



Homestead Owners Association & Court Club

February Events

Board & DRC Meeting
Friday, February 9 @ 9am

Last Day of Swim Team
Wednesday, February 14

**Red Hot Valentines Day
Tennis Mixer**
Friday, February 16

Annual HOA Meeting
Monday, February 19 @ 7pm
*Please note that all evening
fitness classes have been
cancelled due to the meeting.

Kids Camp
February 19-23
8:30am-5:15pm

**Swim Team Session 2
Begins**
Monday, February 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 19, 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. 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 2017 Annual Meeting and 2018 Budget are available on our website, hchoa.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 19-23. 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 hchoa.com or email Jillian@homesteadcourtclub.com.

Please note that Homestead's Childcare Room will be closed on President's Day, Monday, February 19th.

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 19-23.

Adult weekly clinics are back in full swing. All adult clinics are drop in format, so you can come when it works for you. We are also offering new clinics on Sundays for adults and juniors with our newest pro, Malachy Coyne. Sign-up weekly at the front desk to reserve your space.

Spring Junior Tennis Program & Adult League Flyers will be available beginning March 1. We will begin accepting completed registrations on March 1 from Homestead owners and their tenants, March 6 from Non-Resident members and on March 8 from non-members. Spring programs begin on March 19.

Red Hot Valentines Mixer on February 16 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 12, 2018 at 9:00am. A submittal for solar panels was approved during the DRC portion of the meeting. During the board meeting the board heard member input regarding concerns about speeding in the neighborhood. New Business included approval of the General Meeting Agenda and discussion on the proposed cell phone tower at Battle Mountain High School. 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 December meeting minutes were approved as presented. The November financials were approved as presented. The meeting adjourned to executive session at approximately 9:22am.



Winter Swim Team & Swim Team Prep

The next swim session begins on Monday, February 26, and will run for 8 weeks. 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. 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 Prep, swimmers must be able to swim at least one length of the pool unassisted. To join Swim Team, swimmers must know at least two strokes. **Registration forms** are available at the front desk or on our website now. Email Aimee at aimee@homesteadcourtclub.com for more information!

Fitness News

Reach Your Peak Winter Training Program with Jennifer Sage

If you are a cyclist who wants to start this year's cycling season off with a bang, then you won't want to miss this 10-week winter training program. Jennifer Sage has been teaching indoor cycling for 21 years, and trains instructors around the world. We are proud to have Jennifer leading this program here at Homestead. She has led training programs at Homestead in the past, but what is different now is that we have bikes with accurate power meters. You will do an assessment to determine your functional threshold power (FTP) at the beginning and the end of the program, which will set your training zones. It provides an accurate benchmark to measure improvements. You will also learn your lactate threshold heart rate (LTHR) as a way to measure your response to training. The 10-week periodized program will focus on: aerobic threshold, muscular endurance, leg strength, cadence development, pedal stroke skills, FTP improvement, anaerobic power, mental strength techniques for cyclists. This group will meet on Wednesday and Friday mornings at 6:00am from February 14-April 20. Member price is \$325 for the 10 week program. Feel free to email Jennifer at jennifer@icafit.com if you have questions about the program, or call the front desk at 970-926-1067 to reserve your space!

Fitness Changes for February

- Zumba is changing times and will now be held from 5:00-6:00pm on Tuesdays, beginning on Tuesday, February 6.
- No evening fitness classes will be held on Monday, February 19, due to our annual meeting.



February Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:05-7:05am		Get Lifted (Hannah)	Reach Your Peak Cycling Program*^{\$} (Jen)	Wake Up & Ride* (Amy)	Get Lifted (Hannah) Reach Your Peak Cycling Program*^{\$} (Jen)		
8:30-9:30am						Yoga (Sophie)	
9:15-10:15am	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)	Board Meeting 2/9/2018 9:00am		
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)	5:00pm Zumba (Endah) Spin* (Joel)	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)			

February Fitness News

Reach Your Peak Winter Training Program with Jennifer Sage

If you are a cyclist who wants to start this year's cycling season off with a bang, then you won't want to miss this 10-week winter training program. Jennifer Sage has been teaching indoor cycling for 21 years, and trains instructors around the world. We are proud to have Jennifer leading this program here at Homestead. She has led training programs at Homestead in the past, but what is different now is that we have bikes with accurate power meters. You will do an assessment to determine your functional threshold power (FTP) at the beginning and the end of the program, which will set your training zones. It provides an accurate benchmark to measure improvements. You will also learn your lactate threshold heart rate (LTHR) as a way to measure your response to training. The 10-week periodized program will focus on: aerobic threshold, muscular endurance, leg strength, cadence development, pedal stroke skills, FTP improvement, anaerobic power, mental strength techniques for cyclists. This group will meet on Wednesday and Friday mornings at 6:00am from February 14-April 20. Member price is \$325 for the 10 week program. Feel free to email Jennifer at jennifer@icafit.com if you have questions about the program, or call the front desk at 970-926-1067 to reserve your space!

Fitness Changes for February

- Zumba is changing times and will now be held from 5:00-6:00pm on Tuesdays, beginning on Tuesday, February 6.
- No evening fitness classes will be held on Monday, February 19, due to our annual meeting.



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!

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!

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.

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.



February 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 & Swim Team Prep

The next swim session begins on Monday, February 26, and will run for 8 weeks. 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. 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 Prep, swimmers must be able to swim at least one length of the pool unassisted. To join Swim Team, swimmers must know at least two strokes.

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*		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* (7-9 year olds)
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* (12+ year olds)
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)			5:30-7:00pm High School Advanced*
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 Junior 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.