



# Homestead Owners Association & Court Club

## May Events

### **Nutrition Series:**

#### **Kids Nutrition**

May 1 @ 5:30pm

### **Board & DRC Meeting**

Friday, May 11 @ 9am

### **Last Day of Swim Team**

Wednesday, May 16

### **Free Jr. Tennis Clinics**

Saturday, May 19

10:00-11:30am

### **Pool Area Closed**

May 20- 27

### **Last Day of Spring**

#### **Tennis Programs**

Sunday, May 27

### **Last Day of After**

#### **School Program**

Thursday, May 31

## **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

## **Homestead Summer Camp Begins June 4th**



Homestead clubhouse is proud to present a continuing theme that resonates in all camp weeks this summer: nature exploration. This summer we will focus on encouraging creative thinking rather than providing answers, assist campers in developing problem solving skills and self sufficiency, and ultimately encourage a much deeper level of learning. Theme weeks this summer will include: Aviation, Animal Kingdom's Devoted Dads, Natural Arts, Geology, America the Beautiful, Science is Magic, Nature Detectives, Wild West, Hydrology, 5 Senses in Nature, and more. Field trips and special guests will include: Alpine Arts, Fossil Posse, Tony G, Markos Pizza, Walking Mountains and more. Additionally, professional tennis and swim instruction is available weekly for campers to add on to their summer experience. Registration packets are available now, on our website, [www.hcchoa.com](http://www.hcchoa.com) and at the front desk. Be sure to check our website and our facebook page often, as we are continuing to add more fun and exciting activities to our camp throughout the spring and summer! Contact our Children's Programming Director, Jillian Labbe, [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com) for more info.

## **May Fitness News**

### **Nutrition Series: Kids Nutrition on May 1, at 5:30pm**

This month Christine Pierangeli, certified master nutrition therapist, will discuss nutrition for kids. This one hour discussion will focus on proper nutrition from pregnancy to teen years. Christine will give strategies to focus on building in better nutrition and developing healthy habits. Christine will take questions and provide a healthy recipe for you and your kids to try out at home, as well as provide a template for a fun "tasting party". This class is free for Homestead members. We hope you will join us this month to learn a little more about kids nutrition!

### **Please note:**

- Hannah's Friday morning class has been moved to Thursday mornings at 6:05am beginning on Thursday, May 3.
- The Homestead pool area including the pool, hot tub and steam room will all be closed the week of May 20-27 for our annual deep cleaning.

## **Improvements Coming to Homesteads Basketball Court Including Adding A Pickleball Court**

We are excited to announce our plans to resurface our existing basketball court and install a new basketball hoop. Additionally we will be converting a portion of the court into a pickleball court, with fence around the exterior of the court to keep balls contained. With elements of badminton, tennis, and table tennis, pickleball is considered one of the fastest growing sports in America today. This fun, fast paced racquet sport is enjoyed by all ages!



Speeding and not fully stopping at stop signs are issues that seem to be on a lot of people's minds lately. Specifically, the dangers speeding and not fully stopping pose to the many children, pets and wildlife who live in the neighborhood. While the HOA can not enforce these laws, we are working with the Eagle County Sheriff to increase patrols throughout the neighborhood. Additionally, we would like to encourage our residents to leave a few minutes early so you can **stick to the speed limit of 25**. Please think about what is at stake, and take your time! Thank you!

## April Board & DRC Meeting Highlights

Our April board & design review committee meeting was held on Friday, April 13, 2018 at 9:00am. During the DRC meeting one submittal for new construction at 20 Remington Trail was approved. During the board meeting the board heard member input regarding speeding and stopping at stop signs in the neighborhood. The meeting minutes from the March 9, 2018 meeting were approved. The financials from February 2018 were approved. Board Member Items included a presentation from Brian Molloy, and his request to install a Kestrel bird box in the neighborhood. The Board is open to the idea, but need more information prior to approval. The Directors Report included an update on planned capital improvements for 2018, including improvements to the basketball court and addition of a pickleball court. The meeting adjourned at approximately 10:03am.

## Tennis News

### **Free Junior Tennis Clinic on Saturday, May 19**

Our pros are ready to teach your children the basics of the tennis, challenge them with drills, and of course have a blast! We hope you will join us for this fun event. Clinic will be held 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 be cancelled in case of inclement weather. Call the front desk to reserve your space.



### **Summer Tennis Programs Begin Monday, June 4. Sign up now!**

This summer we are once again offering morning clinic times for juniors, with the addition of a second afternoon time for some of our older junior groups: 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 and new this year we are also offering a second time from 1:00-2:30pm Monday-Thursday Match Play is offered from 12:00-1:00pm Monday—Thursday Registration forms are available at the front desk and at [hcchoa.com](http://hcchoa.com) now! Summer Adult Clinic & League information is available at the front desk and on our website now.

