

# Homestead Owners Association & Court Club



## October Events

### Ski Conditioning Begins

Monday, October 5th

5:30-6:30pm

### Board of Directors and DRC Meeting

Friday, October 9th, at  
9:00am in Community Room

### No After School Program

October 16th, 19th or 20th

### Fall Junior Tennis

Session 2 Begins

Monday, October 19th

### Halloween Junior Tennis Mixer

Friday, October 30th

4:30-5:30pm

Sign up at the front desk

## 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

Like Homestead Court  
Club on Facebook!

## Homestead Street Paving Project

We are happy to announce that Eagle County will be starting road construction in the Homestead area on Monday, September 28th. Some delays can be expected. United Companies will post signs the day before construction on the street. They are going to mill and overlay with new asphalt the following roads: Edwards Village Boulevard (from Homestead Drive back around to Edwards Village Boulevard), Miele Lane, Allen Circle, Fremont Road, Spring Creek Court, Creamery Trail, Cameron Place, Cassidy Place, Game Creek Place, Hummingbird Trail, Andover Trail, Russel Trail, Remington Trail, Lindsey Trail and Gold Dust Drive. There will be concrete removal and replacement on Miele Lane, Game Creek Place, and Andover Trail. We would like to remind you that there is **no on street parking allowed in Homestead at any time.** Thank you!



## Tennis News

**Halloween Junior Mixer:** Join Tom & Laura for this exciting Halloween tennis event. Mighty Mites and Superstars (ages 4-9) kids will wear their costumes and play fun tennis games to receive Halloween treats! Friday, October 30th, from 4:30-5:30pm on Homestead's indoor tennis courts. Price is \$5 per child and space is limited to 18 kids. Sign-up at the front desk.

**Sign up for Fall Junior Tennis Session 2:** Fall Junior Tennis Session 2 will begin the week of October 19th 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:** Junior Tennis Fall Session 1 is ending on Thursday, October 15th.

**New to Tennis at Homestead?** We are offering three FREE adult tennis clinics to our members who are new to Homestead Tennis! Pick up a punch card at the front desk and show your tennis pro your card. Sign-ups for all clinics are placed at the front desk and you can choose what clinic you would like to participate in. Hope to see you on the court!

**Free Weekly Clinic:** Our new Co-Directors of Tennis, Tom & Laura Ewert, are offering one free adult tennis clinic per week. The free clinic that is offered will be different every week. Signs will be displayed throughout the club and the sign-ups are at the front desk. All clinics are limited to 6 players. We hope you will try one!

**USTA Leagues Update:** Homestead's Women's 3.0 Team made it to Districts in both their Daytime Doubles League and their Twilight League. Congratulations ladies! We wish you the best at Districts! The Women's 3.5 team finished in second place in both their Daytime Doubles League and their Twilight League. The tennis staff is proud of you for your outstanding league season! Congratulations once again and we look forward to seeing you all on the courts this Fall!



Please slow down on Homestead streets.



## Like us on Facebook!

We have a new Homestead Court Club Facebook page with our new logo as the profile picture. Like us for updates on neighborhood news and events!

## End of Summer Party Thank You

We would like to thank everyone who attended our annual end of the summer party and BBQ on Saturday, September 5th. It was a great day with over 500 people attending. A special thanks to Dave Perron for the great music, and to No Bull Entertainment for bringing the bull!

## September Board & DRC Meeting Highlights

Our September Design Review Committee Meeting was held on Friday, September 11, 2015 at 9:00am. During the DRC portion of the meeting two items were seen for review: landscaping removal at 880 Homestead Drive was tabled, and a microwave dish addition at 800 Gold Dust Drive at the AT & T tower was approved. New Business included discussion on the nominating committee responsibilities and a presentation from Glen Phelps from the Eagle County Water and Sanitation District regarding replacement of the pump house building. The meeting minutes from the August 14th, 2015 meeting were approved. The financials from July 2015 were also approved. Board Member Items included discussion on the club grounds. The meeting adjourned to Executive Session at approximately 10:05am. The October DRC and Board of Directors Meeting will be held on Friday, October 9th, at 9:00am.

