



Homestead Owners Association & Court Club

October Events

Free Platform Tennis Clinic & Social Play
Monday, October 1

Ski & Snowboard Conditioning Classes
Begin Monday, October 1

Fall Swim Team Begins
Monday, October 1

Free Pickleball Clinics
October 3 & 10

Nutrition Series: Digestive Wellness
Tuesday, October 9

Board & DRC Meeting
Friday, October 12, at 9:00am

Backyard Game Night
Friday, October 12

Monday Morning Flow Yoga Begins
Monday, October 15

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

Fall Swim Team Begins October 1

We are pleased to introduce Jenny Carll as Homestead's new swim coach. Jenny previously worked with the Vail Swim School for the past seven years. Jenny is offering a 7 week session beginning on Monday, October 1. Homestead Swim Team gives young swimmers the opportunity to practice and improve all four strokes, increase swimming endurance and have fun, with sufficient time for team building and games that will help to improve your swimmers confidence. Practice will be held on Mondays and Wednesdays. You choose 1-2 days that work best for your child's schedule. Registration forms are available at the front desk or on our website now.

Fall Fitness News

Ski & Snowboard Conditioning is back this fall featuring former US Olympic skier Kristina Koznick-Landa and your favorite strength instructor, Chapin Johnson. Our Ski & Snowboard conditioning class concentrates on the most commonly used muscle groups and movements to help start out your season right and avoid injuries. Class begins on Monday, October 1, and will be held on Mondays and Wednesdays from 5:30-6:30pm. Some classes will be held outside, so be sure to bring layers!



New ABSolutely Pilates Classes with Kim Strauch beginning October 3
Improve core strength and stabilization as you move through this fluid series of floor work exercises designed to strengthen your entire body, improve posture and increase flexibility. Cultivate mindfulness in your movement as precision and flow is emphasized. Join Kim on Wednesdays and Fridays from 8:30-9:30am to try this new Pilates class. This class is free for members.

Monday Morning Flow Yoga with Sophie Watras

Start your week with a morning wake up class! A flow that gives you time to center yourself on your mat and work into fun, playful movement sequences synced with breath. Many variations available depending on how your morning is going. Join Sophie for this new class on Mondays at 6:05am, beginning on October 15.

Triple Threat Backyard Game Night



Join Homestead's finest staff for an evening of Spikeball, Cornhole, Bocce Ball and beers in the Backyard! Our staff will be here to help you learn the games, then will pair up members for a little friendly competition. Grab a friend and join us on Friday, October 12, from 5:00-6:30pm.

Free Pickleball Clinics

Our pickleball clinics were such a hit that we have added more! John Copeland will be hosting two additional free introduction to pickleball clinics on October 3 & 10 at 5:00pm. We hope you will join John to try out our new pickleball court and learn about this addictive racquet sport! Space is limited to 8 players per clinic. One free clinic per member. Call the front desk (970-926-1067) to reserve your space.



Summer Camp Thank You

We would like to thank our kids campers for a summer full of fun, learning and adventures! We had one of our busiest summers ever, and couldn't have done it without our wonderful camp staff, who gave their all, to ensure our campers had a fantastic summer. A special thank you to all the local businesses who partnered with us on a wide variety of camp activities, visits and field trips:

- ◆ Alpine Arts
- ◆ Riverwalk Theater
- ◆ Markos Pizza
- ◆ Fossil Posse
- ◆ Vail Valley Animal Hospital
- ◆ Eagle River Watershed
- ◆ Smokey the Bear
- ◆ Walking Mountains
- ◆ Vail Valley Anglers

We look forward to seeing you this Fall for our After School Program and day camps! Visit our website for more information on our Children's Programs.

www.hcchoa.com

September Board & DRC Meeting Highlights

Our September Board & Design Review Committee Meeting was held on Friday, September 14, 2018 at 9:00am. During the DRC portion of the meeting, a submittal for a metal roofing change at 205 Creamery Trail was approved. A submittal for landscaping changes at 773 Homestead Drive and 205 Creamery Trail were denied. During the Board Meeting, the meeting minutes from the August 10, 2018 meeting were approved. The financials from July 2018 were also approved. The Board welcomed Cealy Fellman, who filled a vacant Board member position. The meeting adjourned at approximately 10:30am.

Platform Tennis at Homestead

Platform Tennis or "Paddle" as most call it, is similar to tennis but with elements of racquetball and squash. Paddle is relatively easy compared to tennis, with a great workout and lots of fun! It is played outdoors in the fall/winter and we would love to introduce as many Homestead members to paddle as possible. Most who play end up loving the sport.

