



Homestead Owners Association & Court Club

March Events

Last Day of Winter Tennis Programs
Friday, March 13th

Board & DRC Meeting
Friday, March 13th @9am

Spring Tennis Programs Begin
Monday, March 16th

No After School Program
Monday, March 23rd
(Teacher Work Day)

Clubhouse Kids Camp
April 13th-17th
8:30am - 5:15pm
Register Now!

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
Advance Reservations
Required

Website:

Hcchoa.com

Like Homestead Court Club on Facebook!

Children's Programming News

Kids Yoga with Amy Klunzinger: Cooperative games, theme activities and music bring out the natural energy and enthusiasm of a young child. Classes explore yoga poses, breathing exercises, visual imagery and relaxation techniques while conveying lessons in social skills, positive thinking and environmental awareness. This 6 week session will be held on Friday afternoons from 4:30-5:30pm beginning Friday, March 6 and running through Friday, April 10. Member price for the 6 week session is \$40, Non-member price is \$70. Ages 4-8 welcome. Minimum of 5/Maximum of 12 children. Advance sign up is required. Please sign up at the front desk. Contact Kim at the Club for more information.

After School Program Reminder: There will be no After School Program on Monday, March 23, as it is a teacher only work day. 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.

April Break Kids Camp: We are hosting a special session of Kids Camp on April 13-17. 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. Advanced registration is required. For more information please email Jillian@homesteadcourtclub.com.



Tennis News



All Spring Junior Tennis Programs will begin the week of March 16, and will run for 9 weeks, with a break from April 13-17. The last day of kids spring programs is May 22.

Spring Junior Clinics

Mighty Mites (Ages 4-6): Wednesdays & Fridays from 4-5pm

Superstars (Ages 7-9): Mondays & Wednesdays from 4-5pm

Intermediates (Ages 10+): Tuesdays & Thursdays from 4-5pm

Junior Elite Tennis: Tuesdays and Thursdays from 5-6pm

JET Gold: Mondays, Wednesdays and Fridays from 5-6pm

Registration flyers are available at the front desk and on our website www.hcchoa.com.

VMS High School Tennis Practice will begin in March. Practice will be moved outside as soon as weather permits. If you know of anyone who is interested in participating on the high school team, please have them contact Hillary McSpadden at hmcspaden@slifer.net or 970-390-7632.

Reminder: Winter Tennis Programs are ending on Friday, March 13.

Homestead General Meeting Report and Election Results

This year's meeting was held on Monday, February 16th, at 7:00pm, at the Homestead Court Club. Thank you to everyone who attended and participated in the business of the Association. Two seats for the Board of Directors were up for election. There were two candidates on the official ballot and there were no additional nominations from the floor. Alyson Leingang and Bill McNamara were elected to the Board. Board President Bobby Ladd discussed the general state of the HOA and Court Club, projects that were completed in 2014, and projects scheduled for 2015 including the locker room remodel. Board Treasurer Katie DeMore gave an overview of Homesteads financials and announced that dues will not be raised in 2015. Homesteads attorney, David Firmin, provided owner education concerning two proposed bills, Colorado House Bill 15-1113 Foreclosure Sale Continuation HOA Assessments, and Senate Bill 15-177 to amend Colorado's construction defects law. We will have more information on these bills on our website soon. Lastly the Board took questions from the ownership. The meeting adjourned at 7:54pm.

February Board & DRC Meeting Highlights

Our February Board of Directors and Design Review Committee Meeting was held on Friday, February 13, 2015 at 9:00am. There were no items on the agenda for the DRC portion of the meeting. In the Board Meeting, Matters Pending included discussion on the remodel and on the upcoming Board election. Please see General Meeting Report to the left for more information on the meeting and election. The meeting minutes from the meeting on January 9, 2015 were approved. The December 2014 financial report was approved by the Board. The 2014 reviewed financials were also approved by the Board. The Directors Report included discussion on the upcoming locker room remodel. The meeting adjourned to executive session at 9:20am.

