



Homestead Owners Association & Court Club

October Events

Ski Conditioning Begins

Monday, October 7th

5:30-6:30pm

Sign up at the front desk

Spin & Core w/Heidi

Wednesdays in October

Spin 9:00-10:00am

Core 10:00-10:30am

Board of Directors and

DRC Meeting

Friday, October 11th @ 9am

Free Platform Tennis

Clinic

Saturday, October 12th

1:00-3:00pm

Feel better in your
"Mommy Body" Work-
shop w/Nichole

Thursday, October 17th

10:30am

No After School Program

Monday, October 21st

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:

Hcchoa.com

Note to Residents Regarding Parking on Homestead Streets and Eagle County Right of Ways & Sidewalks

We have recently had complaints of residents and guests parking on Homestead Streets. 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 a driveway. 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. Thank you!

Sidewalk Repair to Begin in October

Homestead Owners Association, Edwards Metro District, and Eagle County have formed a partnership to repair sidewalks in our area. Work will begin this October to repair some areas on Gold Dust Drive. Please be aware when you are driving on Gold Dust and be careful in the construction areas.

Children's Programming News

Homestead's action packed after school program concentrating on education, fitness, and creativity is going on now. The ASP meets Monday through Friday from 3:00-6:00pm at the Homestead Court Club and utilizes all of the great Homestead Club facilities including parks, trails, and Homestead neighborhoods. Homestead provides transportation to the program for students from Edwards Elementary School. **PRICE:** \$17 a day for Members and \$22 a day for Non-Members. **REGISTRATION:** Registration packets are available now at the front desk, or by email request to Jillian at jillian@homesteadcourtclub.com.

Please note that there will be no After School Program on Monday, October 21.

Fitness News

Spin & Core with Heidi Trueblood

Heidi will once again be offering her Spin & Core Class on Wednesdays beginning October 2nd. Spin class will be held from 9:00-10:00am, followed by her Core class from 10:00-10:30am. Join Heidi for one or both of these classes!

Ski Conditioning is back!

Ski conditioning is beginning on Monday, October 7th. Class will be held on Mondays from 5:30-6:30pm. Sign up is required. Homeowners and their tenants may sign up 48 hours in advance. Non-resident members may sign up 24 hours in advance. 20 people max. Be prepared to go outside!

Reformer Pilates & Spin Class with Deana and Evin

This class is a dynamic combination of high intensity cardio and sculpting in one class! Try it on Tuesdays at 8:30am and Fridays at 9:00am. Member price is \$12.50 with a punch card or \$15 to drop in. Contact Deana at 970-331-6302 to reserve your space.

September Board Of Directors Meeting Highlights

Our September Board of Directors and Design Review Committee Meeting was held on Friday, September 13, 2013, at 9:00am. Three items were seen before the DRC. The first was an informational item on new construction at 77 Russell Trail. The second item was a deck change at 78 Allen Circle that was approved. The last item in DRC was a proposal to add a microwave dish to the existing AT&T tower which was denied. Member Input included a request to upgrade the salt barrels throughout the neighborhood, a request to see the Eagle County schedule to resurface Homesteads streets, and questions on remodel plans. The Board addressed the issues individually. New Business included approval of a new collection policy to go into effect in January 2014. Matters Pending included a presentation from Victor Mark Donaldson Architects. The meeting minutes from the meetings on August 9 & 15, 2013 were approved. The July 2013 financial report was approved by the Board. The Directors Report included changing the date of the November Board meeting to Thursday, November 7, 2013 at 5:00pm, to be followed by a remodel open house from 7:00-8:00pm. The meeting adjourned at approximately 1:15pm.

Annual Budget Discussion: The Board is in the process of approving the 2014 budget including the reserve fund and the Court Club remodel and would like to invite all homeowners to attend the October Board meeting on Friday, October 11th, at 9:00A.M. to offer input.

