



## Homestead Owners Association & Court Club

### August Events

**Board & DRC Meeting**  
Friday, August 12th at  
9:00am

**Last Day of Summer  
Tennis Programs**  
Friday, August 12th

**Last Day of Summer  
Camp & Swim Programs**  
Friday, August 19th

**First Day of Fall Tennis &  
After School Programs**  
Monday, August 22nd

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

**Labor Day**  
Monday, September 5th  
**Club hours: 6am-5pm**

### **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!**

### **End of Summer Party & BBQ**

Please join us on Saturday, September 3rd, from 4:00-7:00pm for Homesteads Annual End Of The Summer Party & BBQ. Help us celebrate the last days of summer with a live music performance, family games, jumpy house, face painting, food & drinks, and a mechanical bull! Please plan to walk or carpool to the club if you can, as limited parking will be available. Party is for Homestead residents and members only please.



### **Tennis News**

#### ***Fall Junior Program Registration Open***

Get your junior involved in a fun lifelong sport this fall! We offer junior clinics for ages 4-18 and welcome all ability levels. This fall we are offering two 8-week sessions beginning on August 22nd. You may choose to register your junior for 1-4 days per week. For days, times, and rates please visit our website, hcchoa.com, or contact Tom Ewert for more information.

#### ***Fall Leagues Begin Mid August***

Fall leagues are beginning mid August and will run for 16 weeks. Club leagues are a great way to meet some other players and improve your game! Member price is only \$35 for the whole session. Register now to reserve your space. League registration forms are available on our website, hcchoa.com, or at the Front Desk.

#### ***Congratulations to Homesteads Teams who qualified for Districts:***

Ladies 3.0 18 & Over League, Ladies 3.0 Daytime Doubles League, Ladies 4.0 Daytime Doubles League, and Mens 4.0 18 & Over USTA League. Best of luck to all our teams who will be participating in Districts in Denver!

***Reminder: The last day of Summer Tennis Programs is August 12th.***

### **Membership Policies Reminder #1**

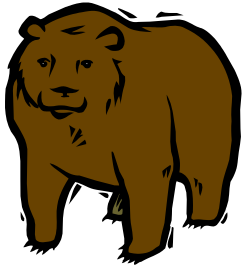
#### **GUEST POLICIES:**

◆ We are a private Club. Only members and guests of members may use the club. Houseguests of Homestead Homeowners may use the club at no charge for a maximum stay of 2 weeks. Houseguests are considered to be non-Eagle County residents that are staying on the Homeowners property.

◆ Guests of Renters and of Non-resident members must ALWAYS pay guest fees, whether they are houseguests or not. All-inclusive one-day: \$15 per person, \$5 per child under 18.

◆ A member must accompany every paying guest unless they are pre-recorded in the guest register. All guests must sign the Guest Waiver prior to every visit.

◆ Only members 18 and older may add guests to the Guest List.



## Multiple Bear Sightings in Homestead

Most conflicts between bears and people are linked to careless handling of food or garbage. Bears will eat almost anything including human food, garbage, hummingbird food and pet food. Once a bear has found the easily accessible food source, it may visit regularly.

### We would like to remind you of Eagle County's Wildlife Ordinance and Homestead Rules:

The Eagle County Wildlife Protection and Waste Disposal Ordinance ([07-001](#)) was passed by the Board of County Commissioners in the spring of 2007. There are two main components to the ordinance, both aimed at preventing the feeding of wildlife. The first component requires that trash remain inside a garage or other locked structure at all times, except for 6 a.m. - 7 p.m. on trash day.

Homestead requires all residents keep their garbage cans inside at all times except for trash day. Staff will be patrolling the neighborhood and issuing fines for violating these guidelines and the Wildlife Ordinance.

## July DRC Meeting Highlights

Our July Design Review Committee Meeting was held on Friday, July 8th, 2016 at 9:00am. During the DRC portion of the meeting three DRC submittals were seen including; a fence installation at the Backes residence at 138 Spring Creek Court was approved, the Cavataio residence at 116 Castle Peak Lane was approved to install a fence, and lastly a new construction single family home at 25 Cassidy Place was reviewed. During the Board of Directors portion, the Board further discussed a basement addition at 709 Edwards Village Boulevard. New member input included safety concerns about a domesticated fox and its removal from the neighborhood. The meeting minutes from the June 10th, 2016 meeting were approved. The May 2016 financial report was also approved by the Board. The meeting adjourned at approximately 11:00am.

## Children's Programming News

**Last Day of Summer Camp is August 19th:** We still have spaces available for the last few weeks of camp. Contact Jillian to check availability for Clubhouse Kids Camp for children ages 5-12. Registration forms are available at the Front Desk or on our website. Please make sure registration information is complete before turning it in to ensure your space is reserved.

