



Homestead Owners Association & Court Club

April Events

Get Lifted Fitness Class
Beginning Tuesday, April 5th
6:05am-7:05am

Board & DRC Meeting
Friday, April 8th @ 9am

Parent/Child Tennis Mixer
Friday, April 15th
5:00-6:30pm

Spring Break Kids Camp
April 25th—April 29th
8:30am-5:15pm

No Tennis or Swim Programs
April 25th—April 29th

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!

Children's Programming News

Spring Break Kids Camp

We are hosting a special session of Kids Camp on April 25th-29th. Homestead camp offers your camper a fun mix of activities including swimming, hiking, yoga, games, arts and crafts, and creative play! Camp runs from 8:30 a.m. to 5:15 p.m. Minimum of 5 children per day. Advanced registration is required. Registration packets are available at the front desk, or on our website, www.hcchoa.com (in the After School Registration packet). Contact jillian@homesteadcourtclub.com for more information.

Homestead Summer Camp 2016

Join us for 12 weeks of summer fun! Our kid-approved camps add up to a summer of discovery and fun. Tennis and Swim Team are also offered at a special rate for our campers. Camp is offered every Monday through Friday from 8:30am-5:15pm, beginning on Tuesday, May 31st. Registration packets are available on our website, hcchoa.com. Contact jillian@homesteadcourtclub.com for more information on any of our camps. Register now to ensure your space!

New for 2016 ~ Life's An Adventure Camp

This Summer we are offering a new specialty camp on Tuesdays. Life's An Adventure Camp is for children entering 3rd-5th grade. Campers will experience the wonders of nature, participate in camaraderie activities, discover their hidden talents, and experience the freedom of choices, all the while breathing in the fresh air of the Homestead community. Days will be filled with a variety of adventure-centered activities that promote team work, problem solving skills, sportsmanship, communication, and self-discovery. Registration packets are available on our website, hcchoa.com. Contact jillian@homesteadcourtclub.com for more information.

Reminder The last day of our After School Program is May 26th.



Fitness News

New 6:05am Fitness Classes ~ Get Lifted with Hannah Ellison

Get Lifted is a new fitness class that will use a combination of plyometric exercises and lifting weights, keeping the heart rate up for an all around fat burning workout! Try it on Tuesdays and Fridays at 6:05am beginning Tuesday, April 5th.

Open Gym Orientation with Justin Songer ~ Wednesdays at 5:00pm

Don't be intimidated by the gym! This free orientation will help you feel comfortable using all the equipment at Homestead. Join Fitness Director Justin Songer to get an overview of our weight room and cardio area and ask any questions you may have. He will also be giving out Weight Room Certifications to children between the ages of 12-16 during this time. No sign up required. The first orientation will be held on Wednesday, April 6th. Email Justin@homesteadcourtclub.com for more info.

New Stages Spin Bikes at Homestead

Stages Cycling is about the bike, fit, finish, accuracy and quantifying your performance. It's about innovation. It's about 'Measured Improvement'. They built the world's finest indoor cycling bike, with the ability to appease the most discerning cyclist; yet flexible enough to take on any indoor cycling programming. Try a Spin Class or come in on your own to ride one of the new bikes! **Please note that sign up will be required for all HCC Spin Classes beginning in April.** Homestead owners and tenants may reserve their bike up to 48 hours in advance. Non-resident members may reserve their bike up to 24 hours in advance.



Save the Date for Upcoming Homestead Events

Clubhouse Kids Camp
April 25 -29

Community Clean Up Day
Saturday, May 7

Free Junior Tennis Clinics
Saturday, May 14

Free Paddle Tennis Clinic
Saturday, May 21

**Last Day of After School
Program**
Thursday, May 26

Summer Camp Begins
Tuesday, May 31

**Junior Challenger Tennis
Tournament**
June 10-12

Ice Cream Social
Thursday, June 23

Family Fun Night
Thursday, July 21

**Vail Valley Open Tennis
Tournament**
July 29-31

**End of Summer Party &
BBQ**
Saturday, September 3

**Homestead's Holiday
Party**
Sunday, December 4

March Board & DRC Meeting Highlights

Our March Board & Design Review Committee Meeting was held on Friday, March 11th, 2016 at 9:00am. During the DRC portion of the meeting one item was seen for preliminary review, a remodel at 463 Edwards Village Boulevard. During the Board Meeting Member Input included a suggestion for signage at Homestead trailheads. New Business included appointing the Board of Directors to the DRC, electing Director Allen as the Board President, Director Portman as Vice President, and Director DeMore as Secretary/Treasurer. The meeting minutes from the February 12th, 2016 meeting were approved. The financials from January 2016 were also approved. The meeting adjourned at approximately 10:30am.

Tennis News

Spring Tennis Programs & Leagues began on Monday, March 21st. It's not too late to sign up! Registration forms are available at the front desk, or on our website, hcchoa.com. Email tennis@homesteadcourtclub.com for more information.

