

July 2023 Newsletter



Homestead Owners Association & Court Club

July Events

Monday, July 3

Club Hours:

5:55am-7:00pm

No evening Fitness Classes

Tuesday, July 4

Club Hours:

5:55am-5:00pm

No Kids Camp

No Junior Tennis Programs

No Group Fitness Classes

Board & DRC Meeting

Friday, July 14 @ 9am

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 Treating Weeds

Per State Law, Homestead staff will be spraying the open space areas and sidewalks 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 pesticides in our parks or on club grounds. We also do not spray for dandelions in open space or turf areas, or require owners to, as they are not listed as noxious weeds.



Fall Children's Programs

After School Program 2023/2024

Homestead's action packed After School Program concentrating on education, fitness and creativity will begin on Monday, August 21st. We offer four sessions throughout the school year. Fall Session dates are August 21st - October 6th, with no program on Labor Day (9/4). You choose the day or days of the week that work best for your schedule. Registration packets will be available online and at the front desk beginning on Monday, July 3rd. We will begin accepting completed registration for the Fall Session on:

7/10 from Homestead Owners and Tenant Members

7/17 from Non-Resident Members

7/24 from Non-Members

Email completed registration to jillian@homesteadcourtclub.com



Fall Junior Tennis Programs

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 a seven week session, beginning on August 21st. Registration packets will be available online and at the front desk beginning on Monday, July 3rd. We will begin accepting completed registrations on:

7/10 for Homestead Owners and Tenant Members

7/17 for Non-Resident Members

7/24 for Non-Members

Email completed registrations to kim@homesteadcourtclub.com

Fitness News

July 3 & 4 Fitness Schedule Changes ~

Please note that there will not be any evening fitness classes on Monday, July 3 and no fitness classes on Tuesday, July 4. Check out our facebook and Instagram pages for a special 4th of July workout to complete on your own before you celebrate!

Noah's Saturday morning Primal Power Class has been taken off the Fitness Schedule for July.



2023 Water Use Regulations

We would like to remind you that if your address ends in an **even** number you may water on Sundays, Wednesdays and Fridays. If your address ends in an **odd** number you may water on Tuesdays, Thursdays and Saturdays. There is no watering allowed on Mondays. All watering must occur before 8am or after 6pm. If you have any additional questions regarding the watering schedule, or to learn more about conserving water please visit www.erwsd.org.

June Board & DRC Meeting Highlights

Our June Design Review Committee and Board meeting was held on Friday, June 9, 2023 at 9:00am. The DRC meeting was canceled due to lack of quorum. There were five DRC agenda items that were staff approved this month. During the Board meeting, the Board approved the May Board meeting minutes and the April financials. New Business included approval of a bylaw change to allow the Board to set the annual General Meeting date to any date in February. The Board will be discussing the meeting date at the December 2023 meeting and the date will be announced in the January 2024 newsletter. During Matters Pending, Eagle County Open Space Director, Marcia Gilles, provided an update on the planned seasonal closure of a portion of the Eagle County owned Homestead "L" Open Space beginning in December 2023. She also provided some information on planned trail work and plans to spray for noxious weeds in July. We will notify residents via constant contact email on the timing for spraying weeds as soon as we receive it. Matters pending also included an update on the HIVE PUD proposed development noting it is still active, updates will continue as they learn more. During the Directors Report, the board discussed pickleball and tennis court repairs and improvements, sidewalks, trails, open space, xeriscaping and fire mitigation. The meeting adjourned to Executive Session at approximately 10:54am.

Exterior Lighting 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 **recommends that exterior lights be turned off at 10 P.M.**"*

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

Bike Etiquette on Homestead Trails & Sidewalks

Leave No Trace

- Muddy trails are vulnerable to damage — consider other options if a trail is soft.
- Stay on existing trails — never create a new one.
- Don't cut switchbacks.

Control Your Bicycle

- Keep your head up and your adrenaline in check.
- Stay alert — inattention for even a moment can put yourself and others at risk.
- Always ride within your limits.

