. The Homestead Owners Association is not responsible for lost or stolen items.
9. Use Homestead Open Space, trails, and parks at your own risk.
10. The Homestead Owners Association is not responsible for accidents in common areas.

Save the Date

Winter Tennis Program Dates
January 7 - March 15

Annual HOA Meeting
Monday, February 18

Clubhouse Kids Camp
February 19 – 22

Swim Team
March 4– 28

Spring Tennis Program Dates
March 18 – May 24

Homestead's Easter Party
Saturday, March 30

Clubhouse Kids Camp
April 15 - 19

Free Tennis Clinics
Saturday, May 18

Last Day of After School Program
Friday, May 24

Summer Tennis Dates
June 3 – August 16

Summer Camp Begins
Monday, June 3

Ice Cream Social
Thursday, June 20

Vail Valley Open Adult
Tennis Tournament
July 12 – 14

Family Game Night
Thursday, July 25

Vail Valley Junior Satellite
Tennis Tournament
August 2 – 4

End of Summer Party & BBQ
Saturday, August 31

Fall Tennis Program Dates
September 9 – December 6

Club Championship Tennis
Tournament
Saturday, September 21

Homestead's Holiday Party
Sunday, December 8

January Board Of Directors Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, January 11, 2013 at 9:00am. There were no DRC items. New Business included approval of the General Meeting Agenda (which has been mailed to all Homestead owners along with this newsletter). Matters Pending included continued discussion regarding Homestead's mission statement, 5 & 10 year plans for the Association, and a nominating committee informational item. Board Member Items included a presentation from Director Marchetti regarding the major differences between an HOA and a Metro District. The meeting minutes from the meeting on December 7, 2012 were approved. The November 2012 financial report was approved by the Board. The meeting adjourned in executive session at approximately 10:23am.

Please note the regular Board Meeting has been moved to Feb. 15, at 9am.

Fitness News

New Spin/Pilates Class with Deana and Evan. This class is a dynamic combination of high intensity cardio and sculpting in one class! Try it on Tuesdays at 8:30am and Wednesdays at 5:30pm. Member price is \$12.50 with a punch card or \$15 to drop in. Contact Deana at 970-331-6302 to reserve your space.

8 Week Weight Loss Success Program with Nichole Kellerman. Slim down, tone up and have fun with Homestead Trainer, Nichole Kellerman. Included in this 8 week program are: fitness + health assessments, weekly meetings + workouts, printable "workout-to-go" PDF's, weekly motivational and educational videos on nutrition, recipes, lifestyle and mindset, daily motivational texts or emails (optional), and unlimited email support. Contact Nichole to sign up: nichole@nicholekellerman.com or 720-515-2695.

Reach Your Peak Cycling Clinic: Master Instructor Jennifer Sage is offering a 12 week periodized and progressive cycling training program at Homestead. The goal of this program is to build an aerobic base, and then gradually work on all the elements of cycling fitness, so you can be at peak cycling fitness by June. This clinic meets every Tuesday and Thursday from 6-7am beginning February 5 and running through April 25. Member price is \$275. For more information please email Jennifer@indoorcycleinstructor.com.

Class Cancellations: Please note that all evening fitness classes are cancelled on Monday, February 18th, for Homestead's Annual HOA Meeting. Also Beth's Zumba class is cancelled on Wednesday, February 20th.

Tennis News

Winter Tennis Clinics are going on now and there are still spaces available for both juniors and adults in all clinics. All adult clinics are now drop in format, so you can come when it works for you. Just give us a call to reserve your space! For more information about the programs please contact Derek at the Club, or visit our website.

High School Tennis: Please note that the high school women's tennis team will be using the courts on Mondays, Wednesdays, and Fridays from 5 to 6pm beginning the week of February 26th. If you know of anyone who is interested in participating on the high school team, please have them contact Hillary McSpadden at hmcspadden@slifer.net or 970-390-7632.

Be Healthy & Prevent Spreading the Flu

With one of the worst cold and flu seasons in recent years, we would like to remind you of a few easy tips to avoid getting sick this winter:

- Use gym wipes to wipe down equipment before and after you workout. Gym wipes are available throughout the Club.
- Cover Your Cough: Cover your mouth or nose when coughing or sneezing.
- Wash Hands Often: Use soap and water or an alcohol based hand rub. Hand Sanitizer is available throughout the Club.
- Stay Home When Sick: If you have a fever 100 degrees or higher you should stay home until you have been completely fever-free (without fever-reducing medicine) for at least 24 hours, and you feel well. For most people, this will be three to five days.



February Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:00am		Reach Your Peak Cycling Clinic Jennifer*\$ (12 week session)		Reach Your Peak Cycling Clinic Jennifer*\$ (12 week session)		
6:05-7:05am	Spin (Todd)	Sunrise Yoga (Beth)	6:15-7:15am Cardio Tennis*	Super Sculpt (Beth)	Spin (Mariella)	
7:10-8:30am				Power Vinyasa Yoga (Ashley)		7:15-8:15am Cardio Tennis*
8:30-9:30am		Spin/Pilates Deana & Evan*\$ (Contact Deana at 970-331-6302)	Zumba (Beth)			
8:30-9:45am		Master's Swim (Erinn)	8:45-9:45am Spin (Heidi)		Master's Swim (Erinn)	8:00-9:30 Intermediate Hatha Yoga (Trinity)
9:00-10:30am			9:45-10:15 Core (Heidi)		Yoga (Tim)	
9:15-10:15am	20/20/20 (Justin)	Body Shop (Nichole)		S.I.T (Justin)	Board Meeting 2/15/2013 9:00am	
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)	11:00-12:00pm Baby & Me Blast (Lauren)	
12:00-1:15pm	12:00-1:00pm Spin (Mariella)	Gentle Yoga (Wendi)				2:30pm Anjali Restorative Yoga (Sophie)
5:30-6:30pm	20/20/20 (Justin)	Spin (Joel)	Cardio Fusion (Amie) Spin/Pilates Deana & Evan*\$ (Contact Deana at 970-331-6302)	Turbo Kick (Tiffany)		
6:35-7:35pm	Hatha Flow (Lindsey)			Vinyasa Flow (Sophie)		
7:00pm	Annual HOA Meeting 2/18/13 7:00pm in the Group Fitness Studio					

Class Cancellations: Please note that all evening fitness classes are cancelled on Monday, February 18th, for Homestead's Annual HOA Meeting. Also Beth's Zumba class is cancelled on Wednesday, February 20th.

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.

\$ = 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.



February 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
8:30-9:45am		Master's Swim (Erinn)			Master's Swim (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 Kids in Pool	After School Kids in Pool	After School Kids in Pool	After School Kids in Pool	After School Kids in Pool		
4:30-5:00pm	Swim Team Prep			Swim Team 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: March 4-28

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!



February 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) 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.