



Homestead Owners Association & Court Club

January Events

New Years Eve

Sunday, December 31
Club Hours: 6:30-5:00pm

New Years Day

Monday, January 1
Club Hours: 8:00am-5:00pm

Fit Resolutions with Hannah Ellison

Begins January 2

Winter Break Kids Camp

January 2 -5

Winter Tennis & Swim Programs Begin

Monday, January 8

Board and DRC Meeting

Friday, January 12 @ 9am

10 & Under Tournament

Friday, January 26

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

See back page for our holiday hours.

Homesteads Annual Meeting

The Annual Homeowners Association Meeting will be held at the Homestead Court Club on Monday, February 19th, at 7:00pm. Information regarding the annual meeting will be sent out to all Homestead homeowners with the February newsletter. There will be a vote for two open Board seats at the meeting. The two current board members have expressed interest in re-running for the Board; Bill McNamara and Alyson Leingang. Their bios will be included in the February newsletter. For more information about the annual meeting contact Tracy Erickson at the Club.

Winter Swim Team Info

Homestead's Swim Team and Swim Team Prep are a fun and non-competitive way for swimmers to practice and improve all four strokes, increase swimming endurance and get some exercise, with sufficient time for team building and games that



will help to improve your swimmers confidence. To join Swim Team, swimmers must know at least two strokes and be able to swim at least one length of the pool. Swim Team Prep is open to younger swimmers that are interested in joining swim team in the future. 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 6 week session begins on Monday, January 8. **Registration forms** are available at the front desk or on our website now. Email Aimee at aimee@homesteadcourtclub.com for more information!

Children's Programming News



Holiday Break Kids Camps: Homestead is offering a special sessions of all day kids camp over upcoming school breaks. Camp dates are January 2-5 and February 20-23. Our kids camp program is guaranteed to be a fun filled day with a variety of different activities including educational projects, arts and crafts, games, show and tell, swimming and much more! Camp runs from 8:30 a.m. to 5:15 p.m, and is for children ages 5-12. Rates are \$40/day for members and \$47/day for non-members. Registration deadline for January camp is Friday, December 29. Minimum of 5 children/maximum of 30. No drop ins allowed. For more information or to register, please visit www.hcchoa.com or by email request to jillian@homesteadcourtclub.com.

Holiday Closures: Please note that our After School Program/Kids Camp/Childcare programs are closed on December 22, 25, and January 1 & 15.



Adopt A Family Update

We would like to thank everyone who donated to our Adopt-A-Families this holiday season. We had an overwhelming response from members wanting to help out the three families we adopted. The families are very grateful to be “adopted” and would like to thank you for your generous donations!

Holiday Party Thanks

We would like to thank everyone who attended our Annual Holiday Party on December 3rd. An extra special thanks goes out to Dave Perron for the wonderful music, Vail Catering Concepts for the food, No Bull Entertainment for bringing “the bull” and photo booth, and of course, Santa Claus too! The event couldn’t have been such a success without you there!

Holiday Hours:

New Years Eve
Sunday, December 31
Club Hours 6:30am-5:00pm

New Years Day
Monday, January 1
Club Hours 8:00am-5:00pm
Childcare Closed
No fitness classes

December Board & DRC Meeting Highlights

Our December board & design review committee meeting was held on Friday, December 8, 2017 at 9:00am. A submittal for removal of aspens and temporary placement of a hot tub was approved, and a submittal for a deck expansion and sound barrier was denied during the DRC portion of the meeting. One additional item (windows) were staff approved this month. During the board meeting the board heard member input regarding concerns about speeding in the neighborhood. Matters Pending included discussion on the Eagle River Fire Protection District station construction and on the Nominating Committee (see front page for more info on the Annual Meeting). The November meeting minutes were approved as presented. The October financials were approved as presented. The meeting adjourned to executive session at approximately 9:45am.

Tennis News

Winter Tennis Programs & Leagues Begin on January 8

Our Winter tennis leagues and tennis clinics begin on Monday, January 8th. Winter tennis program dates are January 8th—March 16th, with no programs the week of February 18th-23rd. New this winter are clinics on Sundays hosted by our newest professional Malachy Coyne. He will be leading an adult 3.0-3.5 Drill & Play Clinic from 4:00-5:30pm as well as two junior clinics every Sunday. Registration forms are available at the front desk, or on our website, www.hcchoa.com. Sign up today, or see Tom for more information.

