



Homestead Owners Association & Court Club

July Events

Holiday Hours:
July 3 & 4 Club Hours:
6:30am-5:00pm

Board & DRC Meeting
Friday, July 9 @ 9am

Fall After School & Tennis Registration Opens
7/26 for Homestead Owners and Tenant Members
8/2 for Non-Resident Members
8/9 for Non-members



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

Website:
Hcchoa.com



Homestead Summer Tennis News

Homestead USTA ladies earn another Mountain Region title and reach State finals at District Championships

After securing another Mountain Region Title, Homestead's Ladies 4.0 18+ tennis team made it all the way the Colorado State District Finals. Beating teams from around the state and finishing as the second-best team in the state



is an accomplishment to be celebrated. Way to go ladies! Congratulations: Patricia MacNamara, Carrie Benway, Jen Jewett, Kelly Polk, Jen Burger, Heidi Jobson, Cathy Voita, Stephanie Hart, Emily Chapman, Mary Elizabeth Lowen, Nancy Peller, Shirley Petersmeyer, Joey Wallenstein and Maria Ammaturo.

Homestead Hosted Vail Mountain girl's tennis team makes history with undefeated season and regional championship!

Vail Valley's Girls' Varsity Tennis Team recently completed the most successful season in program history. The team not only went undefeated but won the Regional Championship for the first time in program history. With four first place finishes, two second place finishes and one third place finish the girl's team qualified ten of their eleven players for the state championships. The team was hosted by Homestead, and coached by Homestead professionals Hillary McSpadden and Eric Meyer. Almost all the girls participate in Homestead's junior tennis program and were rightfully rewarded for all their hard work and dedication. Congratulations to: Catherine Dawsey, Ava Cavataio, Annika Iverson, Bayli McSpadden, Alli Bennet, Gracie Allen, Sophia Brunner, Aria Webster, Celia Barrie, Linnea Iverson and Addie Sullivan.



June Fitness News

Spotlight Instructor:

Terry Copeland, Yoga

Terry has been teaching the Tuesday yoga classes at Homestead over the past six years. She loves to share yoga and it's related modalities...tai chi, taekwondo, Qigong, energy medicine movement, sound healing, and meditation. As a former college gymnast-inversions are her favorite, but as an elder, gentle and rollers are her specialty! The class can be traditional yoga or add implements for function. Terry taught High School for 40 years, in Wisconsin. She loves to empower people thus she continues to teach in many other areas including skiing, swimming, Yoga to Veterans, and informally on the pickleball court. Most of her time is spent with friends, family, and two goldendoodles. All 3 of her grown children and 4 grandchildren live within minutes of each other in Eagle Vail! Her yoga classes are on Tuesdays at 8:30am (sculpt) and 9:15am (gentle). Although they are described specifically, anyone can join at anytime for as little or as long as you desire for the 8:30-10:30am duration. Terry will run the class according to the needs of those who show up-COVID has taught us to adapt to many individual needs/desires in the same class.

Stage 2 Fire Restrictions In Place



Please visit www.erfpd.org for more information.

June Board & DRC Meeting Highlights

Our June Board & Design Review Committee Meeting was held on Friday, June 11, 2021 at 9:00am. The DRC approved driveway expansions at 220 Gold Dust Drive and 93 Gold Dust Drive, and approved a deck material change at 56 Russell Trail. During the board meeting, New Business included discussion on speeding and parking issues in the neighborhood. Deputy Dustin Oakley with the Eagle County Sheriff's department spoke on increased patrols, enforcement, and countywide issues with parking on the streets and speeding. Maintenance discussion on the sidewalk in lower Homestead included that the sidewalk is on Eagle County property. The Board will reach out to Edwards Metro District and Eagle County for future discussions on maintenance. During Matters Pending the Board appointed Scott Bowers, Kathleen Halloran, Dave Bishop, Norman Bowles, Karen Shupe, Grant Smith, Gabe Shalley, Ann Portell, Jane Hall, John and Patricia Lee, Brett Donelson, Dustin Nyhus, Kris Miller, and Mike Polk to the Trails Committee, the Board also discussed plans for the secondary emergency exit access point, including an upcoming survey planned for the emergency exit Tract off of Hummingbird Trail. Meeting minutes from the May 14, 2021 meeting were approved. The financials from April 2021 were approved. The directors report included discussion on current COVID club policies and restrictions. The meeting adjourned to executive session at approximately 11:00am.

