



Homestead Owners Association & Court Club

March Events

Board & DRC Meeting
Friday, March 8 @ 9am

**Free Nutrition Series:
How to Fuel Your
Busy Family**
Tuesday, March 19 @
5:30pm in the Fitness Studio

**Last Day of Winter
Tennis**
Friday, March 22
Spring Tennis Begins 4/1

**No After School
Program**
Friday, March 22

**Spring Break Kids
Camp**
March 25-29
8:30am-5:15pm

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

Spring Tennis News

Spring Tennis Programs will begin the week of April 1, and will run for 11 weeks. Registration forms are available at the front desk or on our website, hcchoa.com. Email kim@homesteadcourtclub.com for more information.

Registration Opens: 3/1 for Homestead Owners/Tenants
3/6 for Non-Resident Members
3/11 for Non-Members

Reminder: The last day of Winter Tennis is March 22nd.

VMS High School Girls Tennis Practice will be held at Homestead Mondays through Thursdays from 6:00-7:30am on the indoor courts. Practice will be moved outside as soon as weather permits. If you know of anyone who is interested in participating on the high school team, please have them contact Hillary McSpadden at hmcspadding@slifer.net.



March Fitness News

Reach Your Peak Cycling Program

Make 2019 your best cycling year yet! Whether your goal is to improve your cycling endurance, make it up Vail Pass, ride a century, or simply stay with your cycling friends on local rides, this 8-week cycling training program will get you there. We will focus on improving your technique and pedal stroke, improving your functional threshold power (FTP), aerobic development, muscular endurance, anaerobic power, and mental strength skills. Workouts are based on cycling science and are proven to improve your FTP—guaranteed you WILL BE a stronger cyclist after this program! And if your goal is weight loss, this is the program for you. Program meets on Tuesdays and Thursdays from 6:00-7:00am beginning on February 26. Contact Jennifer Sage at Jennifer@icafit.com for more information.



Free Nutrition Series: DATE CHANGE

Join Christine Pierangeli, certified master nutrition therapist, Board certified in holistic nutrition and owner of Profound Wellness of Vail for a discussion on How to Fuel the Busy Family on **Tuesday, April 16 at 5:30pm**. This one hour discussion will focus on tips and tricks to help you fuel your family with easy and healthy food. Christine will take questions and provide a handout with information discussed, as well as some easy and nutritious recipes and snack ideas! This class is free for Homestead members.



March Fitness Schedule Changes/Additions

Christy Samuelson is now teaching Power Yoga on Mondays at 6:35pm.

Homestead General Meeting Report and Election Results

This year's meeting was held on Monday, February 18, at 7:00pm, at the Homestead Court Club. Thank you to everyone who attended and participated in person or by proxy. Three seats for the Board of Directors were up for election. There were three candidates on the official ballot and there were no additional nominations from the floor. Erin Allen and Cealy Fellman were re-elected and Katherine Smith was elected to the Board. Board President Erin Allen discussed the general state of the HOA and Court Club, projects that were completed in 2018, and projects scheduled for 2019. Board Treasurer Katie DeMore gave an overview of Homestead's financials and announced that dues will not be raised in 2019. Homestead's attorneys, TJ Voboril and Dan Reynolds, provided an update on the Allen litigation and had interactive annual owner education. New Business included two community presentations; one from the Eagle River Fire Protection District, and the other was regarding the Edwards Spur Road project. Please see our website for more information on these items.

February Board & DRC Meeting Highlights

Our February Board & Design Review Committee Meeting was held on Friday, February 8, 2019 at 9:00am. During the DRC portion of the meeting the DRC saw a preliminary submittal for new construction/remodel at 463B Edwards Village Boulevard. Matters Pending included an update on the Edwards Fire Station project and an update from the Nominating Committee. The meeting minutes from the January 11, 2019 meeting were approved. The financials from December 2018 and 2018 Reviewed Financials were also approved. A resolution to transfer funds to pay down our remodel loan was also approved. The meeting adjourned at approximately 9:28am.



Homestead
CLUBHOUSE
FOR KIDS

Children's Programming News

We are hosting a special session of Spring Break Kids Camp March 25-29. Camp runs from 8:30am to 5:15pm Monday—Friday. Campers will participate in a wide variety of activities including outdoor play time, swimming, games, arts & crafts, science experiments and more. Advanced registration is required by March 22, however spaces fill quickly, so earlier sign up is suggested. For more information, or to register for Camp please visit hcchoa.com or email

Jillian@homesteadcourtclub.com.

Please note that there will be no After School Program on March 22.

Spring Swim Programs

Spring Session Dates: April 1 - May 15

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.

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 7:00-8:00am. Coach Jenny provides structured workouts to motivate you and help you reach your goals. This class is free for our members! Beginning on April 2.

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.

Registration forms are available at the Front Desk now. Email jml5178@yahoo.com with any questions or to schedule private lessons.



March 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 3/8/19 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 (Macy)			
6:35-7:35pm	Power Yoga (Christy)		Stretch/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

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March Fitness Schedule Changes/Additions

Christy Samuelson is now teaching Power Yoga on Mondays at 6:35pm.



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.



March 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
8:30am-9:00am		Baby & Me Swim Lessons					
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		
5:00-5:30pm	Swim Team Prep		Swim Team Prep				
5:30-6:30pm	Swim Team		Swim Team				
6:00-9:45pm							

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Registration forms are available at the Front Desk now.
[Email jml5178@yahoo.com](mailto:jml5178@yahoo.com) with any questions or to schedule private lessons.

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



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			

Spring Racquet Sports News

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Registration Opens: **3/1** for Homestead Owners/Tenants
3/6 for Non-Resident Members
3/11 for Non-Members

Reminder: The last day of Winter Tennis is March 22nd.

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