



# Homestead Owners Association & Court Club

## April Events

### **Spring Tennis and Swim Programs Begin**

Monday, April 1

### **Board & DRC Meeting**

Friday, April 12 @ 9am

### **Free Nutrition Series:**

#### **How to Fuel Your Busy Family**

Tuesday, April 16 @ 5:30pm in Fitness Studio

### **Homestead's Annual Easter Party**

Saturday, April 20  
10:00am-noon

### **No After School Program**

April 26 & 29

## **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's Annual Easter Party**

Please join us on Saturday, April 20, from 10am-12pm, for a fun filled Easter party including an Easter egg hunt for ages 1-9, arts & crafts, coffee, pastries and, of course, a visit from the Easter Bunny! We hope to see you there. Don't forget to bring your Easter baskets! Party is for Homestead residents and members only please.

## **Homestead Summer Camp Begins June 17**

Homestead clubhouse is proud to present another exciting summer for our kids campers at Homestead including nine action-packed new theme weeks including: A Bugs Life, Water World, Art Week, Blow It Up!, Space Week, Animal Planet, Challenge Week, Super Science and Builders Week. We will also be taking campers on field trips and bringing in some special guests to visit our camp this summer! 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). Children's Programming Director, Jillian Labbe, will begin accepting completed registrations on: April 1 from Homestead Owners and tenants, April 8 from Non-Resident members, and on April 15 from Non Members. **Email [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com) for more info.**



## **Spring Tennis News**

**Junior Tennis Programs & Adult Leagues** begin on Monday, April 1, and run through June 14. There are still spaces available in some groups. Registration forms are available at the front desk, or on our website. Email [kim@homesteadcourtclub.com](mailto:kim@homesteadcourtclub.com) for more information.

**The VMS Girls High School Tennis** team started out their season with a tournament in Steamboat, March 15 and 16. VMS took 4th place. Next up they traveled to Delta on March 19 for their first match outdoors. The girls kept the ball in play and made their serves, which took the team to 4-3 victories against Cedaredge and Delta. Vail Mountain School, the coaching staff and the team would like to thank Homestead for providing the facilities and court time giving these girls the opportunity to learn a lifetime sport. Homesteads tennis professional, Eric Meyer, accepted the assistant coaching position. Hillary McSpadden, head coach, was thrilled to get him involved as she has coached with Eric for the last 25 years. McSpadden feels their styles of coaching are consistent making their efforts a driving force. Both trust each other to run a strong program on and off the court. The team sincerely appreciates the support of Homestead! Weather permitting, VMS will play Delta at home on April 12. Next matches are April 4 in Basalt and April 5 in Steamboat. We would love your support on April 12 at Homestead!

**Save the Date for our Free Junior Tennis Clinic on Saturday, May 18!**



## April Fitness News

### **Free Nutrition Series: Fueling the Busy Family**

Join Christine Pierangeli 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.

### **April Fitness Schedule Changes/Cancellations**

- Chapin Johnson will return to teaching Strength & Conditioning on Wednesday evenings beginning on April 24.
- Jenny will be teaching an adult fitness swim class on Tuesday mornings beginning on April 2.
- ABSolutely Pilates with Kim has been cancelled on Wednesday, April 10.
- Yoga with Sophie has been cancelled on Saturday, April 20.

## March Board & DRC Meeting Highlights

Our March Board & Design Review Committee Meeting was held on Friday, March 8, 2019 at 9:00am. During the DRC portion of the meeting the DRC approved a submittal for new construction/remodel at 463 A&B Edwards Village Boulevard. New Business included appointing the Board of Directors to the DRC, electing Director Allen as the Board President, Director Pyke as Vice President, and Director Fellman as Secretary/Treasurer. Matters Pending included an update on the Edwards Fire Station project. Tracy Erickson announced two upcoming development proposals adjacent to Homestead during the Directors Report. Please see article below regarding more information and upcoming meetings. The meeting minutes from the February 8, 2019 meeting were approved. The financials from January 2019 were also approved. The meeting adjourned to executive session at approximately 9:31am.

## Future area land use proposal - Edwards River Park Development

Representatives with the development will be presenting their plans at the May 10 Homestead Board meeting. The development is located at the old B&B Gravel pit along Highway 6, just across from Lake Creek Road. The plan consists of 594 dwelling units and various commercial uses including a hotel. As part of their proposal, they will be constructing a roundabout at Highway 6 and Lake Creek Road. Interested neighbors should attend the meeting for more information.

## 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](mailto:jml5178@yahoo.com) with any questions or to schedule private lessons.**





# April 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)		Get Lifted (Hannah)		
<b>7:00-8:00am</b>		<b>Adult Fitness Swim (Jenny)</b>				
<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 4/12/19 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)	<b>Strength &amp; Conditioning (Macy/Chapin)</b>			
<b>6:35-7:35pm</b>	Power Yoga (Christy)		Stretch/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

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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.

**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.



# April 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>8:30am-9:00am</b>		Baby & Me Swim Lessons					
<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>5:00-5:30pm</b>	Swim Team Prep		Swim Team Prep				
<b>5:30-6:30pm</b>	Swim Team		Swim Team				
<b>6:00-9:45pm</b>							

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**Registration forms are available at the Front Desk now.**  
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### 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



# Spring Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
7:30-8:30am						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				10:30-12:00pm 3.0/3.5 Drill & Play		3.0/3.5 Drill & Play	
11:30-1:00pm					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			Men's 4.0- League	Coed 4.5+ League			

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