Yield Appropriately

- Always let other trail users know you're coming — give a friendly greeting.
- Anticipate other trail users as you ride around corners.
- Yield to non-bike trail users.
- Yield to riders headed uphill whenever you're riding downhill.
- Make every pass a safe and courteous one.



July Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:00am		Get Lifted (Hannah)		Get Lifted (Hannah)		
8:00-9:00am			7:30-8:30am ABSolutely Pilates (Kim)	Vinyasa Yoga (Sophie)		
8:30-9:30am		8:30-10:30am Yoga for Everyone (Terry)			ABSolutely Pilates (Kim)*	
9:00-10:00am	20/20/20 (Noah/Justin)			S.I.T (Justin)	Board & DRC Meeting 7/14/23 @ 9:00am Meeting will be held in the Fitness Studio	
10:00-11:00am	HCC Kids Camp Class					
2:30-5:15pm	Kid's Camp Program in Studio	Kid's Camp Program in Studio	Kid's Camp Program in Studio	Kid's Camp Program in Studio	Kid's Camp Program in Studio	
5:30-6:30pm	Lift the Barre* (Hannah)		Fit Happens (Jill)	SS Strength & Mobility (Noah)		

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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.

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!

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.

PRIMAL POWER — What if you could optimize for 30% more longevity, significantly boost your athletic performance, release your emotions, prevent brain deterioration, play like a child, and practice mobility like a jungle cat in one workout a week? Complimenting Super Slow Resistance Training, this session is sure to keep your bones strong, increase your power output (essential for practically every sport), and enjoy mobility like you haven't had since you were a kid. Expect to play, learn, & grow with this judgement-free session involving calisthenics, plyometrics, dance moves, and more. Bulletproof the body, let your emotions flow, and optimize brain performance through movement with Noah.

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

SS STRENGTH & MOBILITY — Join Noah for Scientific Super Slow Resistance to build a great physique, balance the musculoskeletal system, and enjoy significant strength gains without the wear and tear on joints. Rediscover mobility while optimizing your body for longevity with foam-rolling and stretching towards the end of the class. This session is great for all ages and ability levels because there is very little risk of injury and one starts with whatever level of resistance and range of motion manageable. Watch yourself progress from week to week and stay excited!

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!

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!

YOGA FOR EVERYONE — Terry Copeland, instructor/guide! We welcome everyone for any duration, at any time. We would love to have you stay for the full 2 hours, but if you only have a few minutes to breathe and move with us - please come when you can... you are not disturbing. The teacher will adapt the class to the wants/needs and timeline of those in attendance. Popular format: 8:30-9:30 - Yoga with foam rollers (facilitates stretching) 9:30- 5-10 min mid class Savasana (guided meditation/relax/recover/china gel option) 9:40-10:30- yoga stretches/balances at the bar and flows/challenges/class choices

July Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:30am						
7:30-8:30am	League Warm Up 8:00-8:30am					7:30-8:30am Cardio Tennis
8:30-10:00am	Coed 3.0+ League					4.0+ Drill & Play Clinic
10:30-noon				3.0-3.5 Drill & Play Clinic		10:00-11:30am 3.0-3.5 Drill & Play Clinic
12:00-1:30pm				Beginner Clinic		
1:30-3:00pm						
3:00-3:30pm	Mighty Mites Junior Tennis	Mighty Mites Junior Tennis	Mighty Mites Junior Tennis	Mighty Mites Junior Tennis	Mighty Mites Junior Tennis	
3:30-4:30pm	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	
4:30-6:00pm	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	
6:30-8:00pm		3.5+ Drill & Play Clinic	Men's 4.0- League	Coed 4.5+ League		
7:30-9:00pm						





July Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00-7:00am							
7:00am-8:30am							
8:30-noon							
noon-2:30pm							
2:30-4:00pm		Kids Camp in Pool		Kids Camp in Pool			
6:00-6:30pm							
6:00-7:00pm							
7:00-9:45pm							

Pool Room Hours:

Monday-Friday: 5:55am-9:45pm

Saturday/Sunday: 6:30am-9:45pm