



Homestead Owners Association & Court Club

June Events

Summer Tennis and Kids Camp Begin

Tuesday, May 31st

Summer Swim Programs Begin

Monday, June 6th

Board & DRC Meeting

Friday, June 10th @9am

Junior Challenger Tennis Tournament

June 10th-12th

Ice Cream Social

Thursday, June 23rd

Swim Meet @ Eagle-Vail

Friday, June 24th

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!

Ice Cream Social ~ June 23

We are kicking off our 2016 Homestead Summer Events on Thursday, June 23rd with an ice cream social from 6:30-8:00pm. Join us for a fun filled evening where you can build your own ice cream sundae with the best topping bar west of the Mississippi! Come by, mingle with your neighbors and have a treat!

Clubhouse Summer Camp 2016

Join us for 12 weeks of summer fun! Our kid-approved camps add up to a summer of discovery and fun. Clubhouse Kids Camp is offered every Monday through Friday from 8:30am-5:15pm, beginning on Tuesday, May 31st. Sign up today!

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.

Summer Tennis News

USTA Junior Challenger Tennis Tournament June 10th-12th

Sign up now for this great Junior Tournament that will be held at Homestead June 10th-12th, 2016. Registration is open now at www.USTA.com for ages 12-16, or you can pick up a registration form at the Front Desk. See Tom for more details.

Junior Tennis Programs are Beginning on May 31st

Get your junior involved in this fun lifelong sport! You choose 1-11 weeks that work with your schedule. The schedule this summer has changed to having all levels of play earlier in the day. For days, times, and rates please visit our website, hcchoa.com, or stop by the front desk. Contact Tom Ewert if you're interested in hearing more about the program and what we have to offer.

New Adult Tennis Clinics Begin May 31st

Laura Ewert is adding a new clinic this Summer that focuses just on tennis footwork for 30 minutes on Mondays from 9-9:30 & Wednesdays from 11:30-noon. Contact Laura Ewert if you would like to hear more about adult clinics offered and/or if you want to join a adult USTA league team. We hope you will join us for one of these fun new clinics! More information on all of our clinics can be found at hcchoa.com.

Court Resurfacing

We are planning to have all four outdoor hard courts resurfaced mid-June. Courts will be closed intermittently for about one week once the project begins. Please note there will be very limited court times during the resurfacing and Junior Tennis Programs will have first priority during the project. Thank you for your patience as we work to improve Homestead!

Thank you to all the awesome junior players who came to our free clinic on Saturday, May 14th. We had a blast teaching you and we hope to see you in our program this summer!

Summer Swim Team

Summer Swim Session Info:

This summer we have a 10 week Swim Team and Swim Team Prep program that is offered one to four days per week with optional Swim Meets in June and July. You choose the days that work for your schedule! Summer programs begin June 6th.

Swim Team Prep: Swim Team Prep is offered on Mondays and Wednesdays from 4:30-5:00pm and on Thursdays and Fridays from 8:00-8:30am.

Swim Team: Swim Team is offered on Mondays and Wednesdays from 5:00-6:00pm and on Thursdays and Fridays from 8:30-9:30am.

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 regarding Swim Team or would like to schedule lessons with Cass.

Fitness News

Class Changes/ Cancellations in June:

Brittany will be taking over Karlie's Power Yoga Class on Mondays at 6:35pm in June and July while Karli is away.

HIIT with Donna on Tuesdays at 9:15am has been cancelled for June.

TBD will be teaching Donna's Tabata class on Fridays at 9:15am in June. Class is cancelled on June 10th for the Board meeting.

Sign Up at the Front Desk to reserve your space in Gym Orientation with Justin on Wednesdays at 5:00pm

May Board & DRC Meeting Highlights

Our May Board & Design Review Committee Meeting was held on Friday, May 13th, 2016 at 9:00am. During the DRC portion of the meeting three items were seen for review, a remodel at 463 Edwards Village Boulevard was approved, a basement addition at 709 Edwards Village Boulevard was denied, and a fence at 138 Spring Creek Court was approved. Additionally an entry change at 60 Cameron Place was staff approved. During the Board Meeting New Business included discussion on the West End Development (see note below for more information). The meeting minutes from the April 8th, 2016 meeting were approved. The financials from March 2016 were also approved. The meeting adjourned at approximately 10:10am.

West End Development on Highway 6

Rick Pylman will give a presentation and answer questions at the June 10th Board Meeting regarding the West End Development and the required roundabout that will be located on Highway 6 between the fire station and Stags Leap Townhomes. If you have any questions about the project or would like to provide input please plan to attend the next Board Meeting on Friday, June 10th, at 9:00am.

Garbage Can Reminder

Homestead would like to remind Homeowners of our dec's and bylaws regarding leaving garbage cans outside. Homestead will be working with, and reporting to, the County Sherriff's office any violations. Please note the following:

"All garbage or refuse shall be kept within an enclosed portion of the building. On days of trash collection, closed trash cans shall be permitted at the point of collection. Trash cans may not be left outside the night prior to or on any subsequent days after collection. No exterior portion of any lot shall be used to store garbage, landscape material, refuse, or any other such material, or containers therefore..."

Please store your garbage can inside your garage with the door closed. You may also want to keep ground level windows and doors closed to avoid bear break ins. If you leave your garbage can outside you will receive a warning on the garbage can from Homestead and a possible fine from the County for everyday your can is left outside.

