#### August 2020 Newsletter



#### **August Events**

#### Eagle Valley Land Trust Hike on Homestead L

Thursday, July 30 \*Please visit evlt.org to register for the hike

#### Board & DRC Meeting Friday, August 14 @ 9am

Last Day of Summer Tennis & Kids Camp Friday, August 14

> Fall Tennis Programs Begin Monday, August 17

#### **After School Program**

TBD-please check our website for updates

#### **Labor Day Hours**

Monday, September 7 Hours: 6:00am-5:00pm No Fitness Classes No Tennis Programs No Children's Programs



# Junior Cardio & Weight Room Certification

Join Fitness Director, Justin Songer, on Wednesdays from 12:00-12:30pm for a quick lesson on how to use our equipment, safety and etiquette. Ages 12+, call the front desk to register.

## Homestead Owners Association & Court Club

#### Homestead COVID-19 Update

We are proud of our community for your ability to adjust and adapt to all the recent changes at the Club due to COVID-19. Thank you for making a difference and keeping our community safe and healthy. Once again, we are implementing new policies to match the state and local health orders.

#### **FACE COVERINGS**

Face coverings are required (to be worn over the nose and mouth) **at all times** when inside the building and during participation of any indoor activity at the Club, including indoor tennis, group fitness classes, Pilates, workouts in the cardio and weight room. People who do not have to wear a face covering include:

- People ages 10 and under
- People who cannot medically tolerate face coverings
- People in the pool area, as we only allow one household per reservation time
- Face coverings are not required when playing outdoor tennis or pickleball, or when group fitness or personal training sessions move outside.

#### RESERVATIONS

We are still requiring reservations for pool and tennis court use. Please be careful to reserve for times when you know you will be able to make it. If you must cancel, please consider your neighbors and call at least 4 club hours in advance, so we can try to fill your spot.

#### **GUESTS**

We are allowing guests. Please inform your guests they must check in, sign our liability waiver and pay (if necessary) prior to use of any Club amenities. We do require an adult to be present to sign the liability waiver for anyone ages 17 & under.

#### YOUR COMMITMENTS TO US

- You are responsible for sanitization of everything you touch. Failure to wipe down equipment used will result in suspension of privileges.
- You will maintain six feet of physical distance between yourself and others.
- You will wash hands often, for at least 20 seconds.
- You will wear a face covering when inside the Club.
- You will stay home when you are sick.
- You will get tested immediately if you have any COVID-19 symptoms.

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.

Thank you for working with us to better protect the health and well-being of ourselves, our family, and our community.

## Fall Tennis News

Fall Junior Programs Registration Opens

August 1 - Get your junior involved in a fun lifelong sport this fall! We offer junior clinics for ages 4-18 and welcome all ability levels. This fall we are offering an 8 week session, beginning August 17. For days, times, rates, and our updated COVID-19 tennis policies please visit our website, hcchoa.com.

## Fall Adult Leagues & Clinics Begin August 17 -

Fall adult clinics and leagues are beginning August 17. Clinic schedules will be available at the front desk beginning August 1. Club leagues are a great way to meet some other players and improve your game! Member price is \$35 for the session. Register now to reserve your space. League registration forms are available at hcchoa.com, or at the Front Desk.

Reminder: The last day of Summer Tennis Programs is Friday, August 14



### **July Board & DRC Meeting Highlights**

Our July Board & Design Review Committee Meeting was held on Friday, July 10, 2020 at 9:00am. During the DRC portion of the meeting an addition at 122 Lindsay Trail was approved, a roofing variance at 18 Cameron Place was approved, land-scaping at 773 Homestead Drive was approved, and the owner of 205 Creamery Trail provided an update on landscaping changes. DRC hearings included a violation of construction times at 115 Russell Trail, installed changes to approved plans and parking on the street at 463E Edwards Village Boulevard. Additionally five items were staff reviewed this month. During the board meeting, new business included extensive conversation on Homestead's covenant policies and enforcement. Many owners were present to express opinions on parking, boats/campers/rvs/trailers, garbage cans, animal control and speeding. The board thanked everyone who provided input and said there will be continuing discussion at the August 14 board meeting. Please see article below for more information. Meeting minutes from the June 12, 2020 meeting were approved. The financials from May 2020 were also approved. The meeting adjourned at approximately 12:55pm.

## **HOA Covenant Enforcement Policy Discussion at** the August Board of Directors Meeting

At the July 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, August 14, 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 August zoom meeting. If you are unable to attend the meeting, please send your input to terickson@homesteadcourtclub.com to be included in the discussion.

## Homestead and Eagle County Animal Control Policy Discussion

At the August 14 Board meeting, Homestead and Eagle County Animal Control will be discussing current policies and procedures regarding dogs within our community and area open spaces. Eagle County Animal Control will also be seeking input on a new ordinance on this matter set to be implemented this year. Please email Tracy Erickson at terickson@homesteadcourtclub.com for a link to the August zoom meeting. If you are unable to attend the meeting, please send your input to terickson@homesteadcourtclub.com to be included in the discussion.



#### **Speeding on Homestead Street**

Speeding is an issue that seems to be on a lot of people's minds lately. Specifically, the dangers it poses to the many children, pets and wildlife who live in the neighborhood. While the HOA cannot enforce speeding we are working with the Eagle County Sheriff to increase patrols throughout the neighborhood. Additionally, we would like to encourage our residents to leave a few minutes early so you can **stick to the speed limit of 25**. Please think about what is at stake, and take your time! Thank you!

# Homestead Court

## **August Fitness Schedule**

| CLUB         | Mondays                    | Tuesdays                               | Wednesdays   | Thursdays                               | Fridays                     |
|--------------|----------------------------|--|--|---|-----------------------------|
| 8:30-9:30am  |                            | 8:30-9:15am<br>Yoga Sculpt<br>(Terry)  | ABSolutely Pilates<br>(Kim)  |   | ABSolutely Pilates<br>(Kim) |
| 9:00-10:00am | 20/20/20<br>(Justin)       | 9:15-10:30am<br>Gentle Yoga<br>(Terry) |  | S.I.T<br>(Justin)                       | Board<br>Meeting<br>8/14/20 |
| 12:00-1:00pm |                            |  | 12:00-12:30pm<br>Junior Weight<br>Room Certification<br>with Justin* |   | Gentle Yoga<br>(Sophie)     |
| 4:30-5:30pm  |                            |  |  |   |                             |
| 5:30-6:30pm  | Lift the Barre<br>(Hannah) |  | Strength &<br>Conditioning<br>(Christina)                            | Stretch/Restorative<br>Yoga<br>(Sophie) |                             |
| 6:30-7:30pm  | Power Yoga<br>(Christy)    |  |  |   |                             |

## **August 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.
- 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**

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

#### **August Tennis News**

*Fall Junior Programs Registration Opens August 1* - Get your junior involved in a fun lifelong sport this fall! We offer junior clinics for ages 4-18 and welcome all ability levels. This fall we are offering an 8 week session, beginning August 17. For days, times, rates, and our updated COVID-19 tennis policies please visit our website, hcchoa.com.

Fall Adult Leagues & Clinics Begin August 17 - Fall adult clinics and leagues are beginning August 17. Clinic schedules will be available at the front desk beginning August 1. Club leagues are a great way to meet some other players and improve your game! Member price is \$35 for the session. Register now to reserve your space. League registration forms are available at hcchoa.com, or at the Front Desk.



## **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.