

Homestead Owners Association & Court Club



October Events

Ski Conditioning and Aqua Zumba Begin
Wednesday, October 2

Free Nutrition Series
Topic: Impacts of Sugar
Tuesday, October 8
5:30-6:30pm

Board & DRC Meeting
Friday, October 11 @
9:00am

HCC Kids Camp
October 14-18
8:30am-5:15pm

Fall Session 2 Tennis Programs Begin
Monday, October 21

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

New Fitness Classes

Ski & Snowboard Conditioning is back this fall! Our Ski & Snowboard conditioning class concentrates on the most commonly used muscle groups and movements to help start out your season right and avoid injuries. Class will be held on Mondays and Wednesdays from 5:30-6:30pm, beginning on Wednesday, October 2. Some classes will be held outside, so be sure to bring layers!



aqua
ZUMBA

Aqua Zumba Class with Endah Frey

Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Join Endah on Wednesdays from 9:15-10:15am to try this new class! Class begins on Wednesday, October 2. This class is free for members.

Homestead Kids Camp Offered October 14-18

Homestead is offering a special session of kids camp over the upcoming school break, October 14-18 from 8:30am-5:15pm. 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 Friday, October 11. No drop-ins allowed. To register please visit www.hcchoa.com to download paperwork or email jillian@homesteadcourtclub.com.



Reminder: Pick up time is 5:15pm the week of October 14-18

Nutrition Series: The Impacts of Sugar

Join Christine Pierangeli, certified master nutrition therapist, Board certified in holistic nutrition and owner of Profound Wellness of Vail, for a discussion about the impacts of sugar on Tuesday, October 8, at 5:30pm. Learn about the impact sugar has on our bodies, where it is hiding and ways to avoid it! Christine offers foundation information that can result in a healthier lifestyle and help you achieve profound wellness. Christine will also take questions and provide a handout with notes on the presentation. This class is free for Homestead members and offered for \$15 for non-members.

New Edwards Area Development Proposals

We have recently received notification of multiple Edwards area development proposals. If you are interested in where they are located, where they are in the approval process and information on upcoming meeting dates, please visit our website, www.hcchoa.com. We will continue to update as we receive information.



October

Tennis News

Fall Session 2 Junior Tennis Programs Begin October 21 This eight week session is a great time to introduce a new junior into our program. Our tennis programs emphasize basic fundamentals, developing age appropriate techniques and having fun! We offer clinics for ages 4+ and all ability levels. We will begin accepting registration on 9/23 from Homestead residents, on 9/27 from non-resident members and on 10/1 from non-members. Registration flyers are available at the front desk or on our website, www.hcchoa.com.

Fall Session 2 Leagues Begin October 21

Reminder: The last day of fall session 1 junior tennis and leagues is Friday, October 11.

New Outdoor Courts Are Complete! Our new cushioned ProBounce tennis court surface is engineered to perform better and work harder in all conditions so you can too. We would like to thank you for your patience during our improvements and hope that you are enjoying the new surface!

September Board & DRC Meeting Highlights

Our September Board & Design Review Committee Meeting was held on Friday, September 13, 2019 at 9:00am. During the DRC portion of the meeting landscaping submittals were approved for the following properties: 205 Creamery Trail, 773 Homestead Drive and 781 Homestead Drive. A submittal for a deck and landscaping changes at 98 Castle Peak Lane was approved and a submittal for changes to previously approved plans at 115 Russell Trail was denied. During Member Input there was discussion regarding unapproved work at 262B Meile Lane.

During the Board Meeting, Remonov & Co. presented 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. discussed the planned use, operations, building specifications and traffic solutions and improvements in addition to taking questions. Please visit mtnhive.com and hcchoa.com for more information.

The meeting minutes from August 9, 2019 were approved. The financials from July 2019 were also approved. The meeting adjourned at approximately 11:07am.



Fall Swim Programs

Baby & Me Group Swim Lessons will begin on Tuesday, October 8. This beginner level swim program puts parents in the pool with their baby as early as 6 months old. 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. The age range for this class is 6-18 months. This group will meet on Tuesdays from 9:00-9:20am.

Private and Form Your Own Group Lessons are also available this fall. Whether you're an adult, have a young child, a beginner learning to swim, or you're an experienced swimmer training for competition, Jenny can help you reach your goals in the pool. Jenny will focus on your specific needs and goals to maximize your learning experience. Lessons are 20 minutes each.

[Visit hcchoa.com](http://hcchoa.com) for more information and to register!

End of Summer Party Thank You

We would like to thank everyone who attended our end of the summer party & BBQ on Saturday, August 31. We had a great day with over 500 people attending. A special thanks to Dave Perron for the great music, to No Bull Entertainment for bringing the bull, to our face painter & balloon artist and to our incredible staff for making the party a success!



Mountain Lion Sightings in the Neighborhood

We have been informed of recent mountain lion sightings in the neighborhood. Please be aware of your surroundings and keep a close eye on children and pets. If you do encounter a mountain lion, please notify the Department of Wildlife at 970-947-2920. If you would like to be added to our HOA email list, please email kim@homesteadcourtclub.com.



October 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)	Aqua Zumba (Endah)	S.I.T (Justin)	Board Meeting 10/11/19 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	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	
5:30-6:30pm	Ski/Snowboard Conditioning (Hannah)		Ski/Snowboard Conditioning (Macy)			
6:35-7:35pm	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!

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, bosu, weights and intervals to keep your heart pumping!

SKI & SNOWBOARD CONDITIONING - Our Ski & Snowboard conditioning class concentrates on the most commonly used muscle groups and movements to help start out your season right and avoid injuries. Some classes will be held outside, so be sure to bring layers!

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.



October 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-9:20am		Baby & Me Group Lessons	9:15-10:15am Aqua Zumba (Endah)				
1:00-2:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
2:00-3:30pm							
3:30-5:00pm	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		
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

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			

Racquet Sports News

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