



Homestead Owners Association & Court Club

February Events

**Swim Team & Swim
Team Prep Begin**
Monday, February 3

Board & DRC Meeting
Friday, February 14 @ 9am

Annual HOA Meeting
Monday, February 17
7:00pm in the Fitness Studio

Please note:
All evening fitness classes
have been cancelled due to
the meeting.

Clubhouse Kids Camp
February 17-21
8:30am-5:15pm
Register Now!

Free Injury Screenings
February 4 & 18
5:30-6:30pm

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

Homestead's Annual Meeting: February 17

This year's meeting will be held at the Homestead Court Club on Monday, February 17th, 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 two open Board Member seats at the meeting. Please note information on the candidates are also on the enclosed General Meeting Report. For more information on the meeting contact Tracy Erickson at the Club.

Court Club Remodel Update

We are moving forward with our remodel plans, and want to keep you informed regarding changes, updates and closures. You will start to notice changes at the club beginning in March, and we are expecting to have the remodel complete by October. Our goal is to keep as much of the Club open as possible throughout the remodel, however due to the nature of the remodel we will have to move things around a bit and make a few changes to the fitness schedule. We plan to move the majority of the Club amenities onto indoor tennis Court #7, and plan to keep the locker rooms and pool open. Please visit our website, www.hcchoa.com, like us on Facebook, follow Homestead Court Club on Twitter, and Instagram for the latest Club updates.

Children's Programming News

February Break Kids Camp: We are hosting a special session of Kids Camp on February 17-21. 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 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.

Swim Team

Erinn will be hosting another session of Swim Team and Swim Team Prep beginning Monday, February 3. Swimmers will practice and improve all four strokes, increase swimming endurance and have fun. 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.

Session Dates: February 3 - March 6 (No practice February 17 & 20)

Times: Swim Team Prep meets at 4:30-5:00pm, and Swim Team meets at 5:00-6:00pm on Mondays & Thursdays.

Prices: Member price is \$80 for Swim Team Prep and \$110 for Swim Team. Registration forms are available on www.hcchoa.com and at the Front Desk.

Homestead 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. No motorized vehicles.
8. You may only park in the Open Space lots when using parks, trails, etc. There is absolutely no overnight parking.
9. The Homestead Owners Association is not responsible for lost or stolen items.
10. Use Homestead Open Space, trails, and parks at your own risk.
11. The Homestead Owners Association is not responsible for accidents in common areas.
12. These rules only apply to Homestead Open Space, not Eagle County Open Space, including the "Homestead L".

January Board Of Directors Meeting Highlights

Our January Board of Directors and Design Review Committee Meeting was held on Friday, January 10, 2014, at 9:00am. During the DRC portion of the meeting the Johnson residence at 77 Russell Trail received approval to make changes to previously approved plans. The neighbor notification process was also briefly discussed. The neighbor notification policy will be an action item at the next DRC meeting on Friday, February 14, 2014. Please plan to attend the meeting or contact Tracy Erickson if you have any input on this agenda item. Member Input included discussion on the Annual HOA meeting date. New Business included approval of the agenda for the 2014 Annual HOA meeting. Matters Pending included an informational item regarding the plans and general contractor proposals for the Club remodel, appointment of a committee to recommend selection of a general contractor for the Club remodel, and an informational item from the nominating committee regarding the 2014 election. The meeting minutes from the meeting on December 13, 2013 were approved. The November 2013 financial report was approved by the Board. The meeting adjourned to executive session at approximately 10:43am.

Fitness News

New Fitness Class with Lauren ~ Total Body for Moms

Total Body for Moms is a fun, all-levels fitness class for moms in a no-pressure environment. This innovative, comprehensive workout includes exercises from many different genres, including resistance training, circuit training, yoga, aerobics, and interval training. You can expect to leave class feeling physically energized, mentally refreshed, and impressed with yourself for getting out of the house or escaping work to focus on you for an hour! (*Moms with babies age 4 weeks to pre-crawling are welcome to bring them to class where they can lounge on blankets and watch you sweat!*) Fridays from 11am-12pm starting in February 7th

New Fitness Class with Joel ~ Insanity

Join Certified INSANITY™ instructor Joel for this awesome cardio class, based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. You don't have to be in extreme shape—levels of each exercise are provided. Time to dig deep! Tuesdays from 6:35-7:35pm starting February 4th

New Spin Instructor on Wednesdays

Amy Cohen will be taking over for Jen Sage's Wednesday morning Spin Class beginning immediately. Join Amy for a fun ride!

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 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 Eric or Zee at the Club, or visit hcchoa.com.

High School Tennis: Please note that the high school women's tennis team will be using the courts on Mondays, Tuesday, Thursdays, and Fridays from 6am to 7am beginning the week of February 3rd. The team plans to move outside as soon as possible this spring. If you know of anyone who is interested in participating on the high school team, please have them contact Hillary McSpadden at 970-390-7632 or email tennis@homesteadcourtclub.com.



February Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am			Spin (Amy) 6:10-7:30am Power Vinyasa Yoga (Ashley) 6:15-7:15am Cardio Tennis* 6:30am Masters Swim (Erinn)	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)		8:00-9:00am TRX/Pilates with Deana*\$	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)	Board Meeting 2/14/2014 9:00am	
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)	11:00-12:00 Total Body for Moms (Lauren)	
12:00-1:15pm	Annual HOA Meeting 2/17/2014 7:00pm**	Gentle Yoga (Sophie)				
5:30-6:30pm	Athletes Edge (Justin)	Spin (Joel)	Cardio Fusion (Amie)			
6:35-7:35pm	Power Yoga (Karlle)	Insanity (Joel)	Vinyasa/ Restorative Yoga (Sophie)	6:15-7:15pm 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.*

***Please note all evening fitness classes have been cancelled on 2/17/2014 for our Annual Meeting.*

\$ = 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.

ATHLETES EDGE - Join Justin for this fast paced, high energy, strength and conditioning class!

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 — Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Cardio Tennis includes a warm-up, cardio workout, and cool down phases.

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 back-bends.

INTERMEDIATE HATHA 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.

INSANITY - **INSANITY™** is a cardio class, based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. You don't have to be in extreme shape— levels of each exercise are provided. Time to dig deep!

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!

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

TOTAL BODY FOR MOMS - A fun, all-levels fitness class for moms in a no-pressure environment. This innovative, comprehensive workout includes exercises from many different genres, including resistance training, circuit training, yoga, aerobics, and interval training. You can expect to leave class feeling physically energized, and mentally refreshed. *(Moms with babies age 4 weeks to pre-crawling are welcome to bring them to class where they can lounge on blankets and watch you sweat!)*

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 6:30am Masters Swim (Erinn)	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	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

Winter 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: February 3 - March 6 (No practice on February 17-20 for spring break)

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.

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.



February Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:00am	High School Tennis Team Practice	High School Tennis Team Practice	6:15-7:15am Cardio Tennis*	High School Tennis Team Practice	High School Tennis Team Practice	
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*
10:45-12:00pm		3.0-3.5 Level Clinic*		Stroke of the Day All Levels Clinic*		
12:00-1:15pm			4.0++ Level Clinic*			
1:15-2:30pm					Ladies 3.0+ 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	Junior Elite Tennis* (JET)	Junior Elite Tennis* (JET)	Junior Elite Tennis* (JET)	Junior Elite Tennis* (JET)	Junior Elite Tennis* (JET)	
6:00-9:00pm	Coed 4.0- League Play*		Men's 4.0- League Play*	Coed 4.5+ League Play*		

Winter 2014 Program Dates:

January 6 - March 14

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**