### *2016 Board Member Election*

*The Board would like to announce that there will be three Board Member openings for the 2016 election in February. If you are interested in running for the Board please attend the next Board Meeting on Friday, October 9th, at 9:00am, or contact a member of the Nominating Committee via email: [nominate@homesteadcourtclub.com](mailto:nominate@homesteadcourtclub.com).*

## Fitness News

### *Ski & Snowboard Conditioning is back!*

Get ready in tip top shape and get ready for the ski season at Homestead! Our Ski & Snowboard conditioning class focuses on the most commonly used muscle groups and movements to help start out your season right. Class begins on Monday, October 5th and will be held on Mondays and Wednesdays from 5:30-6:30pm. Be prepared to go outside and sweat!



### *Vinyasa Flow Yoga with Kady on Tuesdays at 6:35pm*

Kady Warble has her Level 1 Teacher Training from Baron Baptiste. She will lead you through an hour yoga practice full of movement, breath and play. Be prepared for a workout while being present & mindful of your physical and mental self! Come step out of your comfort zone, laugh a bit and take some time for you! See you on your mat! Tuesdays from 6:35-7:35pm.

*Cassie will be teaching Yoga on Saturday mornings from 8:30-9:30am*

## Children's Programming News

*Homestead's Action Packed After School Program* concentrating on education, fitness, and creativity is going on now! The ASP meets 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 on our website, at the front desk, or by email request to Jillian at [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com).

*Please Note: There will be no After School Program on October 16th, 19th or 20th.*





# October Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am	Spin (Amy)				Spin (Joel)	
7:00-8:00am		Rise, Shine and Align Yoga (Simone)				
8:30-9:30am						Yoga (Cassie)
9:00-10:00am					<b>Board Meeting 10/9/2015 9:00am</b>	
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						
5:30-6:30pm	<b>Ski &amp; Snowboard Conditioning (Justin)</b>	Spin (Joel)	<b>Ski &amp; Snowboard Conditioning (Chapin)</b>			
6:35-7:35pm	Power Yoga (Karlle)	Vinyasa Flow (Kady)	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.*

**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.

**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.

**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 YOGA** – Move with your breath in this invigorating 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!

**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.



# 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>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>2:00-3:30pm</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
7:15-8:15am						Cardio Tennis*
8:30-9:30am		Cardio Tennis*				4.0++ Drill & Play Clinic*
9:30-10:45						9:30-10:30am 3.5 Drill & Play Clinic*
10:45am-noon				3.0 Drill & Play*	Stroke of the Day* (All levels)	10:30-11:30am 3.0 Drill & Play Clinic*
Noon-1:15pm	Never Ever Tennis Clinic*		4.0 Drill & Play*	3.5-4.0 Drill & Play		
1:15-2:30pm					12:45-1:15pm League Warm Up* Coed 3.0+ League*	
3:30-4:00pm	Mighty Mites* (4-6 year olds)	Mighty Mites* (4-6 year olds)	Mighty Mites* (4-6 year olds)	Mighty Mites* (4-6 year olds)		
3:30-4:30pm		Superstars* (7-9 year olds)		Superstars* (7-9 year olds)		
4:00-4:30pm		Mighty Mites* (4-6 year olds)		Mighty Mites* (4-6 year olds)		
4:00-5:00pm	Superstars* (7-9 year olds)  Jr. Aces* (10+ year olds)  High School Prep (12+ years old)	Jr. Aces* (10+ year olds)  High School Prep (12+ years old)	Superstars* (7-9 year olds)  Jr. Aces* (10+ year olds)  High School Prep (12+ years old)	Jr. Aces* (10+ year olds)  High School Prep (12+ years old)		
5:00-6:00pm	High School Advanced and JET Tennis*	High School Advanced and JET Tennis*	High School Advanced and JET Tennis*	High School Advanced and JET Tennis*		
6:00-9:00	Coed 4.0– League*	6:15-7:30pm 3.5-4.0 Drill & Play*	Men's 4.0– League*	Coed 4.5+ League*		

## Fall 2015 Program Dates:

Session 1: August 24 - October 16

Session 2: October 19 - December 18 (No programs November 23-27)

### **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.

