



# Homestead Owners Association & Court Club

## July Events

### Independence Day Thursday, July 4

Hours: 5:55am-5:00pm

\*No Fitness Classes

\*No Swim Programs

\*No Kids Camp

\*Childcare Room Closed

### Pickleball Clinics with John Copland

Every Wednesday from  
5:00-6:30pm beginning  
Wednesday, July 10

### Board & DRC Meeting

Friday, July 12 @ 9am

### Family Fun Night

Thursday, July 18  
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

## Backyard Fun Night ~ July 18

Please join us on Thursday, July 18, from 6:30-8:00pm for a night of outdoor activities including a giant slide, waterslide, bouncy gym, and more. We will be serving refreshments and cupcakes. Kids should bring their swimsuit and a towel! Please note the entire pool area will be closed for the evening. This event is weather dependent and will be cancelled in case of inclement weather. Please leave your pets at home.



## Children's Programming News

We still have spaces available in our Clubhouse Kids Camp for July and August dates. The campers have been enjoying the addition of special visitors and field trips this Summer. A few of our upcoming special events in July include:

- EVLT Future Conservationist Series every Monday
- Counselor Pie in the Face ~ July 9
- Avon Library Aliens Escape from Earth ~ July 10
- Walking Mountains ~ July 17
- Eagle Climbing Center ~ July 19
- Stuffed Animal Picnic and Pajama Day ~ July 23
- Avon Library Solar System Scavenger Hunt ~ July 24
- Riverwalk Theater ~ July 25
- Fire Station Tour ~ July 30
- Ninja Warrior with Justin ~ July 31



For more information and pricing of these special camp events, please email Jillian@homesteadcourtclub.com. Registration packets are available online at www.hcchoa.com. Advanced registration is required.

**After School 2019/2020 Registration Available Now!** Homestead's action packed After School Program concentrating on education, fitness and creativity will begin this fall on Monday, August 19.

**REGISTRATION:** Registration packets are available on our website, at the front desk or by email request to [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com) now. We are currently accepting registration from Homestead owners and their tenants and will begin accepting registration from non-resident members beginning on Monday, July 8, and from non-members on Monday, July 15. Pre-registration is required.

**Changes to Childcare Hours in July:** Our childcare room and kids camp are closed on Thursday, July 4. Enjoy the holiday!



## June Board & DRC Meeting Highlights

Our June Board and DRC Meeting was cancelled due to lack of quorum. The July Board and DRC Meeting will be held on Friday, July 12. Submittal deadline is Friday, June 28. See Tracy Erickson at the Club for more information.



## 2019 Water Use Regulations

We would like to remind you that if your address ends in an **even** number you may water on Sundays, Wednesdays and Fridays. If your address ends in an **odd** number you may water on Tuesdays, Thursdays and Saturdays. There is no watering allowed on Mondays. All watering must occur before 10am or after 4pm. If you have any additional questions regarding the watering schedule, or to learn more about conserving water and FREE water conserving kits please visit [www.erwsd.org](http://www.erwsd.org).

## Summer Swim Programs

**It's not too late to register for Summer Swim Programs!** We still have spaces available in all of our groups. This summer we are offering Swim Team, Swim Team Prep, Baby & Me Group, Private and Semi-Private Lessons. Programs run through August 1. Jenny will provide programs based on the week you join.

**Registration:** Registration flyers are available at the front desk or on our website, [www.hcchoa.com](http://www.hcchoa.com). Please contact Coach Jenny ([jml5178@yahoo.com](mailto:jml5178@yahoo.com)) if you have any questions regarding our swim programs.

**Reminder:** There are no swim programs July 4.



## Summer Tennis News

**Pickleball Clinics with John Copeland Begin Wednesday, July 10** John graduated from UW Stout in 1976, where he played collegiate tennis for four years. He went on to teach and coach high school football, tennis and basketball in Germantown, WI for 31 years. He got involved in pickleball four years ago and recently won a silver medal at the Colorado Open in Denver at the 4.5 level. He is looking forward to sharing his passion for pickleball with you! John will be hosting clinics on Wednesdays from 5:00-6:30pm beginning on Wednesday, July 10. Space is limited to 4 players per clinic. Member price is \$15 per clinic. Call the front desk (970-926-1067) to reserve your space.

**Summer Tennis Programs are going on now through August 16—spots are still available!** We still have room in all of our junior clinics for ages 4+. Get your junior involved in this fun lifelong sport! Our Adult Tennis Clinics continue through the summer and include cardio tennis, stroke of the day and drill and play clinics. For more information on days, times and rates please stop by the front desk or visit our website.

**Court Resurfacing is Underway.** We have had more weather delays over the past month, but staff are working as quickly as they can to complete the project. Please use caution when in the construction area and stay out of the taped off areas.

## Property Maintenance Reminder:

Residents of Homestead are being reminded to maintain their properties in accordance with the Homestead Covenants, Conditions, and Restrictions. Keeping your property well maintained is important for you and your neighborhood. Good housekeeping and maintenance practices keep property values at a higher level and limit health and safety hazards, in addition to a better quality of life. Homestead guidelines state: *"Each Lot at all times shall be kept in clean, sightly and wholesome condition. No trash, litter, junk, boxes, containers, bottles, cans, implements, machinery, lumber or other building materials shall be permitted to remain exposed upon any Lots so that same are visible from any neighboring Lot or street, except as necessary during the period of construction."* For those of you who are planning exterior work, please remember that any landscaping/exterior changes and/or improvements must be applied for and approved by the DRC.



# July 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</b> <b>7/12/19</b> <b>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)		



## 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.



# July 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. Jenny will pro-rate programs to the week you join. Summer programs will run through August 1. 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
8:00-8:30am	League Warm Up					7:30-8:30am Cardio Tennis	
8:30-10:00am	Coed 3.0+ League					4.0+ Drill & Play Clinic	
9:00-9:30am	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)		10:00-11:30am 3.0-3.5 Drill & Play Clinic	
9:30-10:30am	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)			
10:30am-noon	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+)  3.0-3.5 Drill & Play Clinic			
noon-1:00pm			Cardio Tennis		Stroke of the Day Clinic		
3:00-4:30pm	High School Advanced/JET Tennis	High School Advanced/JET Tennis	High School Advanced/JET Tennis	High School Advanced/JET Tennis			
4:30-6:00pm							
6:00-7:30pm	2.5-3.0 Level Intro to Tennis Clinic	3.0-3.5 Level Drill & Play Clinic	5:30-7:00pm Men's 4.0- League				
7:30-10:00pm							

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