



# Homestead Owners Association & Court Club

## July Events

Friday, July 3rd  
Club closing at 5:00pm

Independence Day  
Saturday, July 4th  
Club Hours: 6:30am-5:00pm

Board & DRC Meeting  
Friday, July 10th at 9:00am

HCC Water Tank Trail  
Closed for Repair  
June 29th—July 11th

Family Fun Night  
Thursday, July 30th  
6:30pm-8:00pm

August DRC Submittal  
Deadline  
Friday, July 31st

## General Club Information

Club Hours:  
5:55am-10:00pm M-F

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

Like Homestead Court  
Club on Facebook!

**Family Fun Night ~ July 30**

Please join us on Thursday, July 30th from 6:30-8:00pm for a night of fun outdoor activities including a giant slide, waterslides, bouncy gym, and more. We will be serving refreshments and cupcakes. Don't forget to bring your swimsuit and a towel!

## Children's Programming News

**After School Program 2015/2016 Registration is Open Now!** Homestead's action packed after school program concentrating on education, fitness, and creativity will begin this fall on Monday, August 24th. The ASP will meet Monday through Friday from 3:00pm-6:00pm at the Homestead Court Club and will utilize all of the great Homestead Club facilities including parks, trails, and Homestead neighborhoods. Homestead will provide transportation to the program for students at Edwards Elementary School. **PRICE:** \$17 a day for Members and \$22 a day for Non-Members. **REGISTRATION:** Registration packets are available now at the front desk, or on our website, [www.hcchoa.com](http://www.hcchoa.com).



**Get your children involved in a Homestead Camp this summer!** Contact Jillian immediately to register for one of our exciting kids camps. There is still room available in the Clubhouse Kids Camp for children ages 5-12 and Adventure Out Camp for children ages 8-12. Registration forms are available at the Front Desk or on our website. Please make sure registration information is complete before turning it in to ensure your space is reserved. Sign up today!

## Summer Tennis News

**Summer Tennis Programs are going on now through August 14.** This summer we are offering junior clinics for all ages and ability levels as well as new Junior Tennis Challenge and supervised Match Play. Get your junior involved in this fun lifelong sport! We have also expanded our Adult Tennis Clinics this summer to include Never Ever, Drill & Play, and Co-Ed Drill clinics in addition to your current favorites. We hope you will join us for one of these fun new clinics! For days, times, and rates please visit our website, [hcchoa.com](http://hcchoa.com), or stop by the Club and talk to Tom.



**USTA Tennis Matches at HCC in July:** We are hosting some USTA matches in July! Stop by the front desk for the most up to date USTA schedule. We hope you'll come by to cheer your friends on!

**Please note the HCC Water Tank Trail will be closed for road repair June 29—July 11.**

## HCC Children's Policy Reminders

- All children under the age of 12 must be supervised by an adult at all times. An adult is considered 16 or older. If your child is under 12 and in a Homestead Program, please drop them off and pick them up with the instructor.
- All children over the age of 12 must have their own membership number to enter the club by themselves. (If you have a child over the age of 12 and they do not have a membership number please fill out a membership change form, which is available on our website, [hchoa.com](http://hchoa.com))
- Children over the age of 12 are allowed to use the following club amenities without parental supervision: pool, hot tub, racquetball court and tennis courts.
- Children over the age of 12 can use the weight room and cardiovascular area once they have been certified by Justin Songer, Fitness Director.
- Children may not add individuals to the guest list. A parent must call or come in to sign up guests.
- All Eagle County resident guests must pay the \$5 children's guest fee.
- If you have any additional questions about Homestead's Children's Policies please refer to our Membership Guidelines.

## June Board & DRC Meeting Highlights

Our June Board of Directors and Design Review Committee Meeting was held on Friday, June 12, 2015 at 9:00am. During the DRC portion of the meeting two items were seen for review: a remodel/addition was approved at 1082 Gold Dust Drive and a roof change was approved at 19 Cameron Place. During the Board of Directors portion of the meeting Matters Pending included continued discussion concerning dogs on the Homestead "L" Open Space as well as discussion on the locker room remodel. The meeting minutes from the meeting on May 8, 2015 were approved. The April 2015 financial report was approved by the Board. The meeting adjourned to executive session at approximately 9:10am.

## Fitness News

### *New Class Tuesdays at 9:15am*

Yoga Sculpt is a high energy yoga class that incorporates free weights, cardio burst, and plyometrics for a full body workout! Participants will get cardio, strength training, and gains in flexibility with each class. All levels are welcome as modifications are always offered and students are encouraged to take it at their own pace and to choose their intensity level.



This class is extremely fun, upbeat and a fantastic workout taught by Brittaney Anderson! This class is free and will only be offered for a limited time, so try it now before it's gone!! Class will be held now through August 11.

***Class Cancellations for July*** ~ Masters Swim with Larissa and Spin with Amy have been taken off the schedule for July.

