



## Homestead Owners Association & Court Club

### January Events

**New Years Eve**  
Tuesday, December 31  
Club Hours: 6:30-5:00pm

**New Years Day**  
Wednesday, January 1  
Club Hours: 8:00am-5:00pm

**Winter Break Kids Camp**  
January 2-3  
8:30am-5:15pm

**Winter Tennis Programs Begin**  
Monday, January 6

**Board and DRC Meeting**  
Friday, January 10 @ 9am

**Free Nutrition Series:  
Boosting Immunity**  
Tuesday, January 14 @  
5:30pm

### **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

## Homesteads Annual Meeting

The Annual Homeowners Association Meeting will be held at the Homestead Court Club on Monday, February 17th, at 7:00pm. Information regarding the annual meeting will be sent out to all Homestead homeowners with the February newsletter. There will be a vote for two open Board seats at the meeting. So far interested candidates are both board members whose terms are expiring; Matt Drummet and Jim Pyke. Their bios are below. For more information about the annual meeting contact Tracy Erickson at the Club.

### **Matt Drummet**

My name is Matt Drummet. My wife, Amy, and I have lived in Homestead for 14 years, and we enjoy raising our children in this family neighborhood. I work at Vail's Mountain Haus as the Director of Sales and Marketing. This position has afforded me the experience of working with a diverse board of directors throughout the years. I have served on the Homestead Board for the last 7 years, and wish to continue my time serving the Homestead community.

### **Jim Pyke**

Jim moved to the Vail Valley as a young child in 1969. He left for several years to attend college but returned in 1992 after receiving a mathematics degree from the University of Colorado, Boulder. He first moved to Homestead in 1999 and lived there for 8 years with his wife and children before moving to Eagle Ranch. He eventually moved back to Homestead in 2014 and has a passion for the community. He and his family are active users of the Club and would like to see the facilities progress and improve to meet the needs of the homeowners. As sole owner of a business technology management and consulting practice, he works with a wide range of customers from local emergency districts to large real estate developments and golf resorts throughout the United States. Jim has a great deal of experience in the club industry which can be beneficial to his contributions as a board member. As a husband and father of three children, Jim has enjoyed over ten years of coaching youth sports, including skiing, football, and basketball. Jim is active in the local schools and has also served on other boards in the past, including Vail Board of Realtors, Vail Multi-List and Stone Creek School Board.

## Children's Programming News

**Holiday Break Kids Camps:** Homestead is offering a special session of all day kids camp over the February school break. Camp dates are February 17-21. 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, swimming and much more! Camp runs from 8:30 a.m. to 5:15 p.m., and is for children ages 5-12. Rates are \$40/day for members and \$50/day for non-members. Register now, as space is limited to a maximum of 30. No drop-ins allowed. For more info or to register, please visit [www.hcchoa.com](http://www.hcchoa.com) or email [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com).

**Holiday Closures:** Please note that our after school program and kids camp programs are closed on December 24, 25 and January 1 & 20. Childcare will be closed on December 24, 25, the evening of December 31 and January 1.





## Adopt A Family Update

We would like to thank everyone who donated to our Adopt-A-Families this holiday season. We had an overwhelming response from members wanting to help out the three families we adopted. The families are very grateful to be “adopted” and thank you for your generous donations!

## Holiday Party Thanks

We would like to thank everyone who attended our annual holiday party on December 8. An extra special thanks goes out to Pat Hamilton for the wonderful music, Vail Catering Concepts for the food, No Bull Entertainment for bringing “the bull” and photo booth, and of course, Santa Claus too! The event couldn’t have been such a success without you there!

## Holiday Hours:

### New Years Eve

**Tuesday, December 31**

Club Hours 6:00am-5:00pm

### New Years Day

**Wednesday, January 1**

Club Hours 8:00am-5:00pm

## January Fitness News

### **Free Nutrition Series: Boosting Immunity**

Join Christine Pierangeli, certified master nutrition therapist, board certified in holistic nutrition and owner of Profound Wellness of Vail for this month's discussion on boosting immunity, Tuesday, January 14, at 5:30pm. This one hour discussion will focus on how a healthy nutrition and lifestyle plan can help boost immunity during cold and flu season. Christine will take questions and provide a handout with the information discussed. This class is free for Homestead members.



