



November 2015 Newsletter

## Homestead Owners Association & Court Club

### November Events

**Daylight Savings Time  
Ends**

Sunday, November 1

**Board of Directors and  
DRC Meeting**

Friday, November 13 @ 9am

**Thanksgiving Break  
Day Camp**

November 23-25  
8:30am-5:15pm

**Happy Thanksgiving**  
Thursday, November 26

**CLUB HOURS: open-12pm**  
Burn The Bird 9:00am  
Childcare Closed

**Reminder: No Tennis or  
Swim programs Nov. 23-27**

### 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!

### New Swim Instructor

We would like to welcome our newest swim instructor to the Homestead staff. Coach Cass Jones has been teaching and coaching for more than 20 years. She is a USA level 3 coach. She has coached and instructed all ages and ability levels from infants to octogenarians! Her passion is to enhance lives through swimming. Cass is available now for private, semi-private, and group lessons, and will also be coaching our swim team and morning fitness swim class beginning in November. Swim Team registration forms are available on our website and at the front desk. Contact Cass directly to schedule swim lessons: 336-407-2901, [coachcassj@gmail.com](mailto:coachcassj@gmail.com).

#### **Fall Swim Team Information:**

Dates: 11/2 - 12/16 (No practice over Thanksgiving week)

Swim Team Prep will meet on Mondays and Wednesdays from 4:30-5:00pm

Swim Team will meet on Mondays and Wednesdays from 5:00-6:00pm

Homestead's Swim Team is a noncompetitive program designed to help young swimmers practice and improve on their strokes, increase swimming endurance, and most of all have fun! Pricing and registration is available on our website, [hcchoa.com](http://hcchoa.com).

### Children's Programming News

**Holiday Break Kids Camp:** Homestead is offering a special session of all day kids camp on November 23-25. 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](http://www.hcchoa.com) or by email request to Jillian at [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com).

**Please note:** There will be no After School Program or Kids Camp on November 26-27. Childcare will be closed on Thanksgiving Day, November 26.

### Tennis News

**Touchdown Tennis Mixer:** Join our tennis staff for this fun tennis event. Wear something that represents your favorite NFL football team. Players will vote and awards will be handed out for: MVP, most offensive player, most defensive player, biggest hit, and most mixer spirit! Bring your favorite appetizer to pass. Friday, November 13th, from 6:00-8:00pm on Homestead's indoor tennis courts. Price is \$25 per player and space is limited to 12 players. Sign-up at the front desk.

**Court Times Changing November 1:** Beginning November 1, 2015 Homestead's court times will be changing to 30 minute blocks. Members may book up to 3 consecutive blocks, or 1.5 hours per day. We feel that booking in 30 minute blocks will open up additional time for 30 minute lessons, ball machine use, and will result in less breaks in the court times overall. The court reservation policy will remain the same: Homestead residents may book up to 48 hours in advance, and non-resident members may book up to 24 hours in advance. Some of the adult clinic times will also be changing on November 1. Clinic flyer is available on our website, [www.hcchoa.com](http://www.hcchoa.com) or at the front desk. See Tom or Laura for more information!



### Parking In Homestead's Park and Club Lots

We would like to remind you that there is no overnight parking allowed in any of Homestead's parking lots. Parking is only allowed in the lots when you are using the park or Club facility. Homestead is diligently trying to clear up parking violations and will begin towing illegally parked cars in November.

### Holiday Club Hours:

Thanksgiving Day

Thursday, November 26

5:55am-12:00pm

Childcare Closed

Homesteads Holiday Party

Sunday, December 6

6:30am-12:00pm

Christmas Eve

Thursday, December 24

5:55am-12:00pm

Childcare Closed

Christmas Day

Friday, December 25

Club Closed

New Years Eve

Thursday, December 31

5:55am-5:00pm

Childcare Closed

New Years Day

Friday, January 1

8:00am-5:00pm

Childcare Closed



## October Board & DRC Meeting Highlights

Our October Board & Design Review Committee Meeting was held on Friday, October 9, 2015 at 9:00am. There were no items on the agenda for the DRC portion of the meeting. During the Board Meeting New Business included discussion on the 2016 budget and dues level. Tracy Erickson proposed to keep the dues level the same for 2016 and still be able to meet Homesteads financial obligations. The budget and dues level will be finalized at the November Board meeting. Matters Pending included discussion on the staff architects current pay rate and construction review charge rate. Matters Pending also included discussion on the Nominating Committee. The meeting minutes from the September 11th, 2015 meeting were approved. The financials from August 2015 were also approved. The Directors Report included discussion on the Court Club Remodel, AS & G habitable space, and the Tennis Guidance Group. The meeting adjourned to Executive Session at approximately 10:06am. The November DRC and Board of Directors Meeting will be held on Friday, November 13th, at 9:00am.

