



Homestead Owners Association & Court Club

September Events

End of Summer Party
Saturday, September 1
Party from 4:00-7:00pm
Note: The club will be closing at 3:00pm to prepare for the party.

Labor Day
Monday, September 3
Club hours: 6am-5pm
*No Fitness Classes
*No Childcare

After School Program Begins
Thursday, September 6

Fall Tennis Begins
Monday, September 10

Free Pickleball Clinics
September 12, 19 & 26

Board & DRC Meeting
Friday, September 14

Nutrition Series: Sugar
Tuesday, September 18

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



End of Summer Party & BBQ

Please join us on Saturday, September 1, 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.

BACKYARD

We are thrilled to announce the "Homestead Backyard" which includes sand volleyball, basketball, lawn game area and the recent addition of a pickleball court. Pickleball has exploded in popularity over the past few years due to its broad appeal to all ages and ability levels. The rules are simple and the game is easy for beginners to learn, but can develop into a fast-paced, strategic game for experienced players. We are excited to expand our racquet offerings and hope that you will give pickleball a try!

TRY PICKLEBALL WITH US

To celebrate the opening of our court, we invite you to join John Copeland for a free clinic. John graduated from UW Stout in 1976, where he played collegiate tennis for four years.

He went on to teach and coach high school football, tennis and basketball in Germantown, WI for 31 years. John is connected to Homestead through his wife, Terry Copeland, who has been teaching yoga here since 2016. He started getting involved in pickleball three years ago and recently won a silver medal at the Colorado Open in Denver at the 4.5 level. He is looking forward to sharing his passion for pickleball with you! John will be hosting free clinics on the following Wednesdays in September: 12, 19 & 26 at 5:00pm. Space is limited to 8 players per clinic. One free clinic per member. Call the front desk (970-926-1067) to reserve your space.



READY TO PLAY?

If you are interested in giving pickleball a try on your own, you must make reservations and are required to use Homestead's loaner equipment, specially designed to be noise reducing. Homestead Owners and their tenants may make reservations 2 days in advance and non-resident members may make reservations 1 day in advance.

GEAR LIBRARY FOR THE BACKYARD

We've got all the gear you will need to play, including loaner pickleball equipment that is specially designed to be noise reducing, volleyballs, and basketballs. Check out our ever growing gear library equipment from the front desk.

COMING TO THE BACKYARD IN OCTOBER: Spikeball!!



Children's Programming News

Homestead's After School Program concentrating on education, fitness, and creativity will begin this fall on Thursday, September 6. 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.

ADVANCE PRICE: \$17/day for Members and \$25/day for Non-Members.

LATE REGISTRATION PRICE: \$22/day for Members and \$30/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 3.

August Board & DRC Meeting Highlights

Our August Board & Design Review Committee Meeting was held on Friday, August 10, 2018 at 9:00am. During the DRC portion of the meeting, a submittal for new construction at 118 Spring Creek Court was approved. A submittal for siding and garage door change was denied at 205 Creamery Trail. A garage door change was approved at 153 Creamery Trail. Lastly a fence was approved at 57 Russell Trail. The meeting minutes from the July 13, 2018 meeting were approved. The financials from June 2018 were also approved. The meeting adjourned at approximately 10:20am.



Fall Tennis News

Fall Junior Programs Begin September 10

Get your junior involved in a fun lifelong sport this fall! We offer junior clinics for ages 4-18 and welcome all ability levels. This fall we are offering a 10 week session, beginning September 10. You may choose to register you junior for 1-5 days per week. For days, times, and rates please visit our website, hcchoa.com.

New Adult Clinics Beginning Week of September 10

All three of our pros are offering new clinics this fall. Pick up a flyer from the front desk or visit our website to check out the new fall clinics schedule!

Fall Leagues Beginning September 10

Club leagues are a great way to meet some other players and improve your game! Member price is \$35 for the session. Register now to reserve your space. League registration forms are available on our website, hcchoa.com, or at the Front Desk.