Fitness News

Pilates Workshop with Deana Michonski

Abs vs. Thighs/Hip Flexors: Which muscles are really working to strengthen your core? Increasing your awareness of Abs vs. Thighs can help you change some bad habits for muscle recruitment, increase the flexibility of your back, and free up your hips and legs for better mobility. Join Homestead Pilates instructor, Deana Michonski, in this hour workshop, to improve ab strength and stay out of those thighs/hip flexors. Workshops will be held on Wednesday, March 25th at 9:30am and Thursday, March 26th at 5pm. Each workshop will have a maximum of 10 participants. Cost: \$15 if you register before March 15th and \$20 thereafter. Participants will meet in the fitness room and also move to the Pilates studio. If you have any questions and/or to register, call Deana at 331-6302.

Kids Yoga with Amy Klunzinger

We are offering a special session of Kids Yoga for children ages 4-8. Class will be held Friday afternoons from 4:30-5:30pm. Advance sign up is required. Please see the Children's Programming News on the front page for more information.

Zumba Day and Time Change

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. Join Beth on Tuesdays at 5:15pm for this fun class!



Eagle County Road Maintenance

We have received a lot of comments recently regarding the conditions of the roads in Homestead, as well as other areas in Edwards. Homestead roads and right-of-ways are maintained by Eagle County Road & Bridge. State highways and interstates are maintained by Colorado Department of Transportation. Please feel free to contact either entity with your comments and concerns:

Eagle County Road & Bridge

P.O. Box 250
Eagle, CO 81631
Phone: 970-328-3540
Email: road@eaglecounty.us

CDOT-Region 3

Maintenance Superintendent
Phone: 970-683-6305
Email: dot_info@state.co.us



March Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am			Spin (Amy) 6:15-7:15am Cardio Tennis* (Eric)		Spin (Joel)	
7:00-8:00am		Rise, Shine and Align Yoga (Simone) Masters Swim (Larisa)		Masters Swim (Larisa)		7:15-8:15am Cardio Tennis* (Eric)
8:30-9:30am						Level 2 Yoga (Trinity)
9:00-10:00am					Board Meeting 3/13/2015 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)				
4:30-5:30pm					Kids Yoga*\$ (Amy)	
5:30-6:30pm	Athletes Edge (Justin)	5:15-6:15pm Zumba (Beth) Spin (Joel)	Strength & 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!

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.

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.

LEVEL 2 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 Larisa 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 – Move with your 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!

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.



March 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
7:00-8:00am		Masters Swim (Larisa)		Masters Swim (Larisa)			
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

Spring Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:15-7:15am			Cardio Tennis*			
7:15-8:15am						Cardio Tennis*
8:30-9:30am						4.0++ Level Adult Clinic*
9:30-10:30am						3.5 Level Adult Clinic*
10:30-11:30am						3.0 Level Adult Clinic*
10:45am-noon		3.0-3.5 Level Adult Clinic*		Stroke of the Day All Levels Adult Clinic*		
Noon-1:15pm			4.0++ Level Adult Clinic*			
1:15-2:30pm					Ladies 3.0-3.5 League Play*	
2:30-3:45pm						
4:00-5:00pm	Superstars Junior Clinic* (Ages 7-9)	Intermediate Junior Clinic* (Ages 10+)	Mighty Mites Junior Clinic* (Ages 4-6) Superstars Junior Clinic* (Ages 7-9)	Intermediate Junior Clinic* (Ages 10+)	Mighty Mites Junior Clinic* (Ages 4-6) Intermediate Clinic* (Ages 10+)	
5:00-6:00pm	Junior Elite Tennis Clinic*	Junior Elite Tennis Clinic*	Junior Elite Tennis Clinic*	Junior Elite Tennis Clinic*	Junior Elite Tennis Clinic*	
6:00-9:00pm	Coed 4.0-League Play*		Men's 4.0-League Play*	Coed 4.5 + Top Gun League*		

Spring 2015 Program Dates:

March 16 - May 22 (No programs over Spring Break, April 13-17)

*Advance sign up required for all tennis programs

