



Homestead Owners Association & Court Club

August Events

Board & DRC Meeting
Friday, August 9 @ 9am

Last Day of Summer Tennis & Kids Camp
Friday, August 16

Fall Tennis and After School Programs Begin
Monday, August 19

End of Summer Party & BBQ
Saturday, August 31
Party from 4:00-7:00pm
Note: The club will be closing at 3:00pm to prepare for the party.

Labor Day
Monday, September 2

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

End of Summer Party & BBQ

Please join us on Saturday, August 31, from 4:00-7:00pm for Homesteads Annual End of Summer Party & BBQ. Help us celebrate the last days of summer with a live music performance, family games, jumpy houses, face painting, food & drinks, and a mechanical bull! Please plan to walk or carpool to the club if you can, as limited parking will be available. Party is for Homestead residents and members only please.

Please note the Club will be closing early at 3:00pm to prepare for the party.



Children's Programming News



Homestead
CLUBHOUSE
FOR KIDS

Summer Camp Thank You! We want to thank our campers, staff and camp partners for another wonderful summer season at Homestead Kids Camp! This summer had many memorable moments, and we are grateful we got to share and create them with your children. Camp was a great adventure with our many field trips and special guests this year. We can't thank everyone who partnered with us enough for making camp magic this summer:

Eagle Valley Land Trust ~ Future Conservationist Weekly Series

Avon Library Summer STEM Series

Riverwalk Theater

Walking Mountains

Jazz Goes to School

Avon Rec Center

Eagle Climbing Center

Edwards Fire Station

Logan Ranch

Our summer camp could not run without the enormous hard work, care, love and effort that our summer camp and full-time staff give each and every day, especially our Camp Director, Jillian Labbe! Thank you!!

Reminder: The last day of Summer Camp is Friday, August 16.

After School 2019/2020 Registration Available Now! Homestead's action packed After School Program concentrating on education, fitness and creativity will begin on Monday, August 19. Registration packets are available on our website, at the front desk or by email request to jillian@homesteadcourtclub.com

Gym Etiquette Reminders

1. **Put your weights back.** This should go without saying but it's the number one rule broken in the gym. For extra points, if you found a weight somewhere it shouldn't have been, put it back.
2. **Keep the equipment where it belongs.** Have you ever walked into the weights area of a gym only to see a sit-up bench blocking the dumbbells? That's a big no no.
3. **Be mindful of your surroundings.** On busy times of day in particular, you have to be mindful of the other patrons; don't start doing dumbbell kickbacks without checking behind you, for example.
4. **Clean up after yourself (and, if you have to, other patrons).** If you manage to sweat through your towel or for some other reason leave sweat on a piece of equipment, grab a gym wipe to do your fellow gym-goers a solid.
5. **Please keep phone conversations in the lobby.** No, everyone doesn't want to hear your conversation. If you do need to make or receive an important call, please step out for a moment.
6. **Personal space: respect it.** Can't get to a bench on Monday night? Too bad. Don't stand 10 inches away from the person who has one, ready to pounce.
7. **Don't hog the equipment.** Everybody needs to squat — don't monopolize the rack if it's 6:00pm on a Thursday night.

July Board & DRC Meeting Highlights

Our July Board & Design Review Committee Meeting was held on Friday, July 12, 2019 at 9:00am. During the DRC portion of the meeting a submittal for an exterior remodel, landscape changes and driveway expansion at 128 Castle Peak Lane was approved. The DRC also made motions requiring the owners of 205 Creamery Trail and 773 Homestead Drive submit plans to be seen at the August meeting for unapproved work. During the Board Meeting, new business included discussion on unapproved changes and a resolution to initiate foreclosure on a property. Meeting minutes from May 10, 2019 were approved. The financials from April and May 2019 were also approved. Lastly, Tracy Erickson gave the Board an update on the outdoor tennis court project status and discussed a potential nearby development proposal.

August Racquet Sports News

Pickleballers Unite with Drop In Pickleball! Stay active, make new friends — even find a new passion — with pickleball. Discover what's behind the sport's soaring popularity and explore its many health benefits. All you need to play pickleball is a paddle and a ball, both which are provided by Homestead. Join us for unsupervised drop-in pickleball on Wednesdays at 9:00am. All skill levels welcome. Stop by the Club to sign in and pick up equipment, then head to the court to meet new friends and play! Must be a member to play. Please do not park at Homestead Meadow condos.



Fall Junior Programs Registration Opens August 1 - Get your junior involved in a fun lifelong sport this fall! We offer junior clinics for ages 4-18 and welcome all ability levels. This fall we are offering an 8 week session, beginning August 19. You may choose to register your junior for 1-5 days per week. For days, times, and rates please visit our website, hcchoa.com.

Fall Adult Leagues & Clinics Begin August 19 - Fall adult clinics and leagues are beginning August 19. Clinic schedules will be available at the front desk beginning August 1. Club leagues are a great way to meet some other players and improve your game! Member price is \$35 for the session. Register now to reserve your space. League registration forms are available on our website, hcchoa.com, or at the Front Desk.

Reminder: The last day of Summer Tennis Programs is August 16

Court Resurfacing Update - We are pleased to announce courts 3 & 4 are complete! Work has started on courts 1 & 2. Once courts 1 & 2 are complete the last phase of the project will be the walkway. We appreciate your patience as we work to improve Homestead and we can't wait to hear what you think of the new courts! Please use caution when in the construction area and stay out of the taped off areas.

New Ball Machine - Try our new iSMASH ball machine today! Setup is easy with the INTELLIGENT direction patterns. Just choose a preset pattern or create your own. Member price is \$10 per hour. Reservations must be made for indoor court 8 on the day of use only. Call the front desk to learn more or reserve it today!

August Fitness Class Cancellations

ABSolutely Pilates with Kim has been cancelled on Friday, August 2, Wednesday, August 7, and on Friday, August 9. We apologize for any inconvenience.



August 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 8/9/19 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	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	
5:30-6:30pm	Lift the Barre (Hannah)	Spin (Joel)	Strength & Conditioning (Chapin)			
6:35-7:35pm	Power Yoga (Christy)		Stretch/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

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- Personal space: respect it.** Can't get to a bench on Monday night? Too bad. Don't stand 10 inches away from the person who has one, ready to pounce.
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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.



August 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
8:00am-9:00am							
9:00am-9:30am							
1:00-2:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
2:00-3:30pm	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool		
4:00-4:30pm							
4:30-5:30pm							
5:30-6:30pm							
6:00-9:45pm							

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 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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