Parent/Child Tennis Mixer Join us on Friday, April 15th, from 5:00-6:30pm for a fun parent/child tennis mixer. In this mixer you will pair up with your child for some friendly doubles play! You will be matched with another parent/child duo of similar ability level. Levels: Junior Aces level players and above. Maximum Teams: 8, Cost: \$15 Per Team. Sign up at the Front Desk!

Spring Paddle Tennis at Homestead Try Paddle Tennis this Spring with Eric Meyer! Eric is offering a Paddle League, Paddle Clinics and Paddle Lessons. Paddle Clinics are held on Monday nights from 5:30-6:30pm. The first two clinics are free for anyone new to Paddle! Clinics after that are \$10 per week. The Paddle league will be held on Mondays from 6:30-9:00pm. League begins on Monday, March 28th and will run through Monday, May 16th. Open to all levels. Price is \$20 for the session, or \$5 to drop in. Contact the Front Desk to sign up for the Paddle Clinic or League. Eric is also offering private, semi-private and group Paddle lessons. Prices are \$60/hour for a private, \$50/hour for a semi-private and \$45/hour for a group. Contact Eric at emeyer@vail.net to schedule Paddle Lessons.

Summer Tennis Program Information will be available April 1st.



Spring Swim Team

Spring Swim Session Info: Swim Team and Swim Team Prep are back this spring with coach Cass Jones. Cass welcomes swimmers of any age as long as they are able to swim continuously for at least one length of the pool (25 yards). The spring session will run March 21st-May 18th, with a break over April 25th-29th.

Times: Swim Team will meet on Mondays and Wednesdays from 5:00-6:00pm. Swim Team Prep will meet on Mondays and Wednesdays from 4:30-5:00pm.

Sign Up: Registration flyers are available at the front desk or on our website, www.hcchoa.com. Please contact Coach Cass at 336-407-2901 or via email at coachcassj@gmail.com if you have any questions or need additional information regarding swim team.



April Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am	Spin* (Amy)	Get Lifted (Hannah)	Morning Fitness Swim (Cass)		Get Lifted (Hannah)	
7:00-8:00am				Rise, Shine and Align Yoga (Simone)		
8:30-9:30am						Power Yoga (Cassie)
9:00-10:00am					Board Meeting 4/8/2016 9:00am	
9:15-10:15am	20/20/20 (Justin)	HIIT (Donna)		S.I.T (Justin)	Tabata (Donna)	
10:30-11:30am	Pilates Mat Class (Deana)	10:30-11:45am Gentle Yoga (Terry)		Pilates Mat Class (Deana)		
12:00-1:15pm					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 6:05am Fitness Classes ~ Get Lifted with Hannah Ellison

Get Lifted is a new fitness class that will use a combination of plyometric exercises and lifting weights, keeping the heart rate up for an all around fat burning work out! Try it on Tuesdays and Fridays at 6:05am beginning Tuesday, April 5th.

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Don't be intimidated by the gym! This free orientation will help you feel comfortable using all the equipment at Homestead. Join Fitness Director Justin Songer to get an overview of our weight room and cardio area and ask any questions you may have. He will also be giving out Weight Room Certifications to children between the ages of 12-16 during this time. No sign up required. The first orientation will be held on Wednesday, April 6th. Email Justin@homesteadcourtclub.com for more info.

New Stages Spin Bikes at Homestead

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***Please note that sign up will be required for all HCC Spin Classes beginning in April.** Homestead owners and tenants may reserve their bike up to 48 hours in advance. Non-resident members may reserve their bike up to 24 hours in advance.



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 back-bends.

GET LIFTED – Get Lifted is a new fitness class that will use a combination of plyometric exercises and lifting weights, keeping the heart rate up for an all around fat burning work out!

HIIT – High Intensity Interval Training with Donna is a class focusing on building strength and incorporating cardio. Try it on Tuesdays at 9:15am!

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!

STRENGTH & CONDITIONING - This class incorporates 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.



April 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

Spring Swim Team

Spring Swim Session Info: Swim Team and Swim Team Prep are back this spring with coach Cass Jones. Cass welcomes swimmers of any age as long as they are able to swim continuously for at least one length of the pool (25 yards). The spring session will run March 21-May 18, with a break over April 25-29.

Times: Swim Team will meet on Mondays and Wednesdays from 5:00-6:00pm. Swim Team Prep will meet on Mondays and Wednesdays from 4:30-5:00pm.

Sign Up: Registration flyers are available at the front desk or on our website, www.hcchoa.com. Please contact Coach Cass at 336-407-2901 or via email at coachcassj@gmail.com if you have any questions or need additional information regarding swim team.

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.

8 Week Session:

March 21—May 18 (No practice April 25-29)

Swim Team Prep is \$160-Members/\$240-Non Members

Swim Team is \$240-Members/\$320-Non Members

Spring 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*					

Spring 2016 Program Dates:

March 21 - May 19 (No programs April 25-29)

