



Homestead Owners Association & Court Club

September Events

End of Summer Party & BBQ

Saturday, September 2
Party from 4:00-7:00pm
Note: The club will be closing at 3:00pm to prepare for the party.

Labor Day

Monday, September 4
Club hours: 6am-5pm
*No Fitness Classes
*No Childcare
*No After School Program
*No Jr. Tennis Programs

Board & DRC Meeting

Friday, September 8 at
9:00am

Free Paddle Social

Saturday, September 16

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:

Hechoa.com

Like Homestead Court Club on Facebook!

End of Summer Party & BBQ



Please join us on Saturday, September 2, from 4:00-7:00pm for Homesteads Annual End of Summer Party & BBQ. Help us celebrate the last days of summer with a live music performance, family games, jumpy houses, face painting, food & drinks, and a mechanical bull! 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 please.

Please note the Club will be closing early at 3:00pm to prepare for the party.

September Fitness News

Adult Fitness Swim with Cass is moving to Saturday mornings. 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. Join Cass on Saturdays from 7:00-8:00am beginning Saturday, September 2.

Zumba is back on Tuesday nights with Endah Frey beginning on Tuesday, September 12. 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. Join Endah on Tuesdays for this fun class!

Spin Class with Amy Cohen is back on Thursday mornings beginning on Thursday, September 7. Spin is a cardio workout without comparison. Instructors incorporate climbing, intervals and steady state training. Guaranteed to make you sweat! Call the front desk weekly to reserve a bike.

Ski/Snowboard Conditioning will return in October! The crisp morning air has us getting excited about the upcoming ski season. Get prepared early with our conditioning class beginning in October. Keep an eye out for our October newsletter for more information on dates and times this class will be offered.

Please note that there will be no fitness classes on Labor Day.

Fall Swim Begins August 30

Fall Swim Team and Swim Team Prep will begin August 30. Swim Team Prep is offered on Wednesdays from 5:30-6:00pm and on Saturdays from 8:00-8:30am.

Swim Team is offered on Wednesdays from 6:00-7:00pm and on Saturdays from 8:30-9:30am. You choose the days and times that work for your schedule! Registration forms are available at the front desk and on our website now. Contact Coach Cass at coachcassj@gmail.com or via phone, 336-407-2901, if you have any questions.





Children's Programming News

Homestead's 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 will utilize all of the great Homestead Club facilities including parks, trails, and Homestead neighborhoods. Children may also choose to participate in tennis and swim team. Transportation is provided for students coming from Edwards Elementary School (M-F) and Stone Creek Charter School (M-TH).

ADVANCE PRICE: \$17/day for Members and \$22/day for Non-Members.

LATE REGISTRATION PRICE: \$22/day for Members and \$27/day for Non-Members (Late registrations are 48 hours or less in advance, if space is available).

REGISTRATION: Registration packets are available on our website, at the front desk, or by email request to jillian@homesteadcourtclub.com.

Please note that there is no After School Program or Childcare on Monday, September 4.

August Board & DRC Meeting Highlights

Our August Board & Design Review Committee Meeting was held on Friday, August 11, 2017 at 9:00am. Submittals for a metal accent roof and fence were both approved during the DRC portion of the meeting. Member Input included questions about the West End development, roundabout plans, and the fire station plans. Matters pending included continuing discussion on HOA issues. The July meeting minutes were approved as presented. The June financials were approved as presented. The meeting adjourned to executive session at approximately 9:30am.

Water Service - Message From ERWSD

Representatives from the Eagle River Water and Sanitation District will attend our upcoming Board meeting on Friday, September 8, to discuss the water system in Homestead. They are currently testing the Homestead system and will be discussing results at the upcoming meeting. They would also like to remind residents to take note of water regulations regarding irrigation. A copy of the water use regulations can be found on our website, www.hcchoa.com. If you have any questions, comments, or would like to report an issue please call ERWSD customer Service at 970-477-5451 or email customerservice@erwsd.org.

Fall Tennis News

Fall Tennis Programs and Leagues began the week of August 21, however there are still spaces available in many of our clinics and leagues. Get involved in this fun lifelong sport this fall! We offer junior clinics for ages 4-18 and welcome all ability levels. We also offer adult clinics and leagues for all ability levels. Session 1 dates are August 21st -October 20th. For days, times, and rates please visit our website, hcchoa.com. **Please note there are no Junior Programs on Labor Day.**

Congratulations to all the USTA/CTA teams from Homestead that won their leagues and represented Homestead down in Denver at districts. 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!