## Spraying for Noxious Weeds This Month

Per State Law, Homestead staff will be spraying the open space areas for noxious weeds this month. Areas that have been treated for weeds will be dyed blue for a few days. Please keep children and pets away from the areas that are blue. Homestead will also be marking the areas with yellow flags. If you have any questions about the weed spraying please contact Tracy at the Club. Please note that Homestead does not spray for dandelions in open space or turf areas, as they are not listed as noxious weeds.



### **Note To Owners With Noxious Weeds:**

Please be sure to treat your lawn or lot for noxious weeds this summer, per Homestead Regulations. If you have any questions or comments, please feel free to give us a call at 926-1067.



# July Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>6:05-7:05am</b>		Rise, Shine and Align Yoga (Julia)			Spin (Joel)	
<b>7:00-8:00am</b>						
<b>8:30-9:30am</b>						Level 2 Yoga (Trinity)
<b>9:00-10:00am</b>		<b>9:15-10:15</b> Yoga Sculpt (Brittany)			<b>Board Meeting</b> 7/10/2015 9:00am	
<b>9:15-10:15am</b>	20/20/20 (Justin)			S.I.T (Justin)		
<b>10:30-11:30am</b>	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
<b>12:00-1:15pm</b>		Gentle Yoga (Sophie)				
<b>4:30-5:30pm</b>						
<b>5:30-6:30pm</b>	Total Body Blast (Danita)	Spin (Joel)	Strength & Conditioning (Chapin)			
<b>6:35-7:35pm</b>	Power Yoga (Lindsey)	<b>6:00-7:00pm</b> Zumba (Beth)	Vinyasa/ Restorative Yoga (Sophie)	<b>6:15-7:15pm</b> 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.*

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 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!

**STRENGTH & CONDITIONING** - Come join HCC trainer Chapin for an hour long workout incorporating free weights, kettlebells, medicine balls, and body weight exercises. This class blends movements that recruit multiple muscle groups with circuit training for a full body burn.

**TOTAL BODY BLAST** — This fast-paced and fun class provides a complete body workout and incorporates strengthening and toning of muscles, sustained cardio and intervals, and finishes with core work and stretching for a well-balanced total body workout!

**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.

**YOGA SCULPT** — Yoga Sculpt is a high energy yoga class that incorporates free weights, cardio burst, and plyometrics for a full body workout! Participants will get cardio, strength training, and gains in flexibility with each class. All levels are welcome.

**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.



# July 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>7:00-8:00am</b>							
<b>10:00am-1:00pm</b>							
<b>1:00-2:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
<b>2:00-3:00pm</b>							
<b>3:00-4:30pm</b>	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp 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!

# Summer Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:30am						
7:30-8:30am						Cardio Tennis*
8:30-10:00am		4.0 Drill & Play Clinic*		3.0-3.5 Drill & Play Clinic*		8:30-9:30am 4.0+ Drill & Play Clinic*
9:00-10:00am		Never Ever Tennis Clinic*				9:30-10:30am 3.5 Drill & Play Clinic*
10:00-11:00am	Mighty Mites Jr. Tennis Clinic* (4-6 year olds)	Mighty Mites Jr. Tennis Clinic* (4-6 year olds)	Mighty Mites Jr. Tennis Clinic* (4-6 year olds)	Mighty Mites Jr. Tennis Clinic* (4-6 year olds)	Never Ever Tennis Clinic*	10:30-11:30am 3.0 Drill & Play Clinic*
11:00am-noon	Superstars Jr. Tennis Clinic* (7-9 year olds)	Superstars Jr. Tennis Clinic* (7-9 year olds)	Superstars Jr. Tennis Clinic* (7-9 year olds)	Superstars Jr. Tennis Clinic* (7-9 year olds)		
Noon-1:15pm						
1:15-2:30pm	Junior Aces & High School Prep Tennis*	Junior Aces & High School Prep Tennis*	Junior Aces & High School Prep Tennis*	Junior Aces & High School Prep Tennis*		
2:30-4:00pm	High School Advanced & JET Tennis*	High School Advanced & JET Tennis*	High School Advanced & JET Tennis*	High School Advanced & JET Tennis*		
4:00-5:00pm	Junior Tennis Match Play	Junior Tennis Match Play	Junior Tennis Match Play	Junior Tennis Match Play		
5:00-6:00pm						
6:00-7:30pm			Coed 3.0-3.5 Drill & Play Clinic*			

## Summer 2015 Program Dates:

June 1 - August 14, 2015

### NEW SIGN UP POLICY FOR ADULT CLINICS

**Homestead Homeowners** and their tenants may sign up for clinics up one week in advance.

**Non-resident members** may sign up for clinics up to 48 hours in advance.

**Non-members** may sign up for clinics on the day of the clinic.

**\*Advance sign up required for all tennis programs**