Nutrition Series with Christine Pierangeli The Impact of Sugar on Tuesday, September 18

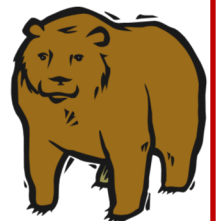
Join Christine Pierangeli, certified master nutrition therapist, Board certified in holistic nutrition and owner of Profound Wellness of Vail for a discussion about the impacts of sugar on Tuesday, September 18, at 5:30pm. Learn about the impact sugar has on our bodies, where it is hiding and ways to avoid it! Christine offers foundation information that can result in a healthier lifestyle and help you achieve profound wellness. Christine will also take questions and provide a handout with notes on the presentation. This class is free for Homestead members and offered for \$15 for Non-Members.

Garbage Can Storage Reminder

Homestead would like to remind residents of the Eagle County Wildlife Protection and Waste Disposal Ordinance. Homestead will be working with, and reporting to, the County Sheriff's office any violations. Please note the following:

The Eagle County Wildlife Protection and Waste Disposal Ordinance requires that all trash, residential and commercial, be placed in a wildlife-resistant trash container when not inside a residence or business and prohibits placing these containers out for collection before 6 a.m. on collection day. The trash container must be removed from the collection area by 7 p.m. that evening.

If you leave your garbage can outside you will receive a warning from Homestead and a possible fine from the County.





September Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:05-7:05am		Get Lifted (Hannah)		Get Lifted (Hannah)			
8:30-9:30am		8:30-9:15am Yoga Sculpt (Terry)				Yoga (Sophie)	
9:15-10:15am	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)	Board Meeting 9/14/18 9:00am		
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)			
12:00-1:15pm					Gentle Yoga (Sophie)		
4:00-5:00pm	After School in Fitness Studio	After School in Fitness Studio	After School in Fitness Studio	After School in Fitness Studio	After School in Fitness Studio		
5:30-6:30pm	Lift the Barre (Hannah)	Spin* (Joel)	Strength & Conditioning (Chapin)				
6:35-7:35pm	Power Yoga (Karlle)		Vinyasa/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)			

****Please call the front desk to sign up for classes with an asterisk****

Sign up policy: Homestead homeowners and their tenants may reserve their space 48 hours in advance and Non-resident members may reserve their space 24 hours in advance. Please call 970-926-1067 to sign up.

New classes and/or changed classes are listed in bold



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.



September 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		
2:00-3:45pm							
3:45-4:45pm	After School in Pool	After School in Pool	After School in Pool	After School in Pool	After School in Pool		
5:00-6:00pm							
6:00-7:00pm							
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	Sundays
7:30-8:30am			6:15-7:15am Cardio Tennis			Cardio Tennis	
8:30-10:00am		8:30-9:30 Cardio Tennis			9:30-10:30am Stroke of the Day	4.0+ Drill & Play	
10:00-11:30	10:30-11:30 3.0 Drill & Play			10:30-12:00pm 3.0/3.5 Drill & Play		3.0/3.5 Drill & Play	
11:30-1:00pm			11:30-12:30 Ball Machine Drills		12:30-1:00pm League Warm Up		
1:00-2:30pm					Coed 3.0+ League		
2:30-3:30pm							
3:30-4:00pm	Mighty Mites	Mighty Mites	Mighty Mites	Mighty Mites			
		3:30-4:30pm Superstars		3:30-4:30pm Superstars			
4:00-5:00pm	Superstars, Junior Aces and HS Prep	Junior Aces and HS Prep	Superstars, Junior Aces and HS Prep	Junior Aces and HS Prep	Superstars, Junior Aces and HS Prep		
		4:30-5:00pm Mighty Mites		4:30-5:00pm Mighty Mites			
5:00-6:00pm	HS Advanced and JET Tennis	HS Advanced and JET Tennis	HS Advanced and JET Tennis	HS Advanced and JET Tennis			
6:00-7:30pm	Coed 4.0- League	3.5 Drill & Play 4.0 Drill & Play	Men's 4.0- League	Coed 4.5+ League			
7:30-9:00pm	7:30-8:30pm Beginner Drill & Play		Men's 4.0- League	Coed 4.5+ League			

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Reminder: The last day of Summer Tennis Programs is August 31st.