



Homestead Owners Association & Court Club

September Events

End of Summer Party & BBQ

Saturday, September 3
4:00-7:00pm

Note: The pool area will be closed at 4pm for the evening

Labor Day

Monday, September 5

Club hours: 6am-5pm

*No Fitness Classes

*No Childcare

*No After School Program

Board & DRC Meeting

Friday, September 9 at
9:00am

Wildfire Awareness Presentation

Friday, September 9 at
9:30am

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:

Hchoa.com

Like Homestead Court Club on Facebook!

End of Summer Party & BBQ

We hope you will join us on Saturday, September 3, 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 note that our pool area will be closed at 4:00pm for the evening. 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.



A Note From the Board Regarding Wildfire Awareness

Representatives from the Vail Board of Realtors and Eagle River Fire Protection District will be present at the September 9, 2016 Board Meeting to give a presentation on promoting community wildfire awareness. Homestead's Board would like the community to be involved in the discussion on how to be best prepared should a wildfire occur in Homestead. Please plan to attend this important meeting.

Children's Programming News

Homestead's Action Packed After School Program concentrating on education, fitness, and creativity is going on now! The ASP meets Monday through Friday from 3:00pm-6:00pm at the Homestead Court Club and utilizes all of the great Homestead Club facilities including parks, trails, and Homestead neighborhoods. Homestead provides transportation to the After School program for students at Edwards Elementary School. **Price:** \$17 a day for Members and \$22 a day for Non-Members. **Registration:** Spaces are still available, but advanced registration is required. Registration packets are available now on our website, at the front desk, or by email Jillian at jillian@homesteadcourtclub.com.

Labor Day Closures: Please note that there is no After School Program or Childcare on Monday, September 5. We hope you have a great holiday!

Fall Swim Programs

Fall Swim Team and Swim Team Prep with coach Cass Jones begin on Monday, August 29. Swim Team Prep is offered on Mondays and Wednesdays from 4:30-5:00pm. Swim Team is offered on Mondays and Wednesdays from 5:00-6:00pm. Registration forms are available on our website, hchoa.com, and at the front desk.

Private, semi-private and small group lessons. Whether you're an adult, have a young child, a beginner learning to swim, or you're an experienced swimmer training for competition, Coach Cass can help you reach your goals in the pool. Cass focuses on your specific needs and goals to maximize your learning experience. Enjoy the convenience of planning lessons around your schedule too! Contact Coach Cass at 336-407-2901 or email her at coachcassj@gmail.com if you have any questions or would like to schedule a lesson.

August Board & DRC Meeting Highlights

Our August Design Review Committee Meeting was held on Friday, August 12, 2016 at 9:00am. During the DRC portion of the meeting two DRC submittals were seen for painting of a multi family residence at 719 Edwards Village Boulevard. Member Input included discussion on a basement project that was denied by the DRC at the May meeting. Two DRC submittals were also staff approved this month. During the Board of Directors portion of the meeting, New Business included approval of space and contract modifications to the AT&T Cell Tower, approval of two new shade structures for Homestead parks and the Board initiated a foreclosure on a residence. The meeting minutes from the July 8, 2016 meeting were approved. The June 2016 financial report was also approved by the Board. The meeting adjourned at approximately 11:00am.

Fitness News

Gym Orientation New to Homestead or just want a refresher on Homestead's gym equipment? Join Fitness Director Justin Songer to get an overview of our weight room and cardio area and ask any questions you may have. He is also available for Weight Room Certifications for children between the ages of 12-16. To schedule an appointment email Justin@homesteadcourtclub.com.

September Class Changes/Cancellations: Karlie is back teaching Power Yoga on Monday nights at 6:35pm. Joel will continue to teach the Tuesday night Spin Class at 5:30pm throughout September.

Learn to Play Paddle Tennis This Fall!

Fall Paddle Tennis Programs are beginning with a Free Clinic and Social on Friday, September 23, from 6:00-8:00pm. We hope you will join us to get the Paddle season off to a great start! Sign up at the Front Desk today to reserve your space. Space is limited to 12 players for the clinic portion and 16 players for the social play.

