

# Homestead Owners Association & Court Club

## September Events

### End of Summer Party

Saturday, August 31  
4:00-7:00pm

### Labor Day

Monday, September 2  
Club Hours: 6am-5pm  
No Fitness Classes  
No Jr Tennis Programs  
No Babysitting or After School Program

### Free Nutrition Series

Topic: Cancer Prevention  
Tuesday, September 10  
5:30-6:30pm

### Board & DRC Meeting

Friday, September 13 @  
9:00am

## 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

## Recommendations from Eagle River Fire Protection District

Homestead recently had a Wildfire Hazard Assessment conducted by ERFPD. In an effort to create a Firewise community they gave us some recommendations including cutting tall grass, removing stressed, dying or diseased trees, moving firewood away from structures during summer and early fall, and creating defensible space around homes. Our staff will be clearing long grass and brush in some of our open space areas. Please call our DRC office at 970-926-1067 if you plan to cut long grass, make any changes to your landscaping or if you have any questions on the recommendations. The full letter from ERFPD is available on our website, [www.hcchoa.com](http://www.hcchoa.com).

## Informational Meeting Regarding the Remonov Proposal on Tract T at the September 13 Board/DRC Meeting at 9am

Remonov & Co. will present project concept and details surrounding their 263 studio-style unit co-living community being proposed to Eagle County and located on 4.32-acre Tract T in the Edwards core (adjacent to Edwards Corner and Edwards Commercial Park). Remonov & Co. will discuss the planned use, operations, building specifications, and traffic solutions and improvements in addition to taking questions. Please plan to attend the meeting to learn more.

## Racquet Sports News

**State Champions!** Congratulations to the USTA 4.0 women's daytime doubles team. After a successful summer winning the mountain division, our ladies traveled to Denver to play top state teams from around Colorado. After three days of tough competition, they were crowned state champions. Congratulations to team members Mary Elizabeth Lowen, Jen Jewett, Judi Leseur, Carrie Benway, Tanya Brennan, Kim Anderson, Patricia McNamara & Shirley Petersmeyer. Way to go ladies!



**Homestead's USTA 3.5 pink team and women's 40 & over team** also won their respective Mountain Divisions and are heading to Denver hoping to bring back more championships. Best of luck ladies!!

**Pickleballers Unite with Drop In Pickleball!** Stay active, make new friends, even find a new passion, with pickleball. 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 Going On Now** It's not too late to get your junior involved in a fun lifelong sport this fall! We offer junior clinics for ages 4-18 and welcome all ability levels. We still have room for all ages. Fall session 2 will begin October 21. We will begin accepting registration from Homestead owners and tenants on 10/23, from non-resident members on 10/30 and from non-members on 11/2.

**Reminder:** All junior clinics are cancelled on Labor Day, September 2.



Homestead has recently received some comments about our neighborhood pets. These comments were mainly regarding two issues: animal control and animal waste. Eagle County law requires that dogs be under "immediate control" which includes leashing them or keeping them within 10 feet of you and under voice control. Uncontrolled dogs have created problems for other dog owners who have their own pets leashed, for people trying to ride bicycles, or for people who are uncomfortable around unleashed pets. Uncontrolled dogs have also been known to bark excessively, which violates Homesteads noise guidelines and Eagle County Laws. Please be courteous of your neighbors by keeping your dog under your control and leashing your pet. Additionally, dogs should be cleaned up after at all times in the interest of public enjoyment of our neighborhood and public health.

We would like to suggest a reasonable balance – or at least, some balance – between the needs of a dog owner and the safety and comfort of other residents. For more information regarding Eagle County Animal Laws please go to [www.eaglecounty.us](http://www.eaglecounty.us) and click on the Departments link, then the Animal Services link.

