

# Homestead Owners Association & Court Club



## October Events

### Ski Conditioning Begins

Monday, October 6th

5:30-6:30pm

Sign up at the front desk

### Board of Directors and DRC Meeting

Friday, October 10th @ 9am

### Free Platform Tennis Clinic

Saturday, October 11th

1:00-3:00pm

Sign up at the front desk

### No After School Program

Monday, October 20th

### Fall Jr. Tennis Session 2 Begins

Monday, October 20th

## 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

3:00pm-7:00pm M-F

By Appointment Only

### Website:

Hcchoa.com

Twitter: Homestead Court  
Club @HomesteadHOA

## Fitness News



### *Ski Conditioning is back!*

Ski conditioning is beginning on Monday, October 6th. 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 is a dynamic combination of high intensity cardio and sculpting in one class! Try it on Tuesdays at 8:30am. Member price is \$12.50 with a punch card or \$15 to drop in. Contact Deana at 970-331-6302 to reserve your space.

### *Class Changes*

Align & Flow Yoga, on Tuesdays, and Sunrise Yoga, on Thursdays, with Cheryl have been taken off the schedule in October. Spin & Core Class with Heidi will return in November!

## Tennis News

### *Fall Junior Tennis Session 2 Begins October 20*

Junior Fall Session 2 will begin the week of October 20th, 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!

**Reminder:** Fall Junior Tennis Session 1 is ending on Friday, October 17.

### *Free Platform 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 11th from 1:00 to 3:00pm. Please call the front desk in advance to reserve your space.



# October Fitness Schedule



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am			Spin (Amy)		Spin (Joel)	
7:15-8:15am						Cardio Tennis*\$ (Eric)
8:30-9:30am	8:30-9:05am TRX with Deana*\$	<b>Spin/Pilates*</b> Deana & Evin*\$ (Contact Deana at 970-331-6302)	Zumba (Beth)			
8:30-9:45am		Master's Swim (Erinn)			Master's Swim (Erinn)	
9:15-10:15am	20/20/20 (Justin)			S.I.T (Justin)	<b>Board Meeting 10/10/2014 9:00am</b>	
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
12:00-1:15pm		Gentle Yoga (Sophie)				
3:30-4:30pm						
5:30-6:30pm	<b>Ski Conditioning*</b> (Justin)	Spin (Joel)	Cardio Fusion (Amie)			
6:35-7:35pm	Power Yoga (Karlie)		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.*

\$ = Fee for class

New classes and/or changed classes are listed in bold



# October Pool Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>	<b>Sundays</b>
<b>6:00-8:00am</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	6:30-8:00am Lap Swim	6:30-8:00am Lap Swim
<b>8:30-9:45am</b>		Master's Swim (Erinn)			Master's Swim (Erinn)		
<b>10:00am-1:00pm</b>							
<b>1:00-2:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
<b>2:00-3:30pm</b>							
<b>3:30-4:30pm</b>	After School Program in Pool	After School Program in Pool	After School Program in Pool	After School Program in Pool	After School Program in Pool		
<b>4:30-5:00pm</b>							
<b>5:00-6:00pm</b>							
<b>6:30-9:00pm</b>							
<b>9:00-10:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

## Pool Etiquette & Rule Reminders

1. All pool users must check in at the front desk.
2. There is no lifeguard on duty, swim at your own risk. We recommend that no one swim alone.
3. Children under 12 must be accompanied by a responsible person that is at least 16 years old.
4. Please do not wear street shoes or muddy shoes into the pool area.
5. Pool doors must remain closed at all times.
6. No pool parties allowed. No food or glass allowed in the pool area.
7. Proper swim attire is required in pool, infants and untrained toddlers must wear swim diapers at all times.
8. Per state law, showers are required before using the pool or hot tub.
9. No hard balls (tennis balls, etc.), large inflatables, or squirt guns allowed in pool area. No letting unregistered guests into the pool area through the emergency exit doors. No interfering with lap swimmers. No flipping, diving, roughhousing, running, or pushing others into the pool.
10. Penalties for misbehavior will be strictly enforced, at the discretion of ANY Homestead Employee. Penalties include removal from the building, suspension from the Club for a limited period of time, or permanent expulsion from the Club. In cases where vandalism or damage has occurred, the police will be called, and charges pressed. We will expect to be reimbursed for any expenses for repair, etc.
11. In the event of lightning, pool users must exit the pool and wait 20 minutes after the last lightning sighting before re-entering the pool.
12. Lap Swim is time specifically designated for lap swimming only. Anyone in the pool must be swimming laps.
13. Lap Swim Hours are: Monday-Friday: 6am-8am, 1-2pm, 9-10pm, and Saturday-Sunday: 6:30am-8:00am, and 9-10pm. No lap swim on holidays or school breaks.
14. Thank you for abiding by our pool rules!