End of Summer Party Thank You

Thank you to everyone who attended our annual end of the summer party and BBQ on Saturday, August 31st. It was our most successful ever with over 500 people attending. A special thanks to Dave Perron for the great music and to No Bull Entertainment for bringing the bull!

How to Feel Better in Your "Mommy Body" Workshop

By Homestead Personal Trainer, Nichole Kellerman

Becoming a mother is one of the greatest miracles on earth. However, it does have an impact on your body, and more importantly, the way you view your body. And though you wouldn't give them up for anything, inside you wish your body looked more like pre than post. Right? While it is possible, you have a hard time believing it. You exercise regularly, drink your water and watch your portions but nothing is changing. You feel like you're going to have to "settle" with a body you're not so thrilled about.

What if I told you there were small shifts that you could make in your life (that take little to no time) that could change this feeling forever? And that by implementing these shifts on a consistent basis you can not only start balancing your body back to how it's supposed to look, but actually really love and accept it?

On October 17th at 10:30am in the Community Room I will be giving you my 3-step-formula on exactly how to do that. I guarantee you've never heard anything like this before. As long as you bring an open mind and a positive attitude you'll never look at your body the same. Please reserve your space by signing up at the front desk.

Tennis News

Sign Up Now for Fall Junior Tennis Programs: Fall Junior Tennis Session 2 will begin the week of October 21 and will run for 8 weeks, with no programs over Thanksgiving week. These clinics are designed specifically for the needs of junior players. An age specific breakdown of groups will help foster learning and keep your children having fun. Registration flyers are available at the front desk or on our website, www.hcchoa.com. Sign up today!

Reminder: Fall Junior Tennis Session 1 is ending on Friday, October 18.

Free Paddle Tennis Clinic with Eric: Platform Tennis or "Paddle", as most call it, is a unique racquet sport for people of all ages and ability levels. Paddle is similar to tennis, however it also incorporates elements of racquetball and squash, and is typically played in the wintertime. Homestead has two Paddle Tennis courts located in upper Homestead, on Gold Dust Drive, just before you get to Remington Trail. Homestead sells paddle balls, and has loaner racquets available for no charge. Once you try it you will end up loving the sport. So please join us for a game of Paddle this fall, starting with our free clinic on Saturday, October 12th from 1:00 to 3:00pm. Please call the front desk in advance to reserve your space.

Cardio Tennis is returning on Wednesdays & Saturdays in November!

Bear Country Reminder ~ Garbage Cans

Most conflicts between bears and people are linked to careless handling of food or garbage. Bears will eat almost anything including human food, garbage, hummingbird food and pet food. Once a bear has found the easily accessible food source, it may visit regularly. We would like to remind you of Eagle County's Wildlife Ordinance:

The Eagle County Wildlife Protection and Waste Disposal Ordinance ([07-001](#)) was passed by the Board of County Commissioners in the spring of 2007. There are two main components to the ordinance, both aimed at preventing the feeding of wildlife. The first component requires that trash remain inside a garage or other locked structure at all times, except for 6 a.m. - 7 p.m. on trash day. The second major component requires that all trash, residential and commercial, be placed in a wildlife-resistant trash container when it is not inside.

Homestead requires all residents keep their garbage cans inside at all times except for trash day. Staff will be patrolling the neighborhood and issuing fines for violating these guidelines and the Wildlife Ordinance. Thank you for your cooperation.





October Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am			Spin (Jen) 6:10-7:30am Power Vinyasa Yoga (Ashley)	Sunrise Yoga (Beth)	Spin (Joel)	
8:30-9:30am	8:30-9:05am TRX with Deana*\$	Spin/Pilates Deana & Evan*\$ (Contact Deana at 970-331- 6302)	Zumba (Beth)			8:00-9:30 Intermediate Hatha Yoga (Trinity)
8:30-9:45am		Master's Swim (Erinn)			Master's Swim (Erinn)	
9:00-10:00am			Spin (Heidi)		Spin/Pilates Deana & Evan*\$ (Contact Deana at 970-331-6302)	
9:15-10:15am	20/20/20 (Justin)	Body Shop (Nichole)	10:00-10:30am Core (Heidi)	S.I.T (Justin)	Board Meeting 10/11/13 9:00am	
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
12:00-1:15pm		Gentle Yoga (Sophie)				
5:30-6:30pm	Ski Conditioning (Justin)	Spin (Joel)		5:00-5:30pm TRX with Deana*\$		
6:35-7:35pm	Hatha Flow (Carly)		Vinyasa/ Restorative Yoga (Sophie)	Vinyasa Flow (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.*

\$ = Fee for class

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.

