

# Homestead Owners Association & Court Club



## October Events

### Ski Conditioning Begins

Monday, October 3rd  
5:30-6:30pm

### Board of Directors and DRC Meeting

Friday, October 14th, at  
9:00am in Community Room

### No After School Program

October 14th, 17th or 18th

### Fall Junior Tennis & Swim Session 2 Begins

Monday, October 17th

### Halloween Junior Tennis Mixer

Friday, October 28th  
4:00-5:00pm  
Sign up at the front desk

## 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!**

## October Tennis News

**NEW 2.5/3.0 Drill and Play Tennis Clinic Added to Fall Schedule** on Fridays at 11:00am-12:00pm. This clinic is designed for entry level league players. Price is \$22. Try it this week!

**Halloween Junior Mixer:** Join the tennis staff for this exciting Halloween tennis event. Mighty Mites and Superstars (ages 4-9) kids will wear their costumes and play fun tennis games to receive Halloween treats! Friday, October 28th, from 4:00-5:00pm on Homestead's indoor tennis courts. Price is \$5 per child and space is limited to 18 kids. Sign-up at the front desk.

**Sign up for Fall Junior Tennis Session 2:** Fall Junior Tennis Session 2 will begin the week of October 17th and will run for 8 weeks, with no programs over Thanksgiving week. These clinics are designed specifically for the needs of junior players. An age specific breakdown of groups will help foster learning and keep your children having fun. Registration flyers are available at the front desk or on our website, [www.hcchoa.com](http://www.hcchoa.com). Sign up today! **Reminder:** Junior Tennis Fall Session 1 is ending on Thursday, October 15th.

**Paddle Leagues are beginning on October 4th.** Join Eric for this fun social league on Tuesday nights from 6:30-9:30pm. Session Dates: October 4th—December 16th. \$35 for members. Registration flyers are available at the Front Desk, or on our website, [www.hcchoa.com](http://www.hcchoa.com).

**Paddle Lessons with Eric Meyer are available now.** Get a head start on Paddle season with special rates through October 15th; 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](mailto:emeyer@vail.net) to set up lessons!



## HCC After School Program

**Homestead's After School Program** still has spaces available this Fall. 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:** Registration packets are available now on our website, at the front desk, or by email Jillian at [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com).

**October Closures:** Please note that there is no After School Program on October 14th, 17th and 18th.

## Fall Swim Programs

**Fall Swim Team and Swim Team Prep Session 2 Begins October 17th**  
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. Coach Cass focuses on your child's specific needs and goals to maximize their learning experience. Registration forms are available on our website, [hcchoa.com](http://hcchoa.com), and at the front desk.

## September Board & DRC Meeting Highlights

Our September Design Review Committee Meeting was held on Friday, September 9th, 2016 at 9:00am. During the DRC portion of the meeting a request for roof replacement at 200 Creamery Trail was approved by the DRC. Two DRC submittals were also staff approved this month. Member Input included discussion on a basement project that was denied by the DRC at the May meeting. During the Board of Directors portion of the meeting, New Business included a presentation regarding wildfire awareness (please see note below for more info on this important topic). The meeting minutes from the August 12th, 2016 meeting were approved. The July 2016 financial report was also approved by the Board. The meeting adjourned at approximately 11:00am.

### Wildfire Awareness Discussion

Representatives from the Vail Board of Realtors and Eagle River Fire Protection District were present at the September 9, 2016 Board Meeting to give a presentation on promoting community wildfire awareness. They have started a voluntary wildfire mitigation program that offers in-depth property assessments conducted by experienced local fire professionals. The program helps homeowners identify actions they can take to measurably reduce wildfire hazards on their property. Much more information and links to all the websites and documents they provided may be found on our website. Additionally, the Board has asked the representatives to come back for a presentation at our Annual HOA Meeting that will be held on Monday, February 20th, 2017.

### End of Summer Party Thank You

We would like to thank everyone who attended our annual end of the summer party and BBQ on Saturday, September 5th. We had a great day with over 500 people attending. A special thanks to Dave Perron for the great music, and to No Bull Entertainment for bringing the bull!

Friendly reminder to please slow down on Homestead streets.



### Like us on Facebook!

Take a look at our Homestead Court Club Facebook page with our new logo as the profile picture. Like us for updates on neighborhood news and events!



### Fitness News

#### **Ski & Snowboard Conditioning**

Get ready in tip top shape and get ready for the ski season at Homestead! Our Ski & Snowboard conditioning class focuses on the most commonly used muscle groups and movements to help start out your season right. Class begins on Monday, October 3rd and will be held on Mondays and Wednesdays from 5:30-6:30pm. Some classes will be held outside, so be sure to wear layers! Sign up is required. Call the front desk to reserve your space.



#### **Beginner Pilates Equipment Classes**

Stabilize and strengthen your core with Pilates for better posture, balance and flexibility! Homestead's Pilates instructor, Deana Michonski, is offering a special four week beginner equipment class on Tuesdays at 10:30am or 5:00pm in October. Each class has a maximum of three participants. The classes will begin on Tuesday, October 4th and finish on Tuesday, October 25th. Once you have completed the beginner series you may drop in to any of Deana's other 15 classes each week! The cost of the series is \$120. To register for the class, please contact Deana directly at 970-331-6302.

#### **New Tabata Class with Yvonne**

Join Yvonne on Wednesdays from 9:15-10:30am for a high intensity interval training class that will incorporate the spin room, weights and core exercises. Please plan to arrive 5-10 min early to set up your workout station.

#### **Gentle Yoga with Terry**

Gentle Yoga with Terry will now be held from 9:15-10:30am on Tuesdays. 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. Terry creates a safe environment through alignment to explore your personal boundaries while building strength and flexibility. This practice excludes all inversions and extreme backbends.



# October 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 10/14/2016 9:00am</b>	
<b>9:15-10:15am</b>	20/20/20 (Justin)	<b>9:15-10:30am Gentle Yoga (Terry)</b>	<b>Tabata (Yvonne)</b>	S.I.T (Justin)	HITT (Donna)	
<b>10:30-11:30am</b>	Pilates Mat Class (Deana)			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>	<b>Ski/Snowboard Conditioning* (Danita)</b>	Spin* (Joel) Zumba (Michelle)	<b>Ski/Snowboard Conditioning* (Chapin)</b>			
<b>6:35-7:35pm</b>	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 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.

**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!

**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** — Join Yvonne for a high intensity interval training class that incorporates the spin room, weights and core exercises. Please plan to arrive 5-10 minutes before class to get your workout station set up.

**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.



# October 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 Swim Programs

**Fall Swim Team and Swim Team Prep Session 2** with coach Cass Jones begin on Monday, October 17. 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](http://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](mailto: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*	11:00-Noon 2.5/3.0 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](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.