

Homestead Owners Association & Court Club

November Events

Daylight Savings Time Ends

Sunday, November 3

Board of Directors 2020

Budget Meeting

Friday, November 8

HCC Kids Camp

November 25-27

8:30am-5:15pm

Happy Thanksgiving

Thursday, November 28

CLUB HOURS: 6am-12pm

Burn The Bird 9:00am

Childcare Closed

Reminders:

No Junior Tennis programs
November 25-29

No ASP/Camp/Childcare on
November 28-29

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

November Fitness News

Youth Yoga Class on Wednesdays from 4:30-5:30pm with Allie

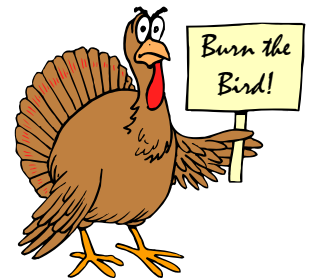
Yoga for pre-teens and teens gives youth tools they can use to reduce stress in their lives, promote positive body image, and increase mental/physical strength and flexibility. Each class will include a series of yoga poses, breathing exercises, and meditation practices. Classes will include discussions on how to apply what they learn in yoga class to help them at home, school, and with friends. Each class ends with a period of relaxation and guided meditation.

Spin Classes Return on Tuesdays & Thursdays with Bree

HIIT (High Intensity Interval Training) Spin is an indoor cycling workout utilizing the rhythms of various musical genres to alternate bouts of high intensity work with periods of active recovery. We will take on varying "terrain", utilizing changes in resistance to simulate hills, flat roads, mountain peaks and time trials. Whether you're looking to sweat a little (or a lot!), burn a few calories, improve your cardiovascular fitness and endurance, or get an endorphin high, this ride does all of the above. Join Bree on Tuesdays and Thursdays at 6:15am for this heart pounding class!

Burn the Bird on Thanksgiving Day with Justin

This special fitness class will be held Thanksgiving Day, November 28, from 9:00-10:15am with Justin Songer. Come in for a killer workout before you feast! Sign up is required. Sign up policy: Homestead owners & their tenants may sign up 48 hours in advance, Non-Resident members may sign up 24 hours in advance.



Aqua Zumba Class Time Change

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 9:45-10:45am to try this class! This class is free for members.

Please note: Pilates Mat with Deana on Thursdays has been taken off the schedule.

Homestead Kids Camp Offered November 25-27

Homestead is offering a special session of kids camp over the upcoming school break, November 25-27 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, November 22. No drop-ins allowed. To register please visit www.hcchoa.com or email jillian@homesteadcourtclub.com.

Please note: Childcare/ASP/Kids Camp programs will be closed on November 28 & 29



Homestead

CLUBHOUSE
FOR KIDS

Save
the
Date

Homestead's Annual
Holiday Party

Sunday, December 8

5:00-8:00pm

We hope to see you
there!

Holiday Hours:

Thanksgiving Day

Thursday, November 28

Club Hours 6:00am-12:00pm

Childcare Closed

Sunday, December 8

Club Hours 6:30am-12:00pm

Holiday Party from 5:00-8:00pm

Christmas Eve

Tuesday, December 24

Club Hours 6:00am-12:00pm

Christmas Day

Wednesday, December 25

Club Closed

New Years Eve

Tuesday, December 31

Club Hours 6:00am-5:00pm

New Years Day

Wednesday, January 1

Club Hours 8:00am-5:00pm

Childcare Closed



Click facebook link on our website

www.hcchoa.com

October Board & DRC Meeting Highlights

Our October Board & Design Review Committee Meeting was held on Friday, October 11, 2019 at 9:00am. During the DRC portion of the meeting a submittal for a water management plan was approved at 115 Russell Trail. During Member Input there was discussion regarding unapproved work at 262B Meile Lane.

During the Board Meeting, Member Input included a letter from an owner on the proposed Hive development. Preliminary discussion was held on the 2020 budget and dues level, please see article below regarding the 2020 budget. The meeting minutes from September 13, 2019 were approved. The financials from August 2019 were also approved. The meeting adjourned to executive session at approximately 10:00am.