## August Board & DRC Meeting Highlights

Our August Board & Design Review Committee Meeting was held on Friday, August 9, 2019 at 9:00am. During the DRC portion of the meeting a submittal for changes to previously approved plans at 31 Remington Trail was approved. Additionally, the DRC discussed unapproved work at 262B Meile Lane. The DRC denied plans for the owners of 205 Creamery Trail and 773 Homestead Drive and requested they re-submit plans to be seen at the September meeting. During the Board Meeting, meeting minutes from July 12, 2019 were approved. The financials from June 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. Remonov and Co will give a presentation on the proposed development at 9:00am on Friday, September 13. See article on front page for more information.

## September Fitness News

### **Free Nutrition Series Continues on September 10**

Join Christine Pierangeli, certified master nutrition therapist and board certified in holistic nutrition for a discussion on Cancer Prevention, Tuesday, September 10, at 5:30pm. This one hour discussion will help you understand how cancer-fighting nutrients, natural detoxification and healthy lifestyle habits can help us lower our cancer risk. Christine will take questions and provide a handout with information discussed. This class is free to Homestead members.



### **Fitness Schedule Changes in September:**

All fitness classes are cancelled on Labor Day, September 2.

Macy will be teaching Strength and Conditioning on Wednesdays at 5:30pm.

Spin with Joel on Tuesday evenings has been cancelled.

## Children's Programming News

**After School 2019/2020 Registration Available Now!** Homestead's action packed After School Program concentrating on education, fitness and creativity is going on now. Registration packets are available on our website, at the front desk or by email request to [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com) now. Pre-registration is required.

**Reminder:** The After School Program and Childcare Room are closed on Labor Day, Monday, September 2.

### **Upcoming Kids' Camp Week October 14-18**

Homestead is offering a special session of all day kids' camp October 14-18. Our kids' camp program is guaranteed to be a fun filled day with a variety of different activities including educational projects, arts and crafts, games, show and tell, swimming and much more! Registration deadline for camp is Wednesday, October 9. No drop-ins allowed. For more information or to register, please visit [www.hcchoa.com](http://www.hcchoa.com) or by email request to [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com).





# September 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 9/13/19 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)		<b>Strength &amp; Conditioning (Macy)</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.



# September Pool Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>	<b>Sundays</b>
<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>							
<b>9:00am-9:30am</b>							
<b>1:00-2:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
<b>2:00-3:30pm</b>							
<b>3:30-5:00pm</b>	After School Group in Pool	After School Group in Pool	After School Group in Pool	After School Group in Pool	After School Group in Pool		
<b>4:30-5:30pm</b>							
<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**



# Fall Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
8:00-8:30am						7:30-8:30am Cardio Tennis	
8:30-10:00am						4.0+ Drill & Play Clinic	
9:00-9:30am						10:00-11:30am 3.0-3.5 Drill & Play Clinic	
9:30-10:30am							
10:30am-noon				3.0-3.5 Drill & Play Clinic	Coed 3.0+ League		
noon-1:00pm	Beginner Drill & Play Clinic		Cardio Tennis		Stroke of the Day Clinic		
3:30-4:00pm	Mighty Mites Junior Tennis Clinic	Mighty Mites Junior Tennis Clinic	Mighty Mites Junior Tennis Clinic	Mighty Mites Junior Tennis Clinic	Mighty Mites Junior Tennis Clinic		
4:00-5:00pm	Superstars, Junior Aces and High School Prep Clinics	Superstars, Junior Aces and High School Prep Clinics	Superstars, Junior Aces and High School Prep Clinics	Superstars, Junior Aces and High School Prep Clinics	Superstars, Junior Aces and High School Prep Clinics		
5:00-6:00pm	High School Advanced & JET Clinics	High School Advanced & JET Clinics	High School Advanced & JET Clinics	High School Advanced & JET Clinics	High School Advanced & JET Clinics		
6:00-7:30pm	Coed 4.0- League	3.5 Drill & Play Clinic	Men's 4.0- League	Coed 4.5+ League			
7:30-9:00pm	Coed 4.0- League		Men's 4.0- League	Coed 4.5+ League			

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