

August 2023 Newsletter



Homestead Owners Association & Court Club

August Events

Board & DRC Meeting
Friday, August 11 @ 9am

**Last Day of Summer
Tennis & Kids Camp**
Friday, August 11

**Fall Tennis and After School
Programs Begin**
Monday, August 21

Save the Date
Saturday, September 9
**End of Summer Party &
BBQ**
4:00-7:00pm

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



August Fitness News

Welcome to our newest personal trainer, Sawyer

Harden. Sawyer was born and raised in Colorado, where he attended the Colorado National Personal Training Institute. After graduating he received his NASM certified personal training certificate. Sawyer values helping his clients accomplish their fitness goals. As a trainer Sawyer uses science based formulas to create optimal training regimens; simplifying the human muscle and skeletal system will create a better understanding of how we can live a pain free, healthy lifestyle. He specializes in weight loss, nutrition coaching, injury prevention, corrective exercise, strength training, as well as mobility/stability movements. Together you will create a safe space where you can learn and transform yourself physically and mentally. To book a training session with Sawyer you can email him at Sawyer_Harden24@outlook.com or call/text him at 720-364-9124.



August Fitness Schedule Changes - Vinyasa Yoga with Sophie is moving to Fridays at 9:30am, beginning on Friday, August 4th. Primal Power with Noah is moving to Sundays at 5:30pm beginning on Sunday, August 6th. We hope that you will give these classes a try in August!

Children's Programming News

Summer Camp & Tennis Thank You! We would like to thank our campers, junior tennis players and staff for another wonderful summer season at Homestead! This summer had many memorable moments, and we are grateful we got to share and create them with your children. Camp was a great adventure with lots of hiking, park time, and a field trip to the Avon Library. Our junior tennis players and staff excelled on court this summer. We love seeing our future tennis stars working hard and having a blast on court! Our summer camp and tennis programs could not run without the enormous hard work, care and efforts that our summer camp and tennis staff give each and every day, especially our Camp Director, Jillian Labbe and Tennis Director, Eric Meyer and the rest of our wonderful staff: Reese Stricker, Aili Koski, Tatum Prigge, Ethan Green, Alexis Wible, Sam Bush, