



# Homestead Owners Association & Court Club

## June Events

### Free Nutrition Series: Athlete Nutrition

Tuesday, June 4 @ 5:30pm

### Last Day of After School Program

Wednesday, June 12

### Last Day Spring Tennis

Friday, June 14

### Board & DRC Meeting

Friday, June 14 @ 9am

### Summer Camp, Tennis and Swim Programs Begin

Monday, June 17

### Ice Cream Social

Thursday, June 20  
6:30-8:00pm

## 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

## Ice Cream Social ~ June 20

We are kicking off our 2019 Homestead Backyard Events on Thursday, June 20, with an ice cream social from 6:30-8:00pm. Join us for a fun filled evening where you can build your own ice cream sundae with the best topping bar west of the Mississippi!

Come by, mingle with your neighbors and have a treat. We hope to see you there!



## Special Camp Events This Summer

Homestead Clubhouse Kids Camp has some exciting additions to our Camp Program this Summer. Camp Director, Jillian Labbe, has been working on some local field trips and visits from guests including:

- Eagle Valley Land Trust— Future Conservationist Series
- Movies at Riverwalk Theater
- Sylvan Lake Exploration
- Eagle Climbing Center
- Edwards Fire Station Tour
- Walking Mountains
- Weekly Visits to Avon Library
- And More!



For more information on pricing and dates of these special camp events, please email [Jillian@homesteadcourtclub.com](mailto:Jillian@homesteadcourtclub.com). Camp begins June 17. Registration packets are available online at [www.hcchoa.com](http://www.hcchoa.com) or at the front desk. Advanced registration is required.

## Summer Tennis News



### Summer Junior Tennis Programs Begin on Monday, June 17.

Get your junior involved in this fun lifelong sport! You choose 1-9 weeks that work with your schedule. Registration forms are available now at the front desk and at [hcchoa.com](http://hcchoa.com).

### Summer Clinics & Leagues Begin on Monday, June 17

Information on our Summer Clinics and Leagues is available at the front desk and on our website now. Call the front desk to reserve your space in any of our clinics. See Eric for more information on all of our Adult Tennis Programs.

**Stop by to Say Hello to Eric!** Tennis Director, Eric Meyer, is offering an office hour on Mondays from 12:00-1:00pm. Stop by to ask a question, get tips, or just to say hi!

**Court Resurfacing is Underway.** We have had some slight weather delays, but are still on track to complete the project by mid-July. Please use caution when in the construction area.



## Nutrition Series: Athlete Nutrition

June 4, at 5:30pm

This month Christine Pierangeli will discuss athlete nutrition. This presentation will focus on the transition from traditional carb-based athlete nutrition to a more fat-adapted plan. Learn the newest information on using this sustainable form of energy and how it can help you achieve your goals as an athlete! Christine will take questions and provide a handout with information, resources and tips. This class is free for Homestead members.

## May Board & DRC Meeting Highlights

Our May Board & Design Review Committee Meeting was held on Friday, May 10, 2019 at 9:00am. During the DRC portion of the meeting a submittal for a hot tub installation was approved at 89 Creamery Trail and the Arlington Place Association presented a preliminary submittal for new siding. Member Input included discussion on remodel construction issues at 205 Creamery Trail. During the Board Meeting, meeting minutes from the April 12, 2019 meeting were approved. The financials from March 2019 were also approved. Lastly, there was a developer presentation regarding the proposed Edwards River Park Development. 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. For more information on the proposed development please see Eagle County Community Development.

## Summer Swim Programs

Join coach Jenny Carll for a fun summer of swimming at Homestead. Jenny offers swim programs for children ages 6 months and up. This summer we are offering Swim Team, Swim Team Prep, Baby & Me Group Lessons, Private and Form Your Own Group Lessons. Summer swim program registration is available at the front desk and on our website now. Summer programs will begin on Monday, June 17. Please email coach Jenny for more info, [jml5178@yahoo.com](mailto:jml5178@yahoo.com).



