



# Homestead Owners Association & Court Club

## November Events

### Daylight Savings Time Ends

Sunday, November 3rd

**Board & DRC Meeting Day & Time Change:**  
Thursday, Nov. 7th @ 5pm

**Remodel Open House**  
Thursday, Nov. 7th @ 7pm  
No evening Fitness Classes

**Thanksgiving Break Day Camp**  
November 25th-27th  
8:30am-5:15pm

**Happy Thanksgiving**  
Thursday, November 28th  
**CLUB HOURS:** open-12pm  
Burn The Bird 9:00am  
Childcare Closed

**Reminder:** No Tennis programs Nov. 25-29

## 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

## November Board Meeting & 2014 Budget Discussion

The November Board of Directors and Design Review Committee Meeting has been moved from its usual day and time to **Thursday, November 7th, at 5:00pm**. The Board is in the process of approving the 2014 budget including the reserve fund and would like to invite all homeowners to attend the November Board Meeting to offer input. Please note that the DRC submittal deadline remains the same, Friday, October 25th, by 5:00pm.

## Remodel Open House

We have updated interior and exterior remodel plans to show you. Please join us for an open house on **Thursday, November 7th, from 7:00-8:00pm** to see the updated plans and get excited for the new Club. We hope to see you there!



## Tennis News

### Thank You & Best of Luck to Derek Fisher

Derek has retired as the Director of Racquet Sports, however will remain part of the Homestead team as a Tennis Pro after he recovers from his upcoming knee surgery. We would like to thank Derek for over 5 years of great tennis events and programming, and wish him the best with his knee surgery!

### Welcome to our new Tennis Pro: Zee Leticia

Originally from Croatia, Zee Leticia has been in the United States since 1996. He attended Roosevelt High School in Iowa, where he was State Runner Up. He went on to win State and Team State his senior year. In junior tennis, Zee was the champion to multiple state and Missouri Valley Conference tournaments. After high school, he attended Drake University and played Division 1 tennis. Zee has been a tennis player since he was eight years old. He started assisting tennis pros during high school and has taught clinics at Drake University throughout his college career. After college, Zee has been a head pro at various country and racquet clubs in Des Moines, Iowa. He moved to Colorado to continue his tennis career in 2009. Zee also enjoys skiing, hiking, mountain biking and other outdoor activities. His goals are to contribute his best knowledge and help create a competitive tennis program at Homestead Court Club. His experience will show his ability to work with any age and help produce better players. Zee will help improve your strokes, but he is also very interested in teaching conditioning and foot work. He hopes to create a more competitive environment and help Homestead stand out as the best tennis program in the valley. Call the Club Front Desk today to set up a lesson or clinic with Zee!

### Sign Up Now for Fall Junior Tennis Programs

Fall Junior Tennis Session 2 begins 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](http://www.hcchoa.com). Sign up today!

### Cardio tennis is back!

Cardio Tennis is back beginning on Saturday, November 2nd. Class will be held on Wednesdays from 6:15 to 7:15am and on Saturdays from 7:15 to 8:15am. Sign up is required. Sign Up Policy: Homeowners and their tenants may sign up 48 hours in advance, Non-resident members may sign up 24 hours in advance.

## Children's Programming News

**Holiday Break Kids Camps:** Homestead is offering three special sessions of all day kids camps over the next three months on November 25-27, December 26-27 & January 2-3. Children ages 5 to 12 are able to join our 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. Rates are \$40/day for members and \$47/day for non-members. For more information or to register, please visit [www.hcchoa.com](http://www.hcchoa.com) or call 970-926-1067.

**Please note:** There will be no After School Program or Kids Camp on November 28th & 29th. Childcare will be closed on November 28th.

## Note to Members Regarding our Tanning Bed

We will be removing the tanning bed in conjunction with the Court Club Remodel. We will no longer offer use of our tanning bed effective March 1, 2014. Effective immediately we are no longer selling tanning punch cards. If you currently have a punch card, please use all of your punches prior to March 1, 2014. We will continue to sell individual tanning sessions at the Front Desk through February 28, 2014.

