



Homestead Owners Association & Court Club

July Events

**Independence Day
Saturday, July 4**

Hours: 6:30am-5:00pm

Board & DRC Meeting

Friday, July 10 @ 9am

**Free Nutrition Series
Optimizing Immunity:
COVID-19 Edition**

Tuesday, July 21 @ 5:30pm



For the latest Club and HOA updates please email kim@homesteadcourtclub.com to be added to our Constant Contact list.



Did you know that you can register for automatic payments through us? We will automatically deduct your full balance each month from your checking or savings account. Email kim@homesteadcourtclub.com to simplify your billing!

Homestead COVID-19 Update

We are pleased to inform you that things are slowly returning to normal at Homestead. Major changes this month are that we are now allowing guests to come in and that hours are returning to normal. Please see key points below, and visit our website for full COVID-19 Club Policies and Protocol. Once again, we would like to thank you for your patience and help in maintaining a healthy and safe club for yourself and others.

- **You must wear a mask to enter and exit the club.** This includes children going to and from camp and tennis. Masks are recommended for use in all areas of the Club, but are not required past check in.
- Homestead Hours are now 5:55am-10:00pm Monday-Friday and 6:30am-10:00pm on Saturdays and Sundays.
- We are now allowing guests of members again.
- Please call the front desk in advance of your guests arrival, if you will not be accompanying them.
- Please note we have a new waiver that will need to be completed at every visit. Tell your guests to plan to spend a few extra minutes to read, initial and sign the waiver. Minor guests will need a parent present to sign the waiver.
- Reminder that we are not accepting cash payments. Credit card, charge to account or checks only.
- Members and guests are responsible for social distancing and sanitization of everything they touch. Failure to wipe down equipment used will result in suspension of privileges.
- The hot tub and steam room will remain closed during this phase, as well as mens and womens lockers and showers.
- Pool use will remain by reservation only, for one household per hour, with the family locker room being the only locker room available for showering. Please remember to bring your own towels.
- Our gathering areas including the deck and seating around the club will remain closed to encourage social distancing policies.

We have taken enhanced health and safety measures for you and our staff. You must follow all posted instructions while visiting Homestead Court Club.

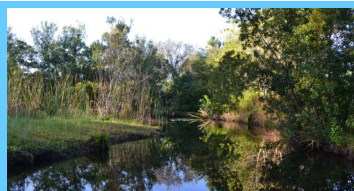
An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and people with underlying medical conditions are especially vulnerable.

By visiting Homestead Court Club you voluntarily assume all risks related to exposure to COVID-19.



Homestead Spraying for Weeds

Per State Law, Homestead staff will be spraying the open space areas for noxious weeds this month. Areas that have been treated for weeds will be dyed blue for a few days. Please keep children and pets away from the areas that are blue. Homestead will also be marking the areas with yellow flags. If you have any questions about the weed spraying please contact Tracy at the Club. Please note that Homestead does not spray for dandelions in open space or turf areas, as they are not listed as noxious weeds.



Homestead Ditch and Pond

We have recently had some problems with blockages in our ditch, pond and stream. Please don't put any debris (logs, sticks, etc.) into the Homestead pond, stream or ditch off of Homestead Drive. It can block the water way and cause problems down the line.

June Board & DRC Meeting Highlights

Our June Board & Design Review Committee Meeting was held on Friday, June 12, 2020 at 9:00am. During the DRC portion of the meeting a preliminary submittal for an addition at 122 Lindsay Trail was discussed. During the Board Meeting, New Business included a presentation from Phil Kirkman of Eagle County Open Space, regarding planning some upcoming Adopt-A-Trail days to work on drainage, general maintenance and stewardship for the Homestead "L" Eagle County Open Space Trail. Also in New Business was a discussion on the HOA covenant enforcement policy. Please see article below for more information and plan to attend our July meeting to give your input. Meeting minutes from the May 8, 2020 meeting were approved. The financials from April 2020 were also approved. The Directors Report included updates on Club COVID-19 status, policies and procedures. The meeting adjourned at approximately 11:00am.

