



Homestead Owners Association & Court Club

December Events

Holiday Party

Sunday, December 4
Party from 5:00-8:00pm
Club closing at Noon

BOD and DRC Meeting
Friday, December 9 @ 9am

Last Day of Fall Swim
Wednesday, December 14

Last Day of Fall Tennis
Friday, December 16

Winter Break Kids Camp
December 21-23 and 26-30

Winter Health Challenge
Thursday, December 29

Winter Tennis and Swim Programs Begin
Monday, January 2

Holiday Hours on back

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!

Homesteads Holiday Party

Please join us on Sunday, December 4, from 5:00-8:00pm for a festive party to celebrate the holidays! There will be live music, appetizers, drinks and a light dinner catered by Vail Catering Concepts. We will also have jumpy houses, an arts & crafts room for the children, holiday photo booth and of course Santa Claus will be making a special appearance. We hope to see you there. Party is for Homestead residents and members only please.

Adopt A Family

Homestead will once again be "adopting" some local families in need of our help this holiday season. If you would like to donate to a family member please stop by or call the club to sign up after December 5.



Winter Swim Team Info

Get your child involved in Swim Team this winter! Swimmers will practice and improve all four strokes, increase swimming endurance and have fun, with sufficient time for team building and games that will help to improve your swimmers confidence. Swimmers must know at least two strokes and be able to swim at least one length of the pool to join swim team. Swim Team Prep prepares swimmers to join swim team. Swim Team Prep meets on Mondays and Wednesdays from 4:30-5:00pm, and Swim Team meets on Mondays and Wednesdays from 5:00-6:00pm. The 10 week session begins on Monday, January 2. **Registration forms** are available at the front desk or on our website now. Email Cass at coachcassj@gmail.com for more information!



Winter Health Challenge



We all know the holidays are a time when we overindulge and under commit to our health. January is the perfect time of year to start fresh. Join Christine Pierangeli, Master Nutrition Therapist and Chapin Johnson, Certified Personal Trainer for a four week health challenge beginning in January. This four week challenge will include a fitness plan, daily health tips and recipes, group meetings and program assessments at the beginning and end. Christine offers a whole-foods based elimination cleanse that will help you achieve your health goals. Whether you want to lose those holiday pounds, discover hidden food sensitivities or just hit the reset button on your health, this is the program for you. Chapin Johnson, trainer, augments the program with workout ideas, body composition testing and discounted individual personal training. The kick off meeting will be held on December 29, 2016 at 6:30pm, where Christine and Chapin will meet you and hand out plans so you can get prepared for the challenge. The four week program price is \$169 for members and \$214 for non-members. Contact kim@homesteadcourtclub.com if you would like to join the Health Challenge!

Winter Break Kids Camps

Homestead is offering a special session of all day kids camp over the holiday break. Camp is offered on December 21-23, and December 26-30. Children ages 5 to 12 are able to join our day camp that includes contests, games, sports and a daily trip to swim in Homestead's pool. The camp also provides academic enrichment and exercise. Camp runs from 8:30 a.m. to 5:15 p.m. Rates are \$40/day for members and \$47/day for non-members. For more information, please visit hcchoa.com or email jilian@homesteadcourtclub.com.

Children's Programming Reminders:

We would like to remind you that there will be no After School Program held on December 21 through January 2, for winter break (see above for dates camp is offered during break).

Holiday Hours:

Sunday, December 4

Club Hours 6:30am-12:00pm
Holiday Party from 5:00-8:00pm

Christmas Eve

Saturday, December 24
6:30am-12:00pm

Christmas Day

Sunday, December 25
Club Closed

New Years Eve

Saturday, December 31
6:30am-5:00pm

New Years Day

Sunday, January 1
8:00am-5:00pm

November Board & DRC Meeting Highlights

Our November Design Review Committee Meeting was held on Friday, November 11th, 2016 at 9:00am. During the DRC portion of the meeting three DRC applications were approved: a fence at 1081 Gold Dust Drive, a fence and landscaping at 112 Hummingbird Trail, and a fence and landscaping at 79A Hummingbird Trail. Three items were also staff reviewed this month. New Business included discussion on proposed changes to the architectural standards and guidelines. See note below for more information on the proposed changes. Matters Pending included approval of the 2017 budget, approval of a refinance of the remodel construction loan, discussion about the nominating committee meeting (see below for more details). The Board approved no increase to homeowner dues for 2017, and an increase in dues for Non-Resident members. The meeting minutes from the October 14th, 2016 meeting were approved. The September 2016 financial report was also approved by the Board. The meeting adjourned to executive session at approximately 9:59am.

Proposed Changes to Architectural Standards & Guidelines

At the December meeting the DRC will receive recommendations from our architectural consultant on possible changes to our Architectural Standards and Guidelines. The Board would like to make these changes to aid homeowners in the approval process through Homesteads DRC to obtain RealFire certification and complete wildfire mitigation measures on your property. We invite you to attend the upcoming DRC meeting on Friday, December 9, at 9:00am to participate in the conversation.

Annual Homeowners Association Meeting

February 20, 2017

The Board would like to announce that there will be two Board Member openings at the 2017 election in February. If you are interested in running for the Board please attend the December 9 Board Meeting, or contact a member of the Nominating Committee via email at nominate@homesteadcourtclub.com.

If you would like to have your bio listed in the January newsletter, please turn in a short bio to Tracy Erickson (terickson@homesteadcourtclub.com) by December 15. There will also be nominations taken from the floor at the Annual HOA Meeting. Our next Nominating Committee meeting will be held on Friday, December 9, at 10:00am, after the December Board Meeting.

Tennis News

Winter Tennis Programs & Leagues will begin the week of January 2, and will run for 10 weeks with no programs February 13-17. Winter program and league registration flyers for junior and adult programs are available at the front desk now. We will be accepting completed registration forms from Homestead Owners and tenants beginning on December 1, and from Non-Resident Members beginning on December 7.

Reminder: The last day of Fall Tennis Programs is Friday, December 16.

Platform "Paddle" Tennis

Platform tennis, or paddle, is a unique racquet sport for people of all ages and ability levels. Paddle is similar to tennis, however it also incorporates elements of racquetball and squash and is typically played in the wintertime. Homestead has two Paddle Tennis courts located in upper Homestead on Gold Dust Drive. Members must reserve a court in advance by calling the front desk. All players must stop at the Club to check in and pick up the key to unlock the courts. We have demo paddles available for \$5 per paddle and have balls available for sale at the front desk. Come try this fun winter sport this season! Our Paddle expert, Eric Meyer, is available for private, semi-private and group lessons, and would love to get you started in Paddle. Contact Eric via email at emeyer@vail.net to get involved in our paddle programs.



December 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						
8:30-9:30am						Power Yoga (Cassie)
9:00-10:00am					Board Meeting 12/9/2016 9:00am	
9:15-10:15am	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)	HITT (Donna)	
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
12:00-1:15pm					Gentle Yoga (Sophie)	
4:30-5:30pm						
5:30-6:30pm	Total Body Blast (Danita)	Spin* (Joel) Zumba (Michelle)	Strength & Conditioning (Chapin)	Spin* (Yvonne)		
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 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.

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.



December 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

Winter Swim Programs

Winter Swim Team and Swim Team Prep with coach Cass Jones begins on Monday, January 2. 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.

Winter 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*		12:30-1:00pm 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)	1:00-2:30pm 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)	Superstars* (7-9 year olds) Jr. Aces* (10+ year olds)	
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*		

Winter 2017 Program Dates:

January 2 - March 17 (no programs February 13-17)

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.