Property Maintenance Reminder

Residents of Homestead are being reminded to maintain their properties in accordance with the Homestead Covenants, Conditions, and Restrictions. Keeping your property well maintained is important for you and your neighborhood. Good house-keeping and maintenance practices keep property values at a higher level and limit health and safety hazards, in addition to a better quality of life. Homestead guidelines state:

"Each Lot at all times shall be kept in clean, sightly and wholesome condition. No trash, litter, junk, boxes, containers, bottles, cans, implements, machinery, lumber or other building materials shall be permitted to remain exposed upon any Lots so that same are visible from any neighboring Lot or street, except as necessary during the period of construction."

We would like to remind you that now is a great time to do a spring cleaning of your property. If, in our travels, we see that some maintenance is needed on your property, we will notify you of our observations. Our goal is to establish a dialog with you that will insure your property is brought into compliance in a timely manner, serving both the Association's needs and your own. For those of you who are planning exterior work, please remember that any landscaping/exterior changes and/or improvements must be applied for and approved by the DRC. If you have any questions or comments, please feel free to give us a call at 926-1067. ~Homestead DRC



June 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 6/10/2016 9:00am	
9:15-10:15am	20/20/20 (Justin)			S.I.T (Justin)	Tabata (TBD)	
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 (Brittany)	Vinyasa Flow (Kady)	Vinyasa/Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

***Sign up required for classes with an asterisk**

Welcome New Personal Trainer Hannah Ellison

Hannah Ellison is a native to Homestead, growing up as an athlete and developing her love for fitness and health. She started her personal training career in 2015 and has been working full-time in Denver gym for the last three years. Hannah has worked with a variety of clients in helping them to obtain their personal goals. Besides individual personal training, Hannah also does small group training and teaches group fitness classes. She pays close attention to her client's form and technique. Her training sessions have purpose and focus on achieving maximum results in a safe manner. If you are looking for an enjoyable workout experience with a trainer who is positive and creative with every session, Hannah is your person. Her passion for fitness shows in her workouts which are intense yet fun. Hannah's other interests include weight lifting, hiking, beach volleyball, and tennis. Contact Justin Songer if you would like to schedule a training session with Hannah.

Chapin's Small Group Training

Join Chapin on Fridays from 5:30pm–6:30pm for a challenging, no nonsense small group training experience. Get together a group of 4 or more friends or sign up for a spot at the front desk. The purpose of the class is the following: Learn how to perform Olympic lifts, increase 1RM in power lifts, train % of 1RM, learn technique for muscle ups, handstand push-ups, and various other exercises, finish class with a couple high intensity circuits with heavier weights. Price: \$15 per day or buy a 5 pack for \$50. For more information contact Chapin at 317-694-6712.

Class Changes/Cancellations in June:

Missy Lacy will be taking over Donna's Tabata Class on Fridays at 9:15am in June.

HIIT with Donna on Tuesdays at 9:15am has been cancelled for June.

Tabata class on Friday, June 10th is cancelled due to the Board meeting.



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.



June 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
8:00-8:30am				Swim Team Prep	Swim Team Prep		
8:30-9:30am				Swim Team	Swim Team		
1:00-2:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
2:00-3:30pm							
3:30-4:30pm	Kids Camp Program in Pool	Kids Camp Program in Pool	Kids Camp Program in Pool	Kids Camp Program in Pool	Kids Camp 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

Summer Swim Team

10 Week Session:

June 6—August 19 (No practice July 4-8)

Summer Swim Session Info: This summer we have a 10 week Swim Team and Swim Team Prep program that is offered one to four days per week with optional Swim Meets in June and July. You choose the days that work for your schedule! Summer programs begin June 6th.

Swim Team Prep: Swim Team Prep is offered on Mondays and Wednesdays from 4:30-5:00pm and on Thursdays and Fridays from 8:00-8:30am.

Swim Team: Swim Team is offered on Mondays and Wednesdays from 5:00-6:00pm and on Thursdays and Fridays from 8:30-9:30am.

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 regarding Swim Team or would like to schedule lessons with Cass.

Summer Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
7:30-8:30am	8:00-8:30am League Warm Up*					Cardio Tennis* (Eric)
8:30-10:00am	Coed 3.0+ Daytime League*					4.0+ Drill & Play Clinic* (Eric)
9:00-9:30am	Mighty Mites* (4-6 year olds) Tennis Footwork* (Laura)	Mighty Mites* (4-6 year olds)	Mighty Mites* (4-6 year olds)	Mighty Mites* (4-6 year olds)		
9:30-10:30am	Superstars* (7-9 year olds)	Superstars* (7-9 year olds)	Superstars* (7-9 year olds)	Superstars* (7-9 year olds)		10:00-11:30am 3.0-3.5 Drill & Play Clinic* (Eric)
10:30-Noon	Junior Aces* HS Prep* HS Advanced* 3.5-4.0 Drill & Play* (Laura)	Junior Aces* HS Prep* HS Advanced* 10:00-11:00am Cardio Tennis* (Laura)	Junior Aces* HS Prep* HS Advanced*	Junior Aces* HS Prep* HS Advanced*		
11:00-Noon		Tennis Stroke of the Day* (Laura)	11:30-12:00pm Tennis Footwork* (Laura)	3.0-3.5 Drill & Play* (Laura)		
Noon-1:30pm						
1:30-3:00pm						
3:00-4:30pm						
4:30-6:00pm						
6:00-7:30pm	3.0 Drill & Play* (Tom)	3.5-4.0 Drill & Play* (Tom)	Men's 4.0- League*			
7:30-9:00pm			Men's 4.0- League*			

Summer 2016 Program Dates:
May 31 - August 12 *Sign up now!!*

