



November 2014 Newsletter

Homestead Owners Association & Court Club

November Events

**Daylight Savings Time
Ends**
Sunday, November 2

**Board of Directors and
DRC Meeting**
Friday, November 14 @ 9am

**Thanksgiving Break
Day Camp**
November 24-26
8:30am-5:15pm

Happy Thanksgiving
Thursday, November 27
CLUB HOURS: open-12pm
Burn The Bird 9:00am
Childcare Closed

Reminder: No Tennis
programs Nov. 24-28

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

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

By Appointment Only

Website:

Hcchoa.com

Twitter: Homestead Court
Club @HomesteadHOA

November Board Meeting & 2015 Budget Discussion

The November Board of Directors and Design Review Committee Meeting will be held on Friday, November 14, at 9:00am. 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 November Board Meeting to offer input.

Fitness News

Flashback to Homestead's First Fitness Class

Break out your tights, thong leotards, spandex and sweatbands for this full body blast of awesomeness! Justin will be teaching this fun flashback class to celebrate the opening of Homestead's new fitness studio, 30 years after the original. This class will incorporate a mix of dance moves, calisthenics, and athletic training that is "choreographed" and set to music. Radical! Don't forget to wear your best 80's gear! **November 20, 2014 @ 5:30pm. Come live the dream!**



Burn The Bird on Thanksgiving Day

This special fitness class will be held Thanksgiving Day, November 28, 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 26. Join Justin and Amie 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.

Spin with Heidi

Heidi will once again be offering her Spin Class on Wednesdays from 9:00-10:00am beginning Wednesday, November 5. Join Heidi for this upbeat class, featuring fun music with a varied ride to make sure you get an enjoyable, effective ride!

Level 2 Yoga with Trinity

Trinity's Level 2 Yoga class is 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. This class will also include arm balances and inversions. Join Trinity on Saturdays from 8:30-9:30am beginning on Saturday, November 8.



Come Live the Dream!

Our remodel is scheduled to be completed between November 3-10. We are so excited to see what everyone thinks of the new Club!

Homestead Tennis Guidance Group

We are looking for Homestead players of all levels to join our Tennis Guidance Group. The group will meet monthly or as needed to provide advice and counsel to Management on issues involving Homestead tennis programs. The group will also promote USTA leagues and assist with tournaments, socials and youth tennis programs. If you are interested in joining the tennis group, please email kim@homesteadcourtclub.com

Special Club Hours:

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

December 7
6:30am-12:00pm
(Homestead's Holiday Party)

October Board & DRC Meeting Highlights

Our October Board of Directors and Design Review Committee Meeting was held on Friday, October 10, 2014, at 9:00am. During the DRC portion of the meeting the Gruber residence received approval to build a fence at 185 Russell Trail. Additionally, one DRC item was staff approved this month. During Member Input members of Homestead's tennis community were present to discuss Homestead Tennis. Please see the side note regarding the Homestead Tennis Guidance Group. New Business included discussion on the 2015 budget and speed bumps in the neighborhood. Staff recommends no increase in dues for 2015. The final 2015 budget will be approved at the November Board Meeting. See front page for more info. Matters Pending included discussion on the Court Club remodel. The meeting minutes from the meeting on September 12, 2014 were approved. The August 2014 financial report was approved by the Board. The meeting adjourned to executive session at approximately 9:42am.

Children's Programming News

Holiday Break Kids Camp: Homestead is offering a special session of all day kids camp on November 24-26. 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 or call 970-926-1067 and ask to speak with Jillian.

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.

Please note: There will be no After School Program or Kids Camp on November 27-28. Childcare will be closed on Thanksgiving Day, November 27.

Tennis News

Cardio tennis is back!

Cardio Tennis is back beginning on Saturday, November 2nd. Class will be held on Wednesdays from 6:15-7:15am and on Saturdays from 7:15-8:15am. 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. 6 participant maximum per class.

It's Not Too Late To Sign Up Fall Junior Tennis Session 2

Junior Fall Session 2 began the week of October 20th, and will run through December 19, 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!

November Fitness Schedule



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am			Spin (Amy) 6:15-7:15am Cardio Tennis* (Eric)		Spin (Joel)	
7:15-8:15am						Cardio Tennis* (Eric)
8:30-9:30am	8:30-9:05am TRX with Deana*\$ (Contact Deana at 970-331-6302)	Spin/Pilates* Deana & Evin*\$ (Contact Deana at 970-331-6302)	Zumba (Beth)			Level 2 Yoga (Trinity)
9:00-10:00am			Spin (Heidi)		Board Meeting 11/14/2014 9:00am	
9:15-10:15am	20/20/20 (Justin)			S.I.T (Justin)		
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	Ski Conditioning* (Justin)	Spin (Joel)	Ski Conditioning* (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



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.



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		
2:00-3:30pm							
3:30-4:30pm	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		
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

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