



# Homestead Owners Association & Court Club

## January Events

### **New Years Eve**

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

### **New Years Day**

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

### **Winter Break Kids Camp**

January 2 - 4

### **Winter Tennis & Swim Programs Begin**

Monday, January 7

### **Free Nutrition Series: Boosting Immunity**

Tuesday, January 8 @ 5:30pm

### **Board and DRC Meeting**

Friday, January 11 @ 9am

### **Holiday Hours on back**

## **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

## Homesteads Annual Meeting

The Annual Homeowners Association Meeting will be held at the Homestead Court Club on Monday, February 18, 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 three open Board seats at the meeting. Two current board members have expressed interest in re-running for the Board; Erin Allen and Cealy Fellman. Additionally, Homestead Owner Katherine Smith has expressed interest in running. All three bios will be included in the February newsletter. For more information about the annual meeting contact Tracy Erickson at the Club.

## Winter Swim Programs

**Winter Session Dates:** January 7 - February 20

**Baby & Me Group Swim Lessons** will be held on Tuesdays from 8:30-9:00am. This beginner level swim program puts parents in the pool with their 6-18 month old babies. In this class, Jenny leads the parents and students through group activities and interactive water games appealing to a child's sense of curiosity, wonder, and play.



**Swim Team Prep** will meet on Mondays and Wednesdays from 5:00-5:30pm. Homestead's Swim Team Prep is a non-competitive program designed for children who love the water! This program is a great way for your swimmer to build strength and endurance in the pool, improve techniques, and have fun in a team atmosphere. Prerequisite: Must be able to swim one length of the pool without assistance.

**Swim Team** will meet on Mondays and Wednesdays from 5:30-6:30pm. 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.

**Adult Fitness Swim Class** will be held on Tuesday mornings from 6:00-7:00am. Coach Jenny provides structured workouts to motivate you and help you reach your goals. This class is free for our members! Beginning on January 8.

**Private and Form Your Own Group Lessons** are available on Tuesday mornings, and Monday and Wednesday evenings. Please complete registration form and Jenny will contact you to schedule lessons.

## January Racquet Sports News

**Winter Junior Tennis Programs** will begin the week of January 7, and will run for 11 weeks. Tennis is a fun and healthy activity that will benefit your child at any age. Let our experienced tennis professionals help lead the way to your child's tennis success. Our programs focus on fun while building technical and competitive skills and encouraging social interaction. Your child benefits from personalized attention in a professional atmosphere where his or her strengths and goals are maximized.



**Winter junior program and league registration flyers are available at the front desk or on our website now.**



## 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 two 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 2. 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:

### Christmas Eve

**Monday, December 24**

Club Hours 6:00am-12:00pm

### Christmas Day

**Tuesday, December 25**

Club Closed

### New Years Eve

**Monday, December 31**

Club Hours 6:00am-5:00pm

### New Years Day

**Tuesday, January 1**

Club Hours 8:00am-5:00pm

## December Board & DRC Meeting Highlights

Our December Board & Design Review Committee Meeting was held on Friday, December 14, 2018 at 9:00am. During the DRC portion of the meeting the DRC saw a preliminary submittal for new construction at 115 Russell Trail. New Business included discussion from the nominating committee regarding the upcoming Board openings (see front page for more info on the Annual meeting). Matters Pending included an update on the Edwards Fire Station project. The meeting minutes from the November 9, 2018 meeting were approved. The financials from October 2018 were also approved. The meeting adjourned at approximately 9:44am.

## January Fitness News

### Free Nutrition Series: Boosting Immunity

Join Christine Pierangeli, certified master nutrition therapist, Board certified in holistic nutrition and owner of Profound Wellness of Vail for this month’s discussion on Boosting Immunity, Tuesday, January 8, at 5:30pm. This one hour discussion will focus on how a healthy nutrition and lifestyle plan can help boost immunity during cold and flu season. Christine will take questions and provide a handout with the information discussed. This class is free for Homestead members.



### Holiday Personal Training Special for New Clients

Treat yourself or a loved one to the gift of health this holiday season. Get three 60 minute personal training sessions for only \$200! Gift certificates are available at the front desk. Package must be purchased at the front desk by December 31, 2018. Sessions must be used before December 31, 2019. Special for new training clients only.

### January Fitness Schedule Changes/Additions

Adult Fitness Swim Class with coach Jenny Carll will be held on Tuesday mornings from 6:00-7:00am. Coach Jenny provides structured workouts to motivate you and help you reach your goals. This class is free for our members! Beginning on January 8.

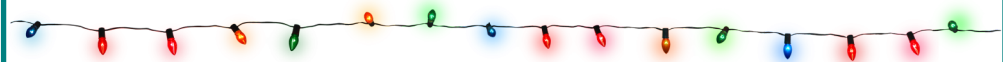
**Please note all Fitness Classes are cancelled on 12/31.**

**Yoga Sculpt & Gentle Yoga with Terry will be the only classes held on 1/1.**

## Children’s Programming News

**Homestead’s After School Program** is designed for children entering kindergarten through fifth grades. Children get to swim in Homestead’s pool, play games, work on arts & crafts, have choice time, and counselors are available to help with homework. Our After School Program picks children up from Edwards Elementary School in the Homestead owned Clubhouse van. A snack will be provided for each child. Our program runs from 3:00-6:00pm Mondays-Fridays during the school year. Contact jillian@homesteadcourtclub.com to check availability.