## Homestead Treating Weeds

Per State Law, Homestead staff will be spraying the open space areas for noxious weeds this month. Areas that have been treated for weeds will be dyed blue for a few days. Please keep children and pets away from the areas that are blue. Homestead will also be marking the areas with yellow flags. If you have any questions about the weed spraying please contact Tracy at the Club. Please note that **Homestead does not spray for dandelions in open space or turf areas, or require owners to, as they are not listed as noxious weeds.**

### Note To Owners:

Please be sure to treat your lawn or lot for noxious weeds this summer, per Homestead regulations. If you have any questions, please feel free to give us a call at 926-1067.



## Boat/Trailer/RV Storage Policy Reminder



With a busy summer of camping, boating, and getting outdoors coming up we are anticipating lots of trailers use this summer. We wanted to remind you of our trailer storage policy:

*"No Lot, streets, private streets, drives or parking areas, unless specifically designated by the Association therefore, shall be used as a parking, storage, display or accommodation area for any type of house trailer, camping trailer, boat trailer, hauling trailer, boat or accessories thereto, truck larger than a 1 ton pickup truck, or any type of motor home except as a temporary expedience for loading, delivery, emergency, etc. The same shall be stored, parked or maintained wholly within a garage area of a dwelling unit with the garage door in a closed position."* (Architectural Standards, 2,G)

The Board thanks you for following the HOA guidelines.



# June 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>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 6/14/19 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>	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	
<b>5:30-6:30pm</b>	Lift the Barre (Hannah)	Spin (Joel)	Strength & Conditioning (Chapin)			
<b>6:35-7:35pm</b>	Power Yoga (Christy)		Stretch/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

## Nutrition Series: Athlete Nutrition on June 4, at 5:30pm

This month Christine Pierangeli will discuss athlete nutrition. This presentation will focus on the transition from traditional carb-based athlete nutrition to a more fat-adapted plan. Learn the newest information on using this sustainable form of energy and how it can help you achieve your goals as an athlete! Christine will take questions and provide a handout with information, resources and tips. This class is free for Homestead members.





## 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.



# June 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-9:00am</b>		Swim Team	Swim Team	Swim Team			
<b>9:00am-9:30am</b>		Baby & Me Swim Lessons	Swim Team Prep				
<b>1:00-2:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
<b>2:00-3:30pm</b>	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool		
<b>4:00-4:30pm</b>	Swim Team Prep						
<b>4:30-5:30pm</b>	Swim Team						
<b>5:30-6:30pm</b>							
<b>6:00-9:45pm</b>							

### 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**

## Summer Swim Programs

Join coach Jenny Carll for a fun summer of swimming at Homestead. Jenny offers swim programs for children ages 6 months and up. This summer we are offering Swim Team, Swim Team Prep, Baby & Me Group Lessons, Private and Form Your Own Group Lessons. Summer swim program registration is available at the front desk and on our website now. Summer programs will begin on Monday, June 17. Please email coach Jenny for more info, [jml5178@yahoo.com](mailto:jml5178@yahoo.com).



# Summer Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<b>8:00-8:30am</b>	League Warm Up						
<b>8:30-10:00am</b>	Coed 3.0+ League						
<b>9:00-9:30am</b>	Mighty Mites Junior Group (4-6 year olds)	Mighty Mites Junior Group (4-6 year olds)	Mighty Mites Junior Group (4-6 year olds)	Mighty Mites Junior Group (4-6 year olds)			
<b>9:30-10:30am</b>	Superstars Junior Group (7-9 year olds)	Superstars Junior Group (7-9 year olds)	Superstars Junior Group (7-9 year olds)	Superstars Junior Group (7-9 year olds)			
<b>10:30am-noon</b>	Junior Aces/HS Prep Jr Groups (Ages 10+)	Junior Aces/HS Prep Jr Groups (Ages 10+)	Junior Aces/HS Prep Jr Groups (Ages 10+)	Junior Aces/HS Prep Jr Groups (Ages 10+)			
<b>noon-3:00pm</b>							
<b>3:00-4:30pm</b>	High School Advanced/JET Tennis	High School Advanced/JET Tennis	High School Advanced/JET Tennis	High School Advanced/JET Tennis			
<b>4:30-5:30pm</b>							
<b>5:30-7:00pm</b>			Men's 4.0- League				
<b>7:00-10:00pm</b>							

