



Homestead Owners Association & Court Club

January Events

New Year's Eve

Thursday, December 31
Club Hours: 6am-5pm
No fitness classes/childcare

New Years Day

Friday, January 1
Club Hours: 8am-5pm

Winter Swim Programs Begin

Monday, January 4

Winter Tennis Programs Begin

Monday, January 4

Winter Health Challenge Begins

Monday, January 4

Board of Directors and DRC Meeting

Friday, January 8 @ 9am

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!

Homesteads Annual Meeting

The Annual Homeowners Association Meeting will be held at the Homestead Court Club on Monday, February 15th, at 7:00pm. Information regarding the annual meeting will be sent out to all Homestead homeowners with the February newsletter. Candidate bios are on the back page.

Tennis News



Winter Tennis Programs Begin on January 4

Our Winter Tennis Leagues and Junior Tennis Clinics begin on Monday, January 4th. Winter tennis program dates are January 4th—March 18th, with no programs the week of February 22nd-26th. Registration forms are available at the front desk, or on our website, www.hcchoa.com.

High School Tennis League

Coach Tom is starting a high school tennis league on Sunday's nights from 5:30-7:00pm beginning on Sunday, January 10th. The league will run for 10 weeks. Member price is \$35, Non member price is \$85. Contact Tom at the Club if you would like to be involved!

10 & Under Practice Tournament

We are hosting a 10 and under practice tournament on January 22nd. Open to superstars level players. The tennis pros will be on court helping players learn scoring and tennis etiquette. A fun and social environment for kids to learn how to play matches. Round robin format and continuous match play. We will be playing on the 10 and under nets. Cost is \$10 for 1.5 hours of play. January 22nd from 4:00-5:30pm. Sign up at the front desk.

Winter Swim Team Info

Winter Swim Team and Swim Team Prep begins on Monday, January 4th

Swim programs will run for 10 weeks, with no programs the week of February 22nd-26th. Swim Team Prep meets on Mondays and Wednesdays from 4:30-5:00pm, and Swim Team meets on Mondays and Wednesdays from 5:00-6:00pm. Swim Team Prep is \$200-Members/\$300-Non Members. Swim Team is \$300-Members/\$400-Non Members. **Registration** forms are available at the front desk or on our website now. Contact Coach Cass for more information, or to set up swim lessons, coachcassj@gmail.com.

Children's Programming Reminders:

Homestead is pleased to offer a special holiday session of all day kids camps on December 28-30. 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. 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, please email jillian@homesteadcourtclub.com.

Holiday Childcare Hours: The childcare room will be closed on December 24, 25, 31 and January 1.

After School Program Reminders: There will be no After School Program held on December 31, January 1, 4 & 18.



December Board & DRC Meeting Highlights

Our December Board & Design Review Committee Meeting was held on Friday, December 11th, 2015 at 9:00am. One item was reviewed during the DRC portion of the meeting, a proposal for a fence at 108 Remington Trail was approved. Member Input included discussion on DRC requirements for submittal and a question regarding additional allowable square footage. During the Board Meeting New Business included a motion to approve Homesteads electronic banking services agreement and a motion to approve the capital and reserve contributions for 2014. Matters Pending included an update from the nominating committee (see candidate bios below) and a motion to approve the 2016 budget with no dues increase for Homestead owners in 2016. The meeting minutes from the November 13th, 2015 meeting were approved. The financials from October 2015 were also approved. The meeting adjourned to Executive Session at approximately 9:29am.

Annual Meeting February 15/Board Election

There will be a vote for three open Board seats at the meeting. Bios of interested candidates are below.

Erin Allen

My name is Erin Allen. I have lived in Homestead for the last 8 years, and my husband Chad and I just recently moved from Red Tail Townhomes to Creamery Trail. I work at US Bank in Avon as a commercial lender, and my experience with HOA loans helped serve our association when making financing decisions during the recent remodel. I have served on the board for the last 3 years and would love to be considered for another term. I have lived in the Vail Valley for almost 14 years and really enjoy getting to be a part of the Homestead community and using our beautifully remodeled facility!

David Portman

My name is David Portman. My wife and I have lived in Homestead since 2007. We are now raising our two kids and very much value everything our community offers. I have extensive HOA Board experience including the associations of our rental property in Avon and prior residences in Wildwood and the Riverwalk. I have worked at FirstBank in Eagle County for over 14 years, currently as a Senior Vice President. My financial management, budgeting, commercial and consumer lending, and HOA financing experience should hopefully contribute nicely to the other diverse backgrounds on the Board. I look forward to working with our neighbors to help keep Homestead a great place for our friends and families!

Matt Drummet

My name is Matt Drummet. My wife, Amy, and I have lived in Homestead for 11 years, and we enjoy raising our children in this family neighborhood. I work at Vail's Mountain Haus as the Director of Sales and Marketing. This position has afforded me the experience of working with a diverse board of directors throughout the years. I have served on the Homestead Board for the last 3 years, and wish to continue my time serving the Homestead community.

Holiday Party Thanks

We would like to thank everyone who attended our Annual Holiday Party on December 7th. An extra special thanks goes out to Dave Perron for the wonderful music, Vail Catering Concepts for the food, No Bull Entertainment for bringing "the bull" and photo booth, and of course, Santa Claus too! The event couldn't have been such a success without you there!