We are kicking off the platform tennis season with a free introductory platform tennis clinic and social on Monday, October 1, at 6:00pm. We hope you will join us to get the paddle season off to a great start! We welcome players to join our pro, Eric Meyer, for an introductory clinic where you will have an opportunity to gain knowledge about platform. Clinic will be held from 6:00-7:00pm, followed by all levels social play from 7:00-9:00pm. Space is limited to 12 players for the clinic portion. Sign up at the front desk to reserve your space.

Platform Tennis Leagues are beginning on October 8

Join Eric Meyer for this fun social league on Monday nights from 6:30-9:30pm. Platform leagues are a fun way to meet friends and get a little exercise! \$35 for 10 weeks for members. Registration forms are available at the front desk. Email emeyer@vail.net for more information on platform tennis.

Nutrition Series with Christine Pierangeli Digestive Wellness on Tuesday, October 9

Join Christine Pierangeli for a discussion on digestive wellness on Tuesday, October 9, at 5:30pm. This one hour discussion will focus on defining "leaky gut", supporting natural detoxification pathways and foods that boost our digestive health. Christine will take questions and provide a handout with information discussed.

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 1. 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 face painters and balloon artist, and to our incredible staff for making the party a success!





October Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am	Morning Flow Yoga (Sophie)	Get Lifted (Hannah)		Get Lifted (Hannah)		
8:30-9:30am		8:30-9:15am Yoga Sculpt (Terry)	ABSolutely Pilates (Kim)		ABSolutely Pilates (Kim)	Saturday Flow Yoga (Sophie)
9:15-10:15am	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)	Board Meeting 10/12/18 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	Ski & Board Conditioning (Koz)	Spin* (Joel)	Ski & Board Conditioning (Chapin)			
6:35-7:35pm	Power Yoga (Karlie)		Stretch/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

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New ABSolutely Pilates Classes with Kim Strauch beginning October 3

Improve core strength and stabilization as you move through this fluid series of floor work exercises designed to strengthen your entire body, improve posture and increase flexibility. Cultivate mindfulness in your movement as precision and flow is emphasized. Join Kim on Wednesdays and Fridays from 8:30-9:30am to try this new Pilates class. This class is free for members.

Monday Morning Flow Yoga with Sophie Watras

Start your week with a morning wake up class! A flow that gives you time to center yourself on your mat and work into fun, playful movement sequences synced with breath. Many variations available depending on how your morning is going. Join Sophie for this new class on Mondays at 6:05am, beginning on October 15.

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.

ABSolutely Pilates - Improve core strength and stabilization as you move through this fluid series of floor work exercises designed to strengthen your entire body, improve posture and increase flexibility. Cultivate mindfulness in your movement as precision and flow is emphasized.

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!

MORNING FLOW YOGA — Start your week with a morning wake up class! A flow that gives you time to center yourself on your mat and work into fun, playful movement sequences synced with breath. Many variations available depending on how your morning is going.

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.

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, bo-su, weights and intervals to keep your heart pumping!

SKI & SNOWBOARD CONDITIONING - Our Ski & Snowboard conditioning class concentrates on the most commonly used muscle groups and movements to help start out your season right and avoid injuries. Some classes will be held outside, so be sure to bring layers!

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.

STRETCH/RESTORATIVE YOGA — 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.



October 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		
4:30-5:00pm	Swim Team Prep		Swim Team Prep				
5:00-6:00pm	Swim Team		Swim Team				
6:00-9:45pm							

Fall Swim Team Begins October 1

We are pleased to introduce Jenny Carll as Homestead’s new swim coach. Jenny previously worked with the Vail Swim School for the past seven years. Jenny is offering a 7 week session beginning on Monday, October 1. Homestead Swim Team gives young swimmers the opportunity to practice and improve all four strokes, increase swimming endurance and have fun, with sufficient time for team building and games that will help to improve your swimmers confidence. Practice will be held on Mondays and Wednesdays. You choose 1-2 days that work best for your child's schedule. Registration forms are available at the front desk or on our website now.

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 3:30-4:30pm Superstars	Mighty Mites	Mighty Mites 3:30-4:30pm Superstars			
4:00-5:00pm	Superstars, Junior Aces and HS Prep	Junior Aces and HS Prep 4:30-5:00pm Mighty Mites	Superstars, Junior Aces and HS Prep	Junior Aces and HS Prep 4:30-5:00pm Mighty Mites	Superstars, Junior Aces and HS Prep		
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			