**Homestead's Action Packed After School Program** concentrating on education, fitness, and creativity will begin this fall on Monday, August 22nd. The ASP will meet 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).



## Swim Team & Swim Lessons

Fall Swim Team and Swim Team prep will begin in September. Swim Team Prep is offered on Monday and Wednesdays from 4:30-5:00pm. Swim Team is offered on Mondays and Wednesdays from 5:00-6:00pm. Registration forms will be available at the front desk beginning in August. You can contact Coach Cass at 336-407-2901 or via email at [coachcassj@gmail.com](mailto:coachcassj@gmail.com) if you have any questions or would like to schedule a lesson with Cass.





# August Fitness Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>
<b>6:05-7:05am</b>	Spin * (Amy)	Get Lifted (Hannah)	Morning Fitness Swim (Cass)		Get Lifted (Hannah)	
<b>7:00-8:00am</b>				Rise, Shine and Align Yoga (Simone)		
<b>8:30-9:30am</b>						Power Yoga (Cassie)
<b>9:00-10:00am</b>					<b>Board Meeting 8/12/2015 9:00am</b>	
<b>9:15-10:15am</b>	20/20/20 (Justin)			S.I.T (Justin)	HITT (Donna)	
<b>10:30-11:30am</b>	Pilates Mat Class (Deana)	10:30-11:45am Gentle Yoga (Terry)		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>	Total Body Blast (Danita)	Spin* (Joel) Zumba (Michelle)	Strength & Conditioning (Chapin)			
<b>6:35-7:35pm</b>	Power Yoga (Brittany)	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**

Tuesday morning's HITT class with Donna has been cancelled.



## 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.

**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 and Fridays 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.



# August 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	Morning Fitness Swim (Cass)	Lap Swim	Lap Swim	6:30-8:00am Lap Swim	6:30-8:00am Lap Swim
<b>8:30-9:30am</b>							
<b>10:00am-1:00pm</b>							
<b>1:00-2:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
<b>2:00-3:00pm</b>							
<b>3:30-4:30pm</b>	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool		
<b>4:30-5:00pm</b>	Swim Team Prep		Swim Team Prep				
<b>5:00-6:00pm</b>	Swim Team		Swim Team				
<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

## Fall 2016 Swim Team & Swim Team Prep

Fall Swim Team and Swim Team prep will begin in September. Swim Team Prep is offered on Monday and Wednesdays from 4:30-5:00pm. Swim Team is offered on Mondays and Wednesdays from 5:00-6:00pm. Registration forms will be available at the front desk beginning in August. You can contact Coach Cass at 336-407-2901 or via email at coachcassj@gmail.com if you have any questions or would like to schedule a lesson with Cass.



# Fall Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:15-7:15am			Cardio Tennis*			
7:30-8:30am						Cardio Tennis*
8:00-8:30am		Tennis Footwork*				
8:30-10:00am		8:30-9:30am Cardio Tennis*				3.5/4.0 Drill & Play Clinic*
9:30-11:00am					Stroke of the Day*	
10:30-11:30am	Never Ever Clinic*			10:30-Noon 3.0/3.5 Drill & Play*		10:00-11:30am 3.0/3.5 Drill & Play Clinic*
Noon-1:30pm			4.0 Drill & Play*		12:45-1:15pm League Warm Up*	
3:30-4:00pm	Mighty Mites* (Ages 4-6)	Mighty Mites* (Ages 4-6)	Mighty Mites* (Ages 4-6)	Mighty Mites* (Ages 4-6)	1:15-2:30pm Coed 3.0+ League*	
3:30-4:30pm		Superstars* (Ages 7-9)		Superstars* (Ages 7-9)		
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)		
4:30-5:00pm		Mighty Mites* (Ages 4-6)		Mighty Mites* (Ages 4-6)		
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*		
6:00-9:00pm	Coed 4.0- League*		Mens 4.0- League*	Coed 4.5+ League*		

## Fall 2016 Program Dates:

Session 1: August 22-Oct. 14

Session 2: Oct. 17-Dec. 16 (No programs Nov. 21-25)

Advance sign up is required for all tennis programs. Please call the front desk to reserve space for all Adult Clinics. Junior Clinic registration flyers are available at the front desk or on our website, [www.hcchoa.com](http://www.hcchoa.com).

## SIGN UP POLICY FOR ADULT CLINICS

**Homestead Homeowners** and their tenants may sign up for clinics up to 48 hours in advance.

**Non-resident members** may sign up for clinics up to 24 hours in advance.

**Non-members** may sign up for clinics on the day of the clinic.