Try Paddle Tennis at Homestead This Fall!

Platform Tennis or "Paddle" as most call it is similar to tennis but with elements of racquetball and squash; paddle is relatively easy compared to tennis, a great workout and lots of fun. It is played outdoors in the fall/winter and we would love to introduce as many Homestead members to paddle as possible. Most who play end up loving the sport.

We are kicking off the paddle season with a free paddle tennis social on Saturday, September 16th from 1:00-4:00pm. We hope you will join us to get the paddle season off to a great start! Sign up at the front desk to reserve your space. Space is limited to 12 players for the clinic portion and 16 players for social play.

Paddle Leagues are beginning on September 19. Join Eric for this fun social league on Tuesday nights from 6:30-9:30pm. Session 1 dates: September 19—October 31. \$35 for members. Sign up at the Front Desk!

Paddle Lessons with Eric Meyer are available now. Get a head start on paddle season with special rates through October 14; Bring two new players with you for a 3+me lesson for only \$60, 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!



September Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am		Get Lifted (Hannah)		6:15am Spin* (Amy)	Get Lifted (Hannah)	
7:00-8:00am						Morning Fitness Swim (Cass)
8:30-9:30am						Power Yoga (Simone)
9:30-10:30am					Board Meeting 9/8/2017 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)	
1:30-3:00pm						
5:30-6:30pm	Total Body Blast (Missy)	Spin* (Joel) Zumba Beginning 9/12 (Endah)	Strength & Conditioning (Chapin)			
6:35-7:35pm	Power Yoga (Karlle)		Vinyasa/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

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Ski/Snowboard Conditioning will return in October! The crisp morning air has us getting excited about the upcoming ski season. Get prepared early with our conditioning class beginning in October. Keep an eye out for our October newsletter for more information on dates and times this class will be offered.

Please note that there will be no fitness classes on Labor Day.

Advanced sign up required for classes with an asterisk



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.



Fall Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00-8:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	7:00am Morning Fitness Swim (Cass)	6:30-8:00am Lap Swim
8:00-8:30am						Swim Team Prep	
8:30am-9:30am						Swim Team	
9:30am-1:00pm							
1:00-2:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
2:00-3:00pm							
3:30-4:30pm	After School Program in Pool	After School Program in Pool	After School Program in Pool	After School Program in Pool	After School Program in Pool		
5:30-6:00pm			Swim Team Prep				
6:00-7:00pm			Swim Team				
7:00-9:45pm							

Pool Room Hours:

Monday-Friday: 5:55am-9:45pm

Saturday/Sunday: 6:30am-9:45pm

Lap Swim Hours:

Monday-Friday: 6:00am-8:00am and 1:00-2:00pm

Saturday/Sunday: 6:30am-8:00am

No Lap Swim on School Breaks or Holidays



Fall Swim Programs

Adult Fitness Swim with Cass is moving to Saturday mornings. 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. Join Cass on Saturdays from 7:00-8:00am beginning Saturday, September 2.

Fall Swim Team and Swim Team prep will begin August 30th. Swim Team Prep is offered on Wednesdays from 5:30-6:00pm and on Saturdays from 8:00-8:30am. Swim Team is offered on Wednesdays from 6:00-7:00pm and on Saturdays from 8:30-9:30am. You choose the days and times that work for your schedule! Registration forms are available at the front desk and on our website. Contact Coach Cass at coachcassj@gmail.com or via phone, 336-407-2901, 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						
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*	11:15-11:45am Mommy & Me Intro to Tennis*	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) 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 Program Dates

Session 1: August 21 - October 20

Session 2: October 23 - December 22 (no programs 11/20-11/24)

New this fall is a Mommy & Me Intro to Tennis Class for children ages 2-3 and their parents. A fun and comfortable environment to introduce your children to the sport of tennis. Homestead Tennis Pro, Laura Ewert, will lead this group to help prepare children for Mighty Mites Tennis group when they turn 4. For more information, and to register, please contact Laura Ewert.



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.