

Homestead Owners Association & Court Club



October Events

Ski Conditioning Begins

Monday, October 2
5:30-6:30pm

Board of Directors and DRC Meeting

Friday, October 13 at 9:00am

Last Day of Fall Swim Session 1

Saturday, October 14

Last Day of Fall Tennis Session 1

Friday, October 20

Fall Session 2 Tennis Programs Begin

Monday, October 23

Halloween Junior Tennis Mixer

Friday, October 27
5:00-6:00pm
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

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:

Hchoa.com

Like Homestead Court Club on Facebook!

October Tennis News

Halloween Junior Mixer: Join the tennis staff for this thrilling 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 27, from 5:00-6:00pm 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 Tennis Session 2 Junior Programs and Leagues: Fall Tennis Session 2 will begin the week of October 23, and will run for 8 weeks, with no programs over Thanksgiving week. We will begin accepting registration on 10/2 from Homestead residents, on 10/4 from non-resident members, and on 10/6 from non-members. Registration flyers are available at the front desk or on our website, www.hchoa.com.

Reminder: Fall Session 1 tennis programs are ending on Friday, October 20.

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!

Paddle Leagues at Homestead are a fun way to meet friends and get a little exercise! New this Fall is a league warm up with our Pro, Eric Meyer. Add on to your league experience with a 30 minute league warm up from 6:00-6:30pm. Eric will get you going with drills and tips on how to improve your game. This 30 minute warm up is an additional \$10 per week. League play will follow from 6:30-9:00pm every Tuesday night. Contact Eric Meyer (emeyer@vail.net) to get involved in this exciting winter sport!

Paddle Clinic with Eric Meyer Saturdays from 12:00-1:00pm We welcome players of all levels to join Eric each Saturday for an opportunity to gain knowledge about platform tennis and enhance your racquet sport skills. Your first paddle clinic is free! After that it is just \$22 per week for members. The clinic meets every Saturday from 12:00-1:00pm in October. Sign up at the front desk today to reserve your space.

Children's Programming News



Homestead

CLUBHOUSE
FOR KIDS

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. 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 registration is 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: There will be no pick up from Edwards Elementary on 10/27 or 10/30 due to no school and no stone creek drop off on 10/16 due to no school.

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 2. We had a great day with over 500 people attending. A special thanks to Dave Perron for the great music, to No Bull Entertainment for bringing the bull, to our new face painters and balloon artist, and to our incredible staff for making the party a success!

Friendly reminder to please slow down on Homestead streets.



Like us on Facebook!

Take a look at our Homestead Court Club Facebook page to see our latest event photos. Like us for updates on neighborhood news and events!



September Board & DRC Meeting Highlights

Our September Board & Design Review Committee Meeting was held on Friday, September 8, 2017 at 9:00am. Submittals for a playset and new paint colors were both approved during the DRC portion of the meeting. Additionally two preliminary submittals for remodels were presented to the DRC. New business included a presentation from the Eagle River Water and Sanitation District regarding Homestead Water Service (see article below) and discussion on the State Land Board closure. Matters pending included continuing discussion on the Eagle River Fire Protection District plans for a new fire station in lower Homestead. The August meeting minutes were approved as presented. The July financials were approved as presented. The meeting adjourned to executive session at approximately 10:38am.

Note from Eagle River Water and Sanitation District

John McCaulley, Field Operations Manager for Eagle River Water & Sanitation District, attended the September 8 Homestead Board of Directors meeting to address concerns that residents raised about water system operations. The District has provided Homestead with a memorandum explaining issues with the system, how they are following up and what you can do to protect your home. Please visit our website to read the full memorandum from the District.

October Fitness News

Ski & Snowboard Conditioning is back with Hannah, Chapin, and special guest instructors, including former US Olympic skier Kristina Koznick! Class is beginning on Monday, October 2. Get 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 2 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!

Personal Training Special with Hannah, Buy 6, Get 1 Free!

Hannah Ellison is a native to the Vail Valley and Homestead, growing up as an athlete and developing her love for fitness and health. Hannah is an ISSA certified personal trainer and has worked with a variety of clients in helping them to obtain their personal goals. Her training sessions have purpose and focus on achieving maximum results in a safe manner. If you are looking for an enjoyable workout experience with a trainer who is positive and creative with every session, Hannah is your person. Price is \$390 for this special 7 session package. One package limit per customer. Package must be purchased before 12/31/2017 and is valid one year from purchase date. Contact Hannah at 970-331-1900 to schedule your sessions.

Try Zumba on Tuesday nights with Endah Frey 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 from 5:30-6:30pm for this fun class!

Coming Soon:  PELOTON



October 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 10/13/2017 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	Ski/Snowboard Conditioning* (Hannah)	Spin* (Joel) Zumba (Endah)	Ski/Snowboard Conditioning* (Chapin)			
6:35-7:35pm	Power Yoga (Karlie)		Vinyasa/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

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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 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.