HOA Covenant Enforcement Policy Discussion at the July Board of Directors Meeting

At the June Board Meeting the Board discussed HOA covenant compliance policy and enforcement throughout the neighborhood, and they would like to hear your input. The Board would like to invite you to our upcoming meeting, scheduled for Friday, July 10, at 9:00am to participate in our ongoing discussion regarding this matter. Please email Tracy Erickson at terickson@homesteadcourtclub.com for a link to the July zoom meeting. If you are unable to attend the meeting, please send your input to terickson@homesteadcourtclub.com to be included in the discussion.

Tennis News

Tennis programs are back in full swing! Junior and adult clinics and club leagues are running. We still have spaces available in most junior groups, and are now allowing non-members to participate in our programs. Programs run through August 14. Registration forms are available at hcchoa.com now. Email kim@homesteadcourtclub.com with any questions, or for more information.



Homestead Pickleball

Our pickleball court is open on a first come, first served basis. We are creating a pickleball player list at the club front desk to connect players. Please call the front desk if you would like to share your name, phone number and email with other members who would like to play. Please note, you must bring your own equipment.

Nutrition Series: Tuesday, July 21 @ 5:30pm Optimizing Immunity, COVID-19 Edition

Join Christine Pierangeli, certified Master Nutrition Therapist on Tuesday, July 21 for an installment of our nutrition series, Optimizing Immunity: COVID Edition. This discussion will focus on how a healthy nutrition and lifestyle plan will help boost our immunity at a time when we have never felt more vulnerable! There will be a Q and A and a handout will be provided about the information covered. Please call the front desk to reserve your space in advance, as space is limited to six participants. Free for members.





July Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
8:30-9:30am		8:30-9:15am Yoga Sculpt (Terry)	ABSolutely Pilates (Kim)		ABSolutely Pilates (Kim)
9:00-10:00am	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)	Board Meeting 7/10/20
12:00-1:00pm					Gentle Yoga (Sophie)
4:30-5:30pm					
5:30-6:30pm	Lift the Barre (Hannah)		Strength & Conditioning (Christina)	Stretch/Restorative Yoga (Sophie)	
6:30-7:30pm	Power Yoga (Christy)				

July Group Fitness Protocols

1. Maximum of 6 people per class, make reservations in advance by calling the front desk.
2. Homestead Owners and tenants may make reservations 2 days in advance. Non-resident members make reservations 1 day in advance.
3. **All members must wear a mask and verbally check in at the front desk at your reservation time with name or membership number. Masks are recommended for use in all areas of the Club, but will not be required past check in.**
4. Failure to arrive for reservations will result in suspension of privileges.
5. Your account must be current to make reservations.
6. Classes may be held outside and will use minimal equipment.
7. Members are responsible for bringing their own mat and sanitizing everything they touch.
8. Do not congregate outside the Fitness/Pilates studios.
9. Don't forget your sweat towel and water!

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.

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!

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!

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.

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.

Summer Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:30am						
7:30-8:30am						7:30-8:30am Cardio Tennis
8:30-10:00am	Coed 3.0+ League					4.0+ Drill & Play Clinic
10:00-11:30am				3.0-3.5 Drill & Play Clinic		3.0-3.5 Drill & Play Clinic
11:30am- 1:00pm						
1:00-2:30pm						
2:30-3:30pm						
3:30-4:30pm	Superstars, Jr. Aces & HS Prep Tennis Clinics	Superstars, Jr. Aces & HS Prep Tennis Clinics	Superstars, Jr. Aces & HS Prep Tennis Clinics	Superstars, Jr. Aces & HS Prep Tennis Clinics	Superstars, Jr. Aces & HS Prep Tennis Clinics	
4:30-6:00pm	High School Ad- vanced & JET Clinics	High School Ad- vanced & JET Clinics	High School Ad- vanced & JET Clinics	High School Ad- vanced & JET Clinics	High School Ad- vanced & JET Clinics	
6:00-7:30pm		3.0-3.5 Drill & Play Clinic	Men's 4.0- League			
7:30-9:00pm						

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