Paddle Lessons with Eric Meyer are available now. Get a head start on Paddle season with special rates through October 15; Bring two new players with you for a 3+me lesson for only \$50, or refer two new players for a lesson and receive 50% off your next lesson. Regular Paddle lesson rates are \$50 per hour for a private lesson, \$60 per hour for a semi-private and \$75 per hour for a 3+me lesson. We hope you will join in on this awesome racquet sport this Fall! Loaner racquets are available to anyone taking a lesson. Email emeyer@vail.net to set up your lessons!

Paddle Leagues are beginning on October 4. Join Eric for this fun social league on Tuesday nights from 6:30-9:30pm. Session Dates: October 4—December 16. \$35 for members. Sign up at the Front Desk!

September Tennis News

Adult Tennis Pricing will be changing September 1. There will be a lesson rate increase to all private lessons, semi-private lessons, groups, and all adult tennis clinics. See Tom for more information and details on pricing.

Congratulations to all the USTA/CTA teams from Homestead that won their leagues and represented Homestead down in Denver at districts: Men's 4.0 18 and Over, Women's 4.0 40 and Over, Women's 4.0 Daytime Doubles, Women's 3.5 40 and Over, Women's 3.0 18 and Over, Women's 3.0 Daytime Doubles. Homestead is proud of you for your outstanding league season! Congratulations once again and we look forward to seeing you all on the courts this Fall!

Fall Adult Tennis Clinics are going on now

Never Ever Clinic on Mondays from 10:30-11:30am

Tennis Footwork on Tuesdays from 8:00-8:30am

Cardio Tennis on Tuesdays from 8:30-9:30am

3.5-4.0 Drill & Play on Tuesdays from 6:00-7:30pm

Cardio Tennis on Wednesdays from 6:15-7:15am

4.0 Drill & Play on Wednesdays from 12:00-1:30pm

3.0-3.5 Drill & Play on Thursdays from 10:30am-12:00pm

Stroke of the Day on Fridays from 9:30-11:00am

Cardio Tennis on Saturdays from 7:30-8:30am

4.0+ Drill & Play on Saturdays from 8:30-9:30am

3.0-3.5 Drill & Play on Saturdays from 9:30-10:30am

Call the Front Desk each week to sign up for any of our Adult Clinics!



Thank you to the sponsors of the VAIL VALLEY OPEN that was held July 29-31 at Homestead and Sonnenalp Club: Homestead Court Club, Sonnenalp Club, VIN 48 Restaurant, Rich's Auto Body, Foods of Vail, Moe's BBQ & Crazy Mountain Brewery. We would also like to thank those of you who played in the tournament and made it so great!!! And thanks to everyone who came out to cheer friends and family on! We are already looking forward to next years tournament!



September 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 9/9/2016 9:00am	
9:15-10:15am	20/20/20 (Justin)			S.I.T (Justin)	HITT (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 (Missy)	Spin* (Joel) Zumba (Michelle)	Strength & Conditioning (Chapin)			
6:35-7:35pm	Power Yoga (Karlie)	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



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.

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.



September 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
8:30-9:30am							
10:00am-1:00pm							
1:00-2:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
2:00-3:00pm							
3:30-4:30pm	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp 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

Fall Swim Programs

Fall Swim Team and Swim Team Prep with coach Cass Jones begin on Monday, August 29. Swim Team Prep is offered on Mondays and Wednesdays from 4:30-5:00pm. Swim Team is offered on Mondays and Wednesdays from 5:00-6:00pm. Registration forms are available on our website, hcchoa.com, and at the front desk.

Private, semi-private and small group lessons. Whether you're an adult, have a young child, a beginner learning to swim, or you're an experienced swimmer training for competition, Coach Cass can help you reach your goals in the pool. Cass focuses on your specific needs and goals to maximize your learning experience. Enjoy the convenience of planning lessons around your schedule too! Contact Coach Cass at 336-407-2901 or email her at coachcassj@gmail.com if you have any questions or would like to schedule a lesson.

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*	6:00-7:30pm 3.5/4.0 Drill & Play Clinic*	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.

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.