## Special Club Hours:

**Thanksgiving Day**  
5:55am-12:00pm  
Childcare Closed

**December 8th**  
6:30am-3:00pm  
(Homestead's Holiday Party)

## October Board Of Directors Meeting Highlights

Our October Board of Directors and Design Review Committee Meeting was held on Friday, October 11, 2013, at 9:00am. Two items were seen before the DRC. The first was an informational item on new construction at 77 Russell Trail. The second item was a proposal for a new addition at 197 Remington Trail that was approved. Matters Pending included a presentation from Victor Mark Donaldson Architects. Please see the front page for more information on the next Remodel Open House. The meeting minutes from the meeting on September 13, 2013 was approved. The August 2013 financial report was approved by the Board. The Directors Report included discussion on the 2014 budget. The 2014 budget will be approved at the next Board meeting, which has been moved to Thursday, November 7th at 5:00pm. The meeting adjourned at approximately 12:30pm.

## Fitness News

### *Burn The Bird on Thanksgiving Day*

This special fitness class will be held Thanksgiving Day, November 28th, from 9:00-10:15am. Come in for a killer workout before you feast! This will be the only fitness class held on Thanksgiving day. 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 and Non-members may sign up the day of the class.

### *Ski Conditioning*

Ski conditioning is going on now and will run through Wednesday, November 27th. Join Justin, Amy, and Adina on Monday and Wednesday evenings at 5:30pm for a comprehensive pre-season ski conditioning program including cardio, strength training, flexibility work, balance and agility exercises, and explosive/coordination training. Prepare to take your skiing and snowboarding to a new level this year, while avoiding early season injuries caused by lack of training. Please call the front desk to sign up.

*Please note we are cancelling all evening Fitness Classes on Thursday, November 7th, due to our Remodel Open House.*

### *Welcome to our newest Fitness Staff Members:*

#### *Adina Petersmeyer, Personal Trainer & Group Fitness Instructor*

Adina is a Certified Strength and Conditioning Specialist (CSCS) with NSCA. While her background is in training collegiate athletes, she also enjoys working with individuals of all ages and abilities. Adina played Division I tennis and coached Division III volleyball for 5 years. She specializes in fun and dynamic interval training and core strength and stability training. Adina has had two hip repairs and understands rehabilitation and the importance of training for a pain free life. Her upbeat personality will inspire all to work harder in order to enjoy life more. Adina lives in Edwards and enjoys all outdoor activities with her husband and 2 boys. Adina is available for Personal Training now. Contact Justin to set up an appointment!

#### *Cheryl Olson, Yoga Instructor*

Originally from NY, Cheryl's love for the outdoors and snow moved her to Colorado at age 19. She attended her first yoga class when 18, but did not start practicing regularly until 2009 when her physical therapist recommended it as rehab for a back injury. Through practicing yoga, she felt emotional healing as well. Cheryl felt the need to share the gifts of yoga with others, so in the spring of 2013 she earned a 200hr certification as a Power Vinyasa Instructor. She feels teaching is a step in her personal growth and is excited for the road of knowledge ahead. Cheryl will be teaching the 6am Thursday morning class. She looks forward to instructing and assisting in your practice.

#### *Karlie Cummins, Yoga Instructor*

Karlie grew up in the Vail Valley, living the typical mountain lifestyle. After multiple snowboard injuries, she was left to discover new ways of being healthy and having fun. Deciding to give yoga a whirl, she was shocked by both the physical and emotional growths she experienced. She became 200HR certified in the spring of 2013 and sharing the many gifts of yoga became a newfound passion. Taught by Baptiste-trained Rachel Nelson, another longtime Vail local, Karlie specializes in the faster paced power yoga, a perfect complement to the active lifestyle of the Valley. Come try her class on Monday evenings at 6:35pm, you're sure to sweat and grow your practice!



# November Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am			Spin (Jen) 6:10-7:30am Power Vinyasa Yoga (Ashley) 6:15-7:15am Cardio Tennis*	Sunrise Yoga (Cheryl)	Spin (Joel)	7:15-8:15am Cardio Tennis*
8:30-9:30am	8:30-9:05am TRX with Deana*\$	Spin/Pilates Deana & Evin*\$ (Contact Deana at 970-331-6302)	Zumba (Beth)	<b>Burn the Bird 11/28/13 9-10:15am</b>		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 & Evin*\$ (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)		
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
12:00-1:15pm		Gentle Yoga (Sophie)		<b>Board Meeting 11/7/13 5:00pm</b>		
5:30-6:30pm	Ski Conditioning (Justin & Amy)	Spin (Joel)	Ski Conditioning (Amy & Adina)	5:00-5:30pm TRX with Deana*\$		
6:35-7:35pm	Power Yoga (Karlle)		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.



# 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
8:30-9:45am		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](http://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](http://www.hcchoa.com).



# November 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 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**