### **New Yoga Class on Sundays! Reset & Restore Yoga with Allie**

Restorative yoga is a great option after an active weekend or for those recovering from an injury. Restorative yoga is thought of by many as “active relaxation”. It is specifically designed for when you feel fatigued, weak or stressed from daily life. The props used while practicing the various restorative yoga poses are designed to provide support and be conducive to total relaxation. Typically poses are held for longer periods of time (up to 10 minutes) to further healing of the nervous system & fascia tissues. Come relax & recharge to optimize the week ahead! Class will be held on Sundays from 5:15-6:15pm, beginning on Sunday, January 4.

### **January Fitness Schedule Cancellations**

- Please note that Aqua Zumba and Thursday evening Vinyasa Flow Yoga have been taken off the schedule in January.
- Please note all Fitness Classes are cancelled on 12/31 & 1/1.

## January Racquet Sports News



**Winter Junior Tennis Programs** will begin the week of January 6, and will run for 10 weeks. Tennis is a fun and healthy activity that will benefit your child at any age. Let our experienced tennis professionals help lead the way to your child's tennis success. Our programs focus on fun while building technical and competitive skills and encouraging social interaction. Your child benefits from personalized attention in a professional atmosphere where his or her strengths and goals are maximized.

**New 3.0-3.5 Drill & Play Clinic on Monday evenings from 7:30-8:30pm** Join coach David Cook for high intensity

drills, point play, improve your tennis fitness and focus on point development in this fun new Monday evening clinic!

## Exterior Lighting & Holiday Lights Reminder

We have recently received complaints regarding exterior lighting being left on late at night. The Board would like to kindly ask that you follow the Homestead Standards and Guidelines: *“The beauty of the starlit night at Homestead will be preserved by judicious use of lighting. Unnecessary use of light is prohibited in the interest of energy efficiency and maintenance of the quiet nighttime environment....Homestead also recommends that exterior lights be turned off at 10 P.M.”*

Thank you for being respectful of your neighbors! ~Homestead Board of Directors



# January Fitness Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>	<b>Sundays</b>
<b>6:05-7:05am</b>	Morning Flow Yoga (Sophie)	Get Lifted (Hannah)		Get Lifted (Hannah)			
<b>6:15-7:15am</b>		HIIT Spin (Bree)		HIIT Spin (Bree)			
<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 1/10/20 9:00am</b>		
<b>10:30-11:30am</b>	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	4:25-5:25pm Youth Yoga (Allie)	After School in Fitness Studio	After School in Fitness Studio		
<b>5:30-6:30pm</b>	Lift the Barre (Hannah)		Strength & Conditioning (Christina)				<b>5:15-6:15pm Reset &amp; Restore Yoga (Allie)</b>
<b>6:35-7:35pm</b>	Power Yoga (Christy)		Stretch/ Restorative Yoga (Sophie)				

## January Fitness News

### ***Free Nutrition Series: Boosting Immunity***

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### ***New Yoga Class on Sundays! Reset & Restore Yoga with Allie***

Restorative yoga is a great option after an active weekend or for those recovering from an injury. Restorative yoga is thought of by many as "active relaxation". It is specifically designed for when you feel fatigued, weak or stressed from daily life. The props used while practicing the various restorative yoga poses are designed to provide support and be conducive to total relaxation. Typically poses are held for longer periods of time (up to 10 minutes) to further healing of the nervous system & fascia tissues. Come relax & recharge to optimize the week ahead! Class will be held on Sundays from 5:15-6:15pm, beginning on Sunday, January 4.

### ***January Fitness Schedule Cancellations***

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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 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.

**RESET/RESTORE YOGA** — Restorative Yoga is a great option after an active weekend or for those recovering from an injury. Restorative yoga is thought of by many as “active relaxation”. It is specifically designed for when you feel fatigued, weak or stressed from daily life. The props used while practicing the various restorative yoga poses are designed to provide support and be conducive to total relaxation. Typically poses are held for longer periods of time (up to 10 minutes) to further healing of the nervous system & fascia tissues. Come relax & recharge to optimize the week ahead!

**S.I.T. – “Strength and Interval Training.”** Another high energy conditioning class utilizing the step, bosu, weights and intervals to keep your heart pumping!

**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.



# January 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>							
<b>9:00am-12:00pm</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**

# Winter 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			Cardio Tennis				
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 Tennis Clinics	Junior Aces and High School Prep Clinics	Superstars Junior Tennis Clinics	Junior Aces and High School Prep Clinics	Superstars Junior Tennis 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	3.0-3.5 Drill & Play Clinic		Men's 4.0- League	Coed 4.5+ League			

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