2020 Budget and Dues Level

The November Board meeting will be a general owner membership meeting to discuss and ratify the 2020 proposed budget and dues level. Staff is proposing no dues increase for Homestead homeowners in 2020 for the seventh year in a row. The 2020 budget meets the reserve study required funding amount and pays for the principle and interest on our remodel bank loan. The proposed 2020 budget is a zero based budget with \$1,960,100 in revenue and expenditures. The proposed budget is available on our website now. If you have any questions, please email Tracy Erickson at terickson@homesteadcourtclub.com.



November Tennis News

Congratulations to the Vail Christian High School boys tennis team!

The all county team placed second at the Colorado High School 4A Western Regional Tournament in Grand Junction and qualified 9 of the 11 varsity players for the state tournament in Pueblo. Many thanks to the Homestead Court Club, members and parents for hosting and supporting the team. Coaches Eric Meyer, John David Webster and Chuck Anderson provided great coaching, support and enthusiasm.

Fall Session 2 Junior Tennis Programs Going On Now

We still have room for children ages 4-18 of all ability levels to join our programs. This eight week session began on Monday, October 21 and runs through December 20, with no programs the week of November 25-29. Fall 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! Registration flyers are available at the front desk or on our website, www.hcchoa.com.



November Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am	Morning Flow Yoga (Sophie)	Get Lifted (Hannah)		Get Lifted (Hannah)		
6:15-7:15am		HIIT Spin (Bree)		HIIT Spin (Bree)		
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)	9:45am Aqua Zumba (Endah)	S.I.T (Justin)	Board Meeting 11/8/19 9:00am	
10:30-11:30am	Pilates Mat Class (Deana)			Burn the Bird on 11/28/19		
12:00-1:15pm					Gentle Yoga (Sophie)	
4:00-5:00pm	After School in Fitness Studio	After School in Fitness Studio	4:30-5:30pm Youth Yoga (Allie)	After School in Fitness Studio	After School in Fitness Studio	
5:30-6:30pm	Ski/Snowboard Conditioning (Hannah)		Ski/Snowboard Conditioning (TBD)			
6:35-7:35pm	Power Yoga (Christy)		Stretch/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

Youth Yoga Class on Wednesdays from 4:30-5:30pm with Allie

Yoga for pre-teens and teens gives youth tools they can use to reduce stress in their lives, promote positive body image, and increase mental/physical strength and flexibility. Each class will include a series of yoga poses, breathing exercises, and meditation practices. Classes will include discussions on how to apply what they learn in yoga class to help them at home, school, and with friends. Each class ends with a period of relaxation and guided meditation.

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Please note: Pilates Mat with Deana on Thursdays has been taken off the schedule.

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.

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.

GENTLE YOGA—Gentle yoga is a class designed for the practitioner who is newer to yoga, recovering from an injury, or looking for modifications to all postures. Our instructor creates a safe environment through alignment to explore your personal boundaries while building strength & flexibility. This practice excludes all inversions & 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!

HIIT (High Intensity Interval Training) Spin — HIIT Spin is an indoor cycling workout utilizing the rhythms of various musical genres to alternate bouts of high intensity work with periods of active recovery. We will take on varying “terrain”, utilizing changes in resistance to simulate hills, flat roads, mountain peaks and time trials. Whether you're looking to sweat a little (or a lot!), burn a few calories, improve your cardiovascular fitness and endurance, or get an endorphin high, this ride does all of the above.

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.

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.

YOUTH YOGA CLASS — Yoga for pre-teens and teens gives youth tools they can use to reduce stress in their lives, promote positive body image, and increase mental/physical strength and flexibility. Each class will include a series of yoga poses, breathing exercises, and meditation practices. Classes will include discussions on how to apply what they learn in yoga class to help them at home, school, and with friends. Each class ends with a period of relaxation and guided meditation.

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.



November 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	9:45-10:45am 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

Congratulations to the Vail Christian High School boys tennis team! The all county team placed second at the Colorado High School 4A Western Regional Tournament in Grand Junction and qualified 9 of the 11 varsity players for the state tournament in Pueblo. Many thanks to the Homestead Court Club, members and parents for hosting and supporting the team. Coaches Eric Meyer, John David Webster and Chuck Anderson provided great coaching, support and enthusiasm.



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