# Fall Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:00am						
7:15-8:15am						Cardio Tennis*
8:15-9:30am						8:30-9:30am 4.0++ Level Adult Clinic*
9:30-10:45am						9:30-10:30am 3.5 Level Adult Clinic*
10:45am-noon		3.0-3.5 Level Adult Clinic*		3.5-4.0 Level Adult Clinic*		10:30-11:30am 3.0 Level Adult Clinic*
Noon-1:15pm			4.0++ Level Adult Clinic*			
1:15-2:30pm					Ladies 3.0-3.5 League Play*	
3:15-4:00pm			Mighty Mites Junior Clinic* (Ages 4-6)		Mighty Mites Junior Clinic* (Ages 4-6)	
4:00-5:00pm	Superstars Junior Clinic* (Ages 7-9)	Intermediate Junior Clinic* (Ages 10+)	Superstars Junior Clinic* (Ages 7-9)	Intermediate Junior Clinic* (Ages 10+)	Superstar Clinic* (Ages 7-9) Intermediate Clinic* (Ages 10+)	
5:00-6:00pm	Teenager Junior Clinic*	Junior Elite Tennis Clinic*	Teenager Junior Clinic*	Junior Elite Tennis Clinic*		
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 + Top Gun League*		

## Fall 2014 Program Dates:

Session 1: August 25 - October 17

Session 2: October 20 - December 19 (no programs November 24-28)



### 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 \$30 per clinic



## 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.

**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!

**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.

**VINYASA/RESTORATIVE** — In a calm meditative atmosphere a half hour is spent stretching with your breath. The remaining time of class is given to guided meditation while exploring the range of motion of your spine supported by bolsters in gentle poses.

**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.

## Swim Lessons with Amy Klunzinger

Amy grew up swimming for the Detroit Yacht Club swim team for 10 years. She then coached and was a lifeguard on and off for the past several years. She has a strong passion for swimming, teaching and coaching others in this sport. Amy has a Deep Water Life-guard/CPR/AED/First Aid certification through the American Lifeguard Association. She also has been teaching Spin and Fitness classes for the past eight years. Amy greatly enjoys fitness and wellness and also loves to hike, bike, ski, run, float the rivers, travel and have fun! Amy is available to teach both adult and children's private, semi-private and group lessons. Please contact the Front Desk for more information, or to schedule lesson with Amy.



**Coming  
November 3!**

## September Board & DRC Meeting Highlights

Our September Board of Directors and Design Review Committee Meeting was held on Friday, September 12th, 2014, at 9:00am. During the DRC portion of the meeting the Dominguez's received approval to build two duplex residences at 587 & 592 Gold Dust Drive, the Bandoni residence was approved to install a fence at 6 Gold Dust Drive, and the Lester residence received approval to make landscaping changes to their property at 711 Edwards Village Boulevard. Additionally, two DRC items were staff approved this month. During Member Input discussion was held regarding recent complaints of improper storage and maintenance on homeowners property. Matters Pending included discussion on the Court Club remodel. The meeting minutes from the meeting on August 8, 2014 were approved. The July 2014 financial report was approved by the Board. The meeting adjourned to executive session at approximately 10:24am.

**Annual Budget Discussion:** The Board is in the process of approving the 2015 budget including the reserve fund and would like to invite all homeowners to attend the October Board meeting on Friday, October 10th, at 9:00A.M. to offer input. The final 2015 budget will be approved at the November Board Meeting.

## Children's Programming News

*Homestead's action packed after school program* concentrating on education, fitness and creativity is going on now. The ASP meets Mon-Fri from 3-6pm at the Homestead Court Club and utilizes all of the great Homestead Club facilities including parks, trails, and Homestead neighborhoods. **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](mailto:jillian@homesteadcourtclub.com).

*Please note that there will be no After School Program on Monday, October 20th, as it is a Teacher Work Day.*

## Property Maintenance Reminders

Residents of Homestead are being reminded to maintain their properties in accordance with the Homestead Covenants, Conditions, and Restrictions. Keeping your property well maintained is important for you and your neighborhood. Good housekeeping and maintenance practices keep property values at a higher level and limit health and safety hazards, in addition to a better quality of life. Homestead guidelines state:

*"Each Lot at all times shall be kept in clean, sightly and wholesome condition. No trash, litter, junk, boxes, containers, bottles, cans, implements, machinery, lumber or other building materials shall be permitted to remain exposed upon any Lots so that same are visible from any neighboring Lot or street, except as necessary during the period of construction."*

We would like to remind you that now is a great time to do a fall cleaning of your property. If, in our travels, we see that some maintenance is needed on your property, we will notify you of our observations. Our goal is to establish a dialog with you that will insure your property is brought into compliance in a timely manner, serving both the Association's needs and your own. For those of you who are planning exterior work, please remember that any landscaping/exterior changes and/or improvements must be applied for and approved by the DRC. If you have any questions or comments, please feel free to give us a call at 926-1067. - Homestead DRC

