



Homestead Owners Association & Court Club

May Events

Board & DRC Meeting
Friday, May 12th @ 9am

Free Jr Tennis Clinic
Saturday, May 13th
10:00am-11:30am

Last Day of Spring Swim Programs
Wednesday, May 17th

Last Day of Spring Tennis Programs
Friday, May 19th

Pool Area Closed
May 20th-28th

Last Day of After School Program
Thursday, May 25th

All Summer Programs Begin
Tuesday, May 30th

General Club Information

Club Hours:

5:55am-10:00pm M-F
6:30am-10:00pm S-S

Phone:

970-926-1067

Address:

400 Homestead Drive
P.O. Box 808
Edwards, CO 81632

Childcare Hours:

8:30am-noon M-F
3:00pm-6:00pm M-F
By Appointment Only

Website:

Hcchoa.com

Like Homestead Court Club on Facebook!

Homestead Summer Camp

Homestead Clubhouse Kids Camp is an action packed summer camp with a different theme each week. Themes this summer include prehistoric times, mad scientist, gravity/space, Colorado wildlife, back to the future, kid life hacks, and more. Children will participate in a wide variety of daily activities surrounding the weekly theme including: swimming, arts and crafts, science experiments, show and tell, outdoor activities, fitness and yoga classes, special events, leadership development, positive social interaction, and teamwork games. Additionally, professional tennis and swim instruction is available weekly for campers to add on to their summer experience. Advanced registration is required. For more information on Homestead's Kids Camp and to register, visit www.hcchoa.com, email Jillian@homesteadcourtclub.com, or call 970-926-1067, and ask to speak with Jillian Labbe, Children's Programming Director.



Tennis News

Free Junior Tennis Clinic on Saturday, May 13th

Sign up your kids and who knows, a little fun could lead to a passion for the game! Our pros are ready to teach your children the basics of the sport, challenge them with drills, and of course have a blast! We hope you will join us for this fun filled event! Clinic will be held from 10:00-11:30am, followed by pizza party from 11:30-12:00pm. Please pick up your children at noon. Open to ages 4-15. Parent or guardian must accompany child to complete on-site registration process. All playing levels welcome. Loaner tennis racquets will be provided if needed. Clinic will cancelled in case of inclement weather. Call the front desk to reserve your space!

Summer Tennis Programs Begin Tuesday, May 30th. Sign up now!

This summer we are offering morning clinic times for Juniors: Mighty Mites (Ages 4-6) is offered from 9:00-9:30am Monday—Thursday Superstars (Ages 7-9) is offered from 9:30-10:30am Monday—Thursday Junior Aces, HS Prep, and HS Advanced are offered from 10:30am-noon M-Th Match Play is offered from 12:00-1:00pm Monday—Thursday Registration forms are available at the front desk and at hcchoa.com now! Summer Adult Clinic & League information is available at the front desk and on our website now. See Tom for more information on Summer Tennis Programs.

USTA Junior Challenger Tennis Tournament

Sign up now for this great Junior Tournament that will be held at Homestead June 17th, 2017. Registration is open now at www.USTA.com for ages 12-18. See Tom for more details.

Spring Clinics Ending

Reminder—The last day of Spring Junior Tennis Clinics & Spring Tennis Leagues is Friday, May 19th.

Now Carrying Wilson Kaos & Rush Pro 2.5 Tennis Shoes in Homestead's Pro Shop! We carry Men's sizes 9-11 and Women's sizes 7-9, and are also able to special order different sizes and colors. Special orders will arrive in about a week.



Homestead Trailer Storage Policy Reminder

With a busy summer of fishing, boating and camping season quickly approaching, we are anticipating many questions and complaints about trailers in the neighborhood. We would like to remind residents of the trailer storage policy:

“No Lot, streets, private streets, drives or parking areas, unless specifically designated by the Association therefore, shall be used as a parking, storage, display or accommodation area for any type of house trailer, camping trailer, boat trailer, hauling trailer, boat or accessories thereto, truck larger than a 1 ton pickup truck, or any type of motor home except as a temporary expedience for loading, delivery, emergency, etc. The same shall be stored, parked or maintained wholly within a garage area of a dwelling unit with the garage door in a closed position.”

We do allow a 24 hour window for loading/unloading your trailer prior to your trailer use and upon return. Please notify Tracy Erickson at the Club of your address and dates your trailer will be in your driveway to ensure you do not receive a ticket. Thank you!