### **USTA Junior Challenger Tennis Tournament**

Sign up now for this great Junior Tournament that will be held at Homestead June 16, 2018. Registration is open now at [www.USTA.com](http://www.USTA.com) for ages 12-18.

### **Spring Clinics & Leagues Ending**

The last day of Spring Tennis Programs is Sunday, May 27.

## Summer Swim Programs & New Coach, Emilie Clarke

This summer we are welcoming a new swim coach, Emilie Clarke, to Homesteads team. Emilie has been a resident of the Vail Community since 2010. Since that time, she has worked in a variety of teaching environments, including, skiing, swimming, preschool, and kindergarten at Stone Creek Charter School. Through all her experiences, she has always had a strong passion for swimming and instructing others to learn or obtain personal swim goals. Emilie grew up swimming for her local neighborhood swim team in Denver and eventually swam competitively for the top 5A school in the state. Despite Emilie's competitive background, she believes swim team a place for swimmers of all swim abilities and the most important part of being on the team is to have fun! "Swimming is a lifelong skill everyone should have. Being a part of a team builds character and teaches kids to not worry so much about the person next to them, but to always try their personal best." Summer swim programs with Emilie will begin on Monday, June 4. Registration forms are available at the front desk and on our website now.



# May Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<b>6:05-7:05am</b>		Get Lifted (Hannah)		<b>Get Lifted (Hannah)</b>			
<b>8:30-9:30am</b>		8:30-9:15am Yoga Sculpt (Terry)				Yoga (Sophie)	
<b>9:15-10:15am</b>	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)	Spin/HIIT (Aaron)	S.I.T (Justin)	<b>Board Meeting 5/11/18 9:00am</b>		
<b>10:30-11:30am</b>	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)			
<b>12:00-1:15pm</b>					Gentle Yoga (Sophie)		
<b>5:30-6:30pm</b>	Lift the Barre (Hannah)	Spin* (Joel)	Spin* (Aaron)  Strength & Conditioning (Chapin)				Reset & Restore Yoga (Karlie)
<b>6:35-7:35pm</b>	Power Yoga (Karlie)	<b>Nutrition Series: Kids Nutrition 5/1/18 5:30pm</b>	Vinyasa/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)			

## Nutrition Series: Kids Nutrition on May 1, at 5:30pm

This month Christine Pierangeli, certified master nutrition therapist, will discuss nutrition for kids. This one hour discussion will focus on proper nutrition from pregnancy to teen years. Christine will give strategies to focus on building in better nutrition and developing healthy habits. Christine will take questions and provide a healthy recipe for you and your kids to try out at home, as well as provide a template for a fun “tasting party”. This class is free for Homestead members. We hope you will join us this month to learn a little more about kids nutrition!

### Please note:

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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!

**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.



# May Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<b>6:00-8:00am</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	6:30-8:00am Lap Swim	6:30-8:00am Lap Swim
<b>8:00am-9:30am</b>							
<b>9:30am-1:00pm</b>							
<b>1:00-2:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
<b>2:00-3:00pm</b>							
<b>3:30-4:30pm</b>	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		
<b>4:30-5:00pm</b>	Swim Team Prep*		Swim Team Prep*				
<b>5:00-6:00pm</b>	Swim Team*		Swim Team*				
<b>6:00-9:45pm</b>							

### 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**



## Summer Swim Programs & New Coach, Emilie Clarke

This summer we are welcoming a new swim coach, Emilie Clarke, to Homesteads team. Emilie has been a resident of the Vail Community since 2010. Since that time, she has worked in a variety of teaching environments, including, skiing, swimming, preschool, and kindergarten at Stone Creek Charter School. Through all her experiences, she has always had a strong passion for swimming and instructing others to learn or obtain personal swim goals. Emilie grew up swimming for her local neighborhood swim team in Denver and eventually swam competitively for the top 5A school in the state. Despite Emilie's competitive background, she believes swim team a place for swimmers of all swim abilities and the most important part of being on the team is to have fun! "Swimming is a lifelong skill everyone should have. Being a part of a team builds character and teaches kids to not worry so much about the person next to them, but to always try their personal best." Summer swim programs with Emilie will begin on Monday, June 4. Registration forms are available at the front desk and on our website now.

# Spring Tennis Schedule

Program	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					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*			

## Spring Program Dates

March 19 - May 27 (no junior programs April 23-29)

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](http://www.hcchoa.com).