### *Proposed Changes to Architectural Standards & Guidelines*

At the October Board Meeting the Board discussed making changes to the following parts of the Architectural Standards & Guidelines; the Design Review Committee fees for new construction and remodels, and the habitable space portion of the Architectural Standards & Guidelines. If you would like to be part of the discussion on these items please plan to attend the November Board Meeting on Friday, November 13, at 9:00am, or stop by to see Tracy Erickson at the Club to give input.

### *2016 Board Member Election*

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, November 13th, at 9:00am, or contact a member of the Nominating Committee via email: [nominate@homesteadcourtclub.com](mailto:nominate@homesteadcourtclub.com).

## Fitness News

### *Burn The Bird on Thanksgiving Day*

This special fitness class will be held Thanksgiving Day, November 26, 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 25. Join Justin and Danita 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.

### *Morning Fitness Swim*

Our new swim instructor, Cass Jones, will be teaching this swim class. Work on technique and conditioning. If you just want to up your game, meet with swim buddies, or fine tune your strokes, this is the class for you!! Coach Cass provides structured workouts to motivate you and help you reach your goals. This class meets on Wednesdays at 6:05am beginning on Wednesday, November 4.



# November Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>6:05-7:05am</b>	Spin (Amy)		Morning Fitness Swim (Cass)			
<b>7:00-8:00am</b>		Rise, Shine and Align Yoga (Simone)				
<b>8:30-9:30am</b>						Yoga (Cassie)
<b>9:00-10:00am</b>					<b>Board Meeting 11/13/2015 9:00am</b>	
<b>9:15-10:15am</b>	<b>20/20/20 (Justin)</b>			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>	Ski & Snowboard Conditioning (Justin)		Ski & Snowboard Conditioning (Chapin)			
<b>6:35-7:35pm</b>	Power Yoga (Karlle)	Vinyasa Flow (Kady)	Vinyasa/Restorative Yoga (Sophie)	<b>6:15-7:15pm Vinyasa Flow (Sophie)</b>		

*\*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.

**MORNING FITNESS SWIM** — Work on technique and conditioning. If you just want to up your game, meet with swim buddies, or fine tune your strokes, this is the class for you!! Coach Cass provides structured workouts to motivate you and help you reach your goals.

**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 backbends.

**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!

**SKI & SNOWBOARD CONDITIONING** — Strength training is combined with speed work, plyometrics, and agility training, to develop power and endurance for the ski season. This class will get progressively harder as the weeks go on!

**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.



# November Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00-8:00am	Lap Swim	Lap Swim	Morning Fitness Swim (Cass)	Lap Swim	Lap Swim	6:30-8:00am Lap Swim	6:30-8:00am Lap Swim
7:00-8:00am							
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	Swim Team Prep		Swim Team Prep				
5:00-6:00pm	Swim Team		Swim Team				
6:30-9:00pm							
9:00-10:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

## New Swim Instructor

We would like to welcome our newest swim instructor to the Homestead staff. Coach Cass Jones has been teaching and coaching for more than 20 years. She is a USA level 3 coach. She has coached and instructed all ages and ability levels from infants to octogenarians! Her passion is to enhance lives through swimming. Cass is available now for private, semi-private, and group lessons, and will also be coaching our swim team and adult fitness swim class beginning in November. Adult Fitness Swim will be held on Wednesdays at 6:05am. Swim Team registration forms are available on our website and at the front desk. Contact Cass to schedule swim lessons: 336-407-2901, [coachcassj@gmail.com](mailto:coachcassj@gmail.com).

### *Fall Swim Team Information:*

Dates: 11/2 - 12/16 (No practice over Thanksgiving week)

Swim Team Prep will meet on Mondays and Wednesdays from 4:30-5:00pm

Swim Team will meet on Mondays and Wednesdays from 5:00-6:00pm

Homesteads Swim Team is a non competitive program designed to help young swimmers practice and improve on their strokes, increase swimming endurance, and most of all have fun! Pricing and registration is available on our website, [hcchoa.com](http://hcchoa.com), or at the front desk.

# Fall Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
7:30-8:30am						Cardio Tennis*
8:30-9:30am		Cardio Tennis*				4.0++ Drill & Play Clinic*
9:30-10:30am						3.5 Drill & Play Clinic*
10:30-Noon				3.0 Drill & Play*	Stroke of the Day* (All levels)	10:30-11:30am 3.0 Drill & Play Clinic*
Noon-1:30pm	Never Ever Tennis Clinic*		4.0 Drill & Play*	3.5-4.0 Drill & Play		
1:00-2:30pm					12:30-1:00pm 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*	6:00-7:30pm 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.