HCC Children's Policy Reminders

With summer in full swing, we are so happy to see our neighborhood children out and about enjoying the club, parks and trails. We pride ourselves in being an active and family friendly community, but do need to keep children's safety and respect for others in mind. We would like to remind you of a few of our children's policies for in the club and around the neighborhood:

- **All children under the age of 12 must be supervised by an adult at all times while inside the club, and while at our parks, trails and open space.**
- All children over the age of 12 must have their own membership number to enter the club by themselves. (If you have a child over the age of 12 and they do not have a membership number, please fill out a membership change form, which is available on our website, hcchoa.com)
- Children over the age of 12 are allowed to use the following club amenities without parental supervision: pool, hot tub, racquetball court and tennis courts.
- Children over the age of 12 may use the weight room and cardiovascular area once they have been certified by Justin Songer, Fitness Director. Please email justin@homesteadcourtclub.com to schedule certification.
- Children may not add individuals to the guest list. A parent must call or come in to sign up guests. All Eagle County resident guests must pay the \$10 children's guest fee.
- Homestead staff reserves the right to suspend or cancel club privileges of anyone in violation of club or open space policies.
- If you have any additional questions about Homestead's Children's Policies please refer to our Membership Guidelines.

Fall Tennis & After School Program Registration

Fall program registration will be available on our website beginning Monday, July 26. We will begin accepting registrations on 7/26 from Homestead homeowners and tenants, 8/2 from non-resident members and on 8/9 from non-members.



July Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:00-7:00am		Get Lifted (Hannah)		Get Lifted (Hannah)	
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 & DRC Meeting 7/9/21 @ 9am Via Zoom
9:35-10:25					Zumba Gold (Endah)
4:00-5:15pm	Kids Camp in Studio	Kids Camp in Studio	Kids Camp in Studio	Kids Camp in Studio	Kids Camp in Studio
5:30-6:30pm	Lift the Barre* (Hannah)	Fit Happens* (Jill)	Strength & Conditioning (Christina)		
6:30-7:30pm	Power Yoga (Julie)				

July Group Fitness News

Spotlight Instructor: Terry Copeland, Yoga

Terry has been teaching the Tuesday yoga classes at Homestead over the past six years. She loves to share yoga and it's related modalities...tai chi, taekwondo, Qigong, energy medicine movement, sound healing, and meditation. As a former college gymnast-inversions are her favorite, but as an elder, gentle and rollers are her specialty! The class can be traditional yoga or add implements for function. Terry taught High School for 40 years, in Wisconsin. She loves to empower people thus she continues to teach in many other areas including skiing, swimming, Yoga to Veterans, and informally on the pickleball court. Most of her time is spent with friends, family, and two goldendoodles. All 3 of her grown children and 4 grandchildren live within minutes of each other in Eagle Vail! Her yoga classes are on Tuesdays at 8:30am (sculpt) and 9:15am (gentle). Although they are described specifically, anyone can join at anytime for as little or as long as you desire for the 8:30-10:30am duration. Terry will run the class according to the needs of those who show up-COVID has taught us to adapt to many individual needs/desires in the same class.

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.

FIT HAPPENS — This dynamic class is great for all levels. It features mixed intervals of resistance training, cardio blasts, and core work. You can plan to expect the unexpected, as each class will be uniquely designed to challenge you to the max with having FUN!

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 unique 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!

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.

ZUMBA GOLD— Zumba Gold is an easy-to-follow program that lets you move to the beat at your own speed. Zumba Gold is a perfect workout for beginners to Zumba and active older adults looking for a total-body wellness program that feels like a party, while revitalizing your mind and body.

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				10:30-noon 3.0-3.5 Drill & Play Clinic		3.0-3.5 Drill & Play Clinic
12:00-1:00pm	Beginner Drill & Play Clinic					
1:00-2:30pm						
3:30-4:00pm	Mighty Mites Junior Tennis			Mighty Mites Junior Tennis		
4:00-5:00	Superstars, Jr. Aces and HS Prep Tennis	Superstars, Jr. Aces and HS Prep Tennis	Superstars, Jr. Aces and HS Prep Tennis	Superstars, Jr. Aces and HS Prep Tennis	Superstars, Jr. Aces and HS Prep Tennis	
5:00-6:00pm	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	
6:00-7:30pm		3.5 Drill & Play Clinic	Men's 4.0- League			
7:30-9:00pm						