10 & Under Practice Tournament

We are hosting a special 10 and under practice tournament on January 26th, from 4:00-5:30pm. Open to Superstars level players. The tennis pros will be on court helping players learn scoring and tennis etiquette. This is a fun and social environment for kids to learn how to play matches. Round robin format and continuous match play. Price is \$10 for 1.5 hours of play. Sign up now at the front desk. Contact Tom for more information.

Fitness News

Fit Resolutions with Hannah Ellison

Get 2018 off to the right start with small group sessions with Homestead personal trainer Hannah Ellison! Hannah has a plan to help you burn off those extra holiday calories and create healthy workout habits that you can maintain throughout the year. Hannah’s Fit Resolutions group will meet on Tuesday and Wednesday evenings from 5:00-6:00pm for a different one hour workout each night consisting of weights, plyometrics, agility training, balance and flexibility. First group meeting is Tuesday, January 2 and the program will run through Wednesday, February 28. Member price is \$360 for the 9 week session. Max of 8 participants. Contact Hannah Ellison at 970-331-1900 to reserve your space.

New Class with Hannah ~ Lift the Barre on Mondays at 5:30pm

This fast-paced and fun class provides a complete body workout and incorporates strengthening and toning of muscles, sustained cardio and intervals, barre work, and finishes with core work and stretching for a well-balanced total body workout! Try it on Mondays at 5:30pm, beginning Monday, January 8th.

Fitness Changes for January

- Saturday Morning Yoga will return on Saturday, January 6th at 8:30am with Sophie Watras.
- No fitness classes will be held on January 1.



January Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:05-7:05am		Get Lifted (Hannah)		Wake Up & Ride* (Amy)	Get Lifted (Hannah)		
8:30-9:30am						Yoga (Sophie)	
9:00-10:15am					Board Meeting 1/12/2018 9:00am		
9:15-10:15am	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)			
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)			
12:00-1:15pm			12:00-1:00pm Spin/HIIT (Aaron)		Gentle Yoga (Sophie)		
5:30-6:30pm	Lift the Barre (Hannah)	Spin* (Joel) Zumba (Endah)	Strength & Conditioning (Chapin)				Reset & Restore Yoga (Karlie)
6:35-7:35pm	Power Yoga (Karlie)		Vinyasa/Restorative Yoga (Sophie) 6:30-7:30pm Spin* (Aaron)	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.

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.

RESET & RESTORE YOGA — In this class, Karlie will teach 30 minutes of power yoga, followed by 30 minutes of restorative yoga. The perfect way to end your weekend!

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.

SPIN/HIIT — Take a break in your day to join Aaron for 30 minutes of spin followed by 30 minutes of high intensity interval training that combines fun and hard work into every work out. Challenge yourself to be a year round athlete with structured classes to help you succeed!

S.I.T. – “Strength and Interval Training.” Another high energy conditioning class utilizing the step, bo-su, weights and intervals to keep your heart pumping!

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!

LIFT THE BARRE — This fast-paced and fun class provides a complete body workout and incorporates strengthening and toning of muscles, sustained cardio and intervals, barre work, 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.

WAKE UP & RIDE WITH AMY — An intense cycling workout to get your day off to a great start .

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.



January Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00-8:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	6:30-8:00am Lap Swim	6:30-8:00am Lap Swim
8:00am-9:30am							
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		
4:30-5:00pm	Swim Team Prep*		Swim Team Prep*				
5:00-6:00pm	Swim Team*		Swim Team*				
6:00-9:45pm							

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



Winter Swim Team Info

Homestead's Swim Team and Swim Team Prep are a fun and non-competitive way for swimmers to practice and improve all four strokes, increase swimming endurance and get some exercise, with sufficient time for team building and games that will help to improve your swimmers confidence. To join Swim Team, swimmers must know at least two strokes and be able to swim at least one length of the pool. Swim Team Prep is open to younger swimmers that are interested in joining swim team in the future. 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 6 week session begins on Monday, January 8. **Registration forms** are available at the front desk or on our website now. Email Aimee at aimee@homesteadcourtclub.com for more information!

Winter Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
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*		2:00-3:00pm Superstars*
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*		3:00-4:00pm Jr. Aces* (10+ year olds)
3:30-4:30pm		Superstars* (Ages 7-9)		Superstars* (Ages 7-9)			3:00-4:00pm High School Prep*
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)		4:00-5:30pm 3.0/3.5 Drill & Play*
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 Program Dates

January 8 - March 16 (no programs 2/18-2/23)

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.