Holiday Club Hours:

Thursday, December 24

5:55am-12:00pm

Friday, December 25

Club Closed

Thursday, December 31

5:55am-5:00pm

Friday, January 1

8:00am-5:00pm

Fitness News

Winter Health Challenge

January is a great time to hit the reset button on your health, and this plan will help you start off the new year right! Our annual Winter Health Challenge begins on January 4th. In this challenge Christine Pierangeli, Master Nutrition Therapist and Chapin Johnson, Certified Personal Trainer will lead you through a four week health challenge including a whole foods elimination diet, fitness plan, daily health tips and recipes, group meetings and support. The kick off meeting will be held on December 30th, 2015 at 6:30pm, where you will meet Christine and Chapin and you will receive challenge plans so you can get prepared for the start of the challenge on January 4th. The four week program price has been lowered to is \$169 for members and \$214 for non-members. Contact Kim at the Club for more information, or to join the Health Challenge!

Class Changes/Additions in January:

Gentle Yoga with Terry has been added on Tuesdays at noon. Terry believes that life is all about finding balance (the yin and the yang). Most of us workout, mountain valley people are pretty "yang" driven and need to cool, chill, restore, and balance or our physical, mental, social, or spiritual self will manifest negatively. Thus, she believe restorative is an awesome offering - it's just very challenging for many, because it teaches us to be completely centered, at peace, balanced, and single minded. We invite you to try Terry's class on Tuesdays at noon-1:15pm!

Spin with Yvonne on Tuesdays at 5:30pm. Yvonne would like to continue with a "Joel" style spin class featuring your favorite drills and music! Spin class is a cardio workout without comparison. Classes incorporate climbing, intervals and steady state training. Guaranteed to make you sweat! We hope you will try Yvonne's Spin Class on Tuesdays at 5:30pm!



January Fitness Schedule

| | Mondays | Tuesdays | Wednesdays | Thursdays | Fridays | Saturdays |
|----------------------|------------------------------|---|---|---|--|------------------------|
| 6:05-7:05am | Spin (Amy) | | Morning Fitness Swim (Cass) | | | |
| 7:00-8:00am | | | | Rise, Shine and Align Yoga (Simone) | | |
| 8:30-9:30am | | | | | | Power Yoga (Cassie) |
| 9:00-10:00am | | | | | Board Meeting 1/8/2016 9:00am | |
| 9:15-10:15am | 20/20/20 (Justin) | | | S.I.T (Justin) | Tabata (Donna) | |
| 10:30-11:30am | Pilates Mat Class (Deana) | | | Pilates Mat Class (Deana) | | |
| 12:00-1:15pm | | Gentle Yoga (Terry) | | | Gentle Yoga (Sophie) | |
| 4:30-5:30pm | | | | | | |
| 5:30-6:30pm | Total Body Blast (Danita) | Zumba (Michelle) Spin (Yvonne) | Strength & Conditioning (Chapin) | | | |
| 6:35-7:35pm | Power Yoga (Karlie) | Vinyasa Flow (Kady) | Vinyasa/Restorative Yoga (Sophie) | 6:15-7:15pm Vinyasa Flow (Sophie) | | |

New Classes For January:

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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 – This powerful, energetic, playful flowing class has a strong emphasis on breath and allows beginners, intermediate and advanced students to be challenged in the same class. Expect to sweat and challenge yourself with movement and powerful, athletic postures, inventive and thoughtful sequences of sun salutations, standing and seated postures, back bending, and inversions guided by a steady breath to tone and calm the mind. Power Yoga flow will tone, strengthen and rinse your body, clear your mind and leave you with a sense of accomplishment and empowerment.

RISE, SHINE, AND ALIGN YOGA — Anusara alignment principles of muscular engagement and organic extension with focus on breath and vinyasa flow.

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.

TABATA — A class that challenges and encourages strength, agility, cardio, and recovery. Based on functional exercise that enhances the everyday living of an active lifestyle. Emphasis is on building core and leg strength with each class.

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.

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.



January 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 |

About our Instructor Cass Jones

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.

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, or at the front desk.

Winter Swim Team Information:

10 Week Session:

January 4 - March 18 (No practice February 22 or 24)

Swim Team Prep is \$200-Members/\$300-Non Members

Swim Team is \$300-Members/\$400-Non Members

Winter Tennis Schedule

| Program Time | Mondays | Tuesdays | Wednesdays | Thursdays | Fridays | Saturdays |
|---------------------|---|---|---|---|---|--|
| 7:30-8:30am | | | 6:30-7:30am Cardio Tennis* | | | 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) | | |
| 4:30-5:00pm | | 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* | | |
| 6:00-7:30pm | Coed 4.0- League* | 3.5-4.0 Drill & Play* | Men's 4.0- League* | Coed 4.5+ League* | | |
| 7:30-9:00pm | Men's Night* | | | | | |

Winter 2016 Program Dates:

January 4 - March 18 (No programs February 22-26)

Winter tennis program registration is available at the front desk and on our website now!