**Holiday Closures:** Please note that our After School Program/Kids Camp/Childcare programs are closed December 24, 25 & 31 and January 1. Our After School Program and Kids Camp is also closed on Monday, January 21.



## Exterior Lighting & Holiday Lights Reminder

We have recently received complaints regarding exterior lighting being left on late at night. The Board would like to kindly ask that you follow the Homestead Standards and Guidelines: *“The beauty of the starlit night at Homestead will be preserved by judicious use of lighting. Unnecessary use of light is prohibited in the interest of energy efficiency and maintenance of the quiet nighttime environment....Homestead also recommends that exterior lights be turned off at 10 P.M.”*

Thank you for being respectful of your neighbors! ~Homestead Board of Directors



# January Fitness Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>
<b>6:05-7:05am</b>	Morning Flow Yoga (Sophie)	Get Lifted (Hannah) <b>Adult Fitness Swim (Jenny)</b>		Get Lifted (Hannah)		
<b>8:30-9:30am</b>		8:30-9:15am Yoga Sculpt (Terry)	ABSolutely Pilates (Kim)		ABSolutely Pilates (Kim)	Saturday Flow Yoga (Sophie)
<b>9:15-10:15am</b>	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)	<b>Board Meeting 1/11/18 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>4:00-5:00pm</b>	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	
<b>5:30-6:30pm</b>	Lift the Barre (Hannah)	Spin (Joel)	Strength & Conditioning (TBD)			
<b>6:35-7:35pm</b>	Power Yoga (Karlie)		Stretch/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

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**Please note all Fitness Classes are cancelled on 12/31.**

**Yoga Sculpt & Gentle Yoga with Terry will be the only classes held on 1/1.**

**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!

**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!

**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!

**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.

**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.





# January 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>2:00-3:45pm</b>							
<b>3:45-4:45pm</b>	After School in Pool	After School in Pool	After School in Pool	After School in Pool	After School in Pool		
<b>4:30-5:00pm</b>							
<b>5:00-6:00pm</b>							
<b>6:00-9:45pm</b>							

**Winter Session Dates:** January 7 - February 20

**Baby & Me Group Swim Lessons** will be held on Tuesdays from 8:30-9:00am. This beginner level swim program puts parents in the pool with their baby as early as 6 months old. In this class, Jenny leads the parents and students through group activities and interactive water games appealing to a child's sense of curiosity, wonder, and play. This fun class is a great bonding experience for parents and their infants and also aids in the child's physical and mental development. The age range for this class is 6 months-18 months.

**Private and Form Your Own Group Lessons** are available on Tuesday mornings, and Monday and Wednesday evenings. Whether you're an adult, have a young child, a beginner learning to swim, or you're an experienced swimmer training for competition, Jenny can help you reach your goals in the pool. Jenny will focus on your specific needs and goals to maximize your learning experience.

**Swim Team Prep** will meet on Mondays and Wednesdays from 5:00-5:30pm. Homestead's Swim Team Prep is a non-competitive program designed for children who love the water! This program is a great way for your swimmer to build strength and endurance in the pool, improve techniques, and have fun in a team atmosphere. Prerequisite: Must be able to swim one length of the pool without assistance.

**Swim Team** will meet on Mondays and Wednesdays from 5:30-6:30pm. 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.

**Adult Fitness Swim Class** will be held on Tuesday mornings from 6:00-7:00am. Coach Jenny provides structured workouts to motivate you and help you reach your goals. This class is free for our members! Beginning on January 8.

**Registration forms** for all swim programs are available at the front desk or on our website now. Email [jml5178@yahoo.com](mailto:jml5178@yahoo.com) if you have any questions, need to register for a private or form your own group, or for more information on our swim programs.



# Winter 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		
2:30-4:00pm					Coed 3.0+ League		
3:30-4:00pm	Mighty Mites (Ages 4-6)	Mighty Mites (Ages 4-6)	Mighty Mites (Ages 4-6)	Mighty Mites (Ages 4-6)	Mighty Mites (Ages 4-6)		
4:00-5:00pm	Superstars (Ages 7-9) Junior Aces and HS Prep (Ages 10-14)	Superstars (Ages 7-9) Junior Aces and HS Prep (Ages 10-14)	Superstars (Ages 7-9) Junior Aces and HS Prep (Ages 10-14)	Superstars (Ages 7-9) Junior Aces and HS Prep (Ages 10-14)	Superstars (Ages 7-9) Junior Aces and HS Prep (Ages 10-14)		
5:00-6:00pm	HS Advanced and JET Tennis (Ages 14+)	HS Advanced and JET Tennis (Ages 14+)	HS Advanced and JET Tennis (Ages 14+)	HS Advanced and JET Tennis (Ages 14+)	HS Advanced and JET Tennis (Ages 14+)		
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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**Winter junior program and league registration flyers are available at the front desk or on our website now.**

**Reservation Reminder:** *Homestead Owners and Tenants may book reservations 2 days in advance. Non-Resident members may book reservations 1 day in advance.*