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.

BODY CHALLENGE — A unique and challenging way of toning your body using mainly body weight with a few props for resistance. It defines, tones and strengthens your arms, core, back, legs, abs, and improves balance and posture.

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

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.

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!

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!

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.

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.



October 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)		
10:00am-1:00pm							
1:00-2:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
2:00-4:00pm							
3:30-4:30pm	After School in Pool	After School in Pool	After School in Pool	After School in Pool	After School in Pool		
4:30-5:00pm							
5:00-6:00pm							
6:30-9:00pm							
9:00-10:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

Swim Lessons with Brook Richards Coach Brook specializes in teaching personalized swim lessons to children and adults of all ages and abilities. Her goal is to connect with each swimmer in order to learn how to best meet their individual needs, and guiding them to become safe, confident and successful swimmers in the water. Visit swimwithbrook.com for more information on dates and times and to schedule lessons.

Fall Swim Team with Erinn Hoban ~ Swimmers will 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. Swimmers must know at least two strokes and be able to swim at least one length of the pool to join swim team. Swim Team Prep prepares swimmers to join swim team. Swim Team Prep meets on Mondays and Thursdays from 4:30-5:00pm, and Swim Team meets on Mondays and Thursdays from 5:00-6:00pm.

Session Dates: TBD

Member Prices: Swim Team Prep is \$80 per child/per session, Swim Team is \$110 per child/per session

Non-Member Prices: Swim Team Prep is \$120 per child/per session, Swim Team is \$150 per child/per session

Registration forms are available at the front desk or on our website, www.hcchoa.com.



October Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:15-7:15am						
7:15-8:15am						
8:30-9:30am						4.0++ Level Clinic*
9:30-10:30am						3.5 Level Clinic*
10:30-11:30am						10:30-11:30am 3.0 Level Clinic*
10:45-12:00pm		3.0-3.5 Level Clinic*		3.5-4.0 Level Clinic*		
12:00-1:15pm			4.0++ Level Clinic*			
1:15-2:30pm					Ladies 3.0-3.5 League Play*	
3:15-4:00pm	Mighty Mites Clinic* (4-6 yr. olds)		Mighty Mites Clinic* (4-6 yr. olds)			
4:00-5:00pm	Superstar Clinic* (7-9 yr. olds)	Intermediate Clinic* (10+ yr. olds)	Superstar Clinic* (7-9 yr. olds)	Intermediate Clinic* (10+ yr. olds)	Superstar Clinic* (7-9 yr. olds) Intermediate Clinic* (10+ yr. olds)	
5:00-6:00pm	Teenager Clinic* & High School	Junior Elite Tennis* (JET)	Teenager Clinic* & High School	Junior Elite Tennis* (JET)	High School Prep*	
6:00-9:00pm	Ladies 3.5-4.0 League Play*	Ladies 3.0-3.5 League Play*	Men's 3.5-4.0 League Play*	Coed 4.5+ League Play*		

Fall 2013 Junior Program Dates:

Session 1: August 26 - October 18

Session 2: October 21 - December 20 (No programs the week of November 25-30)

Fall 2013 Adult Program Dates:

August 26 - December 20 (No programs the week of November 25-30)

SIGN UP POLICY FOR ADULT CLINICS

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.

Adult Clinic Prices: Member rate is \$20 per clinic, Non-member rate is \$35 per clinic

***Advance sign up required for all tennis programs**