



Homestead Owners Association & Court Club

February Events

Annual HOA Meeting
Monday, February 20th
7:00pm in the Fitness Studio

Please Note:

All evening fitness classes have been cancelled due to the meeting.

Board & DRC Meeting
Friday, February 10th @ 9am

Red Hot Valentines Tennis Mixer

Friday, February 10th
6:00-8:00pm

Clubhouse Kids Camp
February 13th-17th
8:30am-5:15pm

Winter Break
February 13th-17th
*No Tennis or Swim Programs this week

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!

Homesteads Annual Meeting

This years meeting will be held at the Homestead Court Club on Monday, February 20th, at 7:00pm. The agenda and proxy for the meeting has been included on a separate sheet in this mailing to all Homestead homeowners. There will be a vote for two open Board Member seats at the meeting. We will also have presentations from the Eagle Valley Land Trust and the Eagle County Wildfire Mitigation Specialist at the Annual Meeting. See the enclosed General Meeting Report for more information on the candidates running for the Board, and the other topics to be discussed at the meeting. The meeting minutes from the 2016 Annual Meeting and 2017 Budget are available on our website, hcchoa.com. For more information on the meeting contact Tracy Erickson at the Club.

February Break Kids Camp



We are hosting a special session of Kids Camp February 13th-17th. Camp runs from 8:30am to 5:15pm Monday-Friday. Campers will participate in a wide variety of activities including swimming, games, arts & crafts, science experiments and more. Rates are \$40/day for members and \$47/day for non-members. Advanced registration is required. For more information, or to register for Camp please visit hcchoa.com or email Jillian@homesteadcourtclub.com.

Tennis News

Winter Junior Tennis Clinics are going on now. There are a few remaining spots available for the junior program this current session. Email tennis@homesteadcourtclub.com for more information or to register your child in this fun lifelong sport! **Reminder:** There are no junior programs the week of February 13th-17th.

Adult weekly clinics are back in full swing. All adult clinics are drop in format, so you can come when it works for you. Sign-up weekly at the front desk to reserve your space.

Spring and Summer USTA Leagues will be starting soon. Contact Laura Ewert via email: tennis@homesteadcourtclub.com if you are interested in participating in this coming Spring/Summer in the USTA league tennis.

Red Hot Valentines Mixer on February 10th from 6:00-8:00pm. Join us for a fun evening of round robin doubles. Sign-up with your significant other and wear at least one piece of clothing in the red family. We will be giving out a bottle of wine and chocolates to each couple! Maximum of 6 couples. All levels welcome. Price is \$30 per couple for members. Call the front desk to reserve your space now!



Homestead Open Space Winter Rules Reminder

1. Use of Homestead Open Space, trails, and parks is reserved for Homestead Homeowners and their guests.
2. Open Space and park hours are sunrise—sunset.
3. No hunting, camping, campfires, alcohol, or glass are permitted on Homestead Open Space, trails, and parks.
4. Children under 12 years old must be accompanied by an adult.
5. Dogs must be kept on a leash at all times. Please pick up after your dog.
6. Please respect your neighbors by not parking on the sidewalk or blocking anyone in.
7. No motorized vehicles.
8. You may only park in the Open Space lots when using parks, trails, etc. There is absolutely no overnight parking.
9. There is no USFS hunting access through Homestead Open Space.
10. **Use Homestead Open Space, trails, and parks at your own risk.**
11. The Homestead Owners Association is not responsible for accidents in common areas.
12. These rules only apply to Homestead Open Space, not Eagle County Open Space, including the “Homestead L”.

January Board & DRC Meeting Highlights

Our January Board & Design Review Committee Meeting was held on Friday, January 13th, 2017 at 9:00am. There were no items in the DRC portion of the meeting. During the Board Meeting, New Business included a motion to approve Homesteads Annual Meeting Agenda and a motion to move forward with legal measures regarding a delinquent owners association dues. Matters Pending included an update from the nominating committee. The meeting minutes from the December 9th, 2016 meeting were approved. The financials from November 2016 were also approved. The meeting adjourned at approximately 9:17am.

Fitness News

Foam Roller Release Techniques Class with Deana Michonski

Homestead’s Pilates instructor, Deana Michonski, will be leading two special foam roller classes in February. In these classes, Deana will be incorporating strength, balance and Pilates. You will work on mobilizing the spine, creating soft tissue release, stretching the body and activating the deep core muscles. Each class will have a maximum of eight participants. The classes will be offered on Monday, February 6th, at 4:30pm and Friday, February 10th, at 7:30am. The fee for each class is \$18. For more information, or to reserve a space, please contact Deana Michonski at 970-331-6302.

Please note all evening Fitness Classes have been cancelled on President’s Day, Monday, February 20th, due to our Annual HOA Meeting.

Mountain Lion Safety Tips

We have had multiple mountain lion sightings in the neighborhood and surrounding open space again this winter, and wanted to send out our annual reminder of what to do if you encounter a mountain lion:

STAY CALM if you encounter a lion. Talk calmly yet firmly to the lion. Move slowly.

STOP OR BACK SLOWLY, if you can do it safely. Running may stimulate a lion’s instinct to chase and attack. Face the lion and stand upright.

DO ALL YOU CAN TO APPEAR LARGER. Raise your arms. Open your jacket if you’re wearing one. If you have small children with you, protect them by picking them up so they won’t panic and run. If the lion behaves aggressively, throw stones, branches or whatever you can get your hands on without crouching down or turning your back. Wave your arms slowly and speak firmly. What you want to do is convince the lion you are not prey and that you may in fact be a danger to the lion.

FIGHT BACK if a lion attacks you. Lions have been driven away by prey that fights back. People have fought back with rocks, sticks, caps, or jackets, garden tools and their bare hands successfully. Remain standing or try to get back



A Note From the Eagle River Fire Protection District

During a recent drive thru of the neighborhood we noticed multiple hydrants have been "plowed in." Please speak to your plow drivers and ask them not to push snow around the hydrant. Minutes count in a fire, and an inaccessible hydrant could mean the difference between saving your home and a total loss. Help us help you, and “adopt” a hydrant in your neighborhood. Keep it clear and keep your property and your family safe. Thank you for your support!



February Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am	Spin* (Amy)	Get Lifted (Hannah)	Morning Fitness Swim (Cass)		Get Lifted (Hannah)	
7:30-8:30am					Foam Roller Techniques (Deana)*\$ 2/10/2017	
8:30-9:30am						Power Yoga (Simone)
9:00-10:00am					Board Meeting 2/10/2017 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	Foam Roller Techniques (Deana)*\$ 2/6/2017					
5:30-6:30pm	Total Body Blast (Danita)	Zumba (Michelle) Spin* (Joel)	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)		
7:00pm	Annual HOA Meeting 2/20/2017 7:00pm**					

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.

****Please note that all evening Group Fitness Classes have been cancelled on Monday, February 20th due to our Annual HOA Meeting**

Foam Roller Release Techniques Class with Deana Michonski

Homestead's Pilates instructor, Deana Michonski, will be leading two special foam roller classes in February. In these classes, Deana will be incorporating strength, balance and Pilates. You will work on mobilizing the spine, creating soft tissue release, stretching the body and activating the deep core muscles. Each class will have a maximum of eight participants. The classes will be offered on Monday, February 6th at 4:30pm and Friday, February 10th at 7:30am. The fee for the class is \$18. For more information, or to reserve a space, please contact Deana Michonski at 970-331-6302.



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.

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.



February 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.