April Board & DRC Meeting Highlights

Our April Board & Design Review Committee Meeting was held on Friday, April 14th, 2017 at 9:00am. During the DRC portion of the meeting two DRC proposals were approved; a new single family residence at 30 Fremont and a fence at 10 Cassidy Place were both approved. During the Board Meeting, New Business included discussion on Homestead becoming a Firewise Community. Please see the article below for more information on this topic. Matters Pending included discussion on the ERFPD Edwards Fire Station construction. Please visit our website, www.hcchoa.com, for more information including upcoming meeting dates and plans for the Fire Station. The meeting minutes from the March 10th, 2017 meeting were approved. The financials from February 2017 were approved. The meeting adjourned at approximately 10:06am.

Homestead Becoming a Firewise Community

In recent years we have noticed an increase in the number of wildfires throughout the country. While we hope to never experience it here in Homestead, the Board of Directors would like to be proactive in taking measures to prevent fires in our neighborhood. If you would like to be a part of the discussions on Homestead obtaining Firewise Community certification, please contact Tracy Erickson at the Club, or attend our next Board Meeting, on May 12th, 2017.

Summer Swim Team

Summer Swim Session Info: This summer we are offering a 10 week Swim Team and Swim Team Prep program that is offered one to two days per week with optional Swim Meets in June and July. You choose the days that work for your schedule! Summer programs begin June 5th.

Swim Team Prep: Swim Team Prep is offered on Mondays from 8:00-8:30am and Wednesdays from 5:30-6:00pm.

Swim Team: Swim Team is offered on Mondays from 8:30-9:30am and Wednesdays from 6:00-7:00pm.

Sign Up: Registration flyers are available at the front desk or on our website, www.hcchoa.com. Please contact Coach Cass at 336-407-2901 or via email at coachcassj@gmail.com if you have any questions regarding Swim Team or would like to schedule lessons with Cass.

Children's Membership Policy Reminders

- All children under the age of 12 must be supervised by an adult at all times. If your child is under 12 and in a Homestead Program, please drop them off and pick them up with the instructor.
- All children over the age of 12 must have their own membership number to enter the club by themselves. (If you have a child over the age of 12 and they do not have a membership number please fill out a membership change form.)
- Children over the age of 12 are allowed to use the following club amenities without parental supervision: pool, hot tub, racquetball court, and tennis courts.
- Children over the age of 12 can use the weight room and cardiovascular area once they have been certified by the Fitness Director, Justin Songer.
- Children may not add individuals to the guest list. An adult listed on the membership must call in all guests in advance. Eagle County resident guests must pay the \$5 children's guest fee.
- Once your children are over the age of 21, they are considered adults and can no longer be listed as a dependent on your membership. If you have a child over the age of 21 please see Kim Baugh to discuss options to make a change to your membership.
- If you have any additional questions about Homestead's Children's Policies please refer to our full Membership Policy, which can be found at www.hcchoa.com.



May Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am		Get Lifted (Hannah)			Get Lifted (Hannah)	
7:00-8:00am			Morning Fitness Swim (Cass)			
8:30-9:30am						Power Yoga (Simone)
9:30-10:30am					Board Meeting 5/12/2017 9:00am	Reshape Your Body & Mind* (Nichole)
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		12:00-12:30pm Form Workshop* (Hannah)			Gentle Yoga (Sophie)	
4:30-5:30pm						
5:30-6:30pm	Total Body Blast (TBD)	Zumba (Michelle) Spin* (Joel)	Strength & Conditioning (Chapin)	5:00-6:00pm Reshape Your Body & Mind* (Nichole)		
6:35-7:35pm	Power Yoga (Karlie)	Vinyasa Flow (Kady)	Vinyasa/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

Advanced sign up required for classes with an asterisk

\$ Fee for classes with a dollar sign \$

May Fitness Schedule Changes: Amy's Spin has been taken off the schedule.

New 30 Minute Weightlifting Form Workshop with Hannah Ellison

Join Hannah on Tuesdays from 12:00-12:30pm to perfect your weightlifting form. Hannah will focus on two different movements each Tuesday. If you are recovering from an injury, are new to weightlifting, or just want some tips to make sure you are using the correct form, this is the class for you! Class price is \$10 per week for members and is limited to 8 participants. 3 participant minimum required to run class. Advanced sign up is required. Please contact the front desk to reserve your space.



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.



May Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00-8:00am	Lap Swim	Lap Swim	7:00am 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

Spring Swim Programs

Spring Swim Team and Swim Team Prep are going on now. There are still spaces available in both programs. Cass welcomes swimmers of any age as long as they are able to swim continuously for at least one length of the pool. Swim Team meets on Mondays and Wednesdays from 5:00-6:00pm. Swim Team Prep meets on Mondays and Wednesdays from 4:30-5:00pm. Registration flyers are available at the front desk or on our website, www.hcchoa.com. Please contact Coach Cass via email at coachcassj@gmail.com if you have any questions or need additional information regarding swim team.



Spring 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*		

Spring 2017 Program Dates:

March 20—May 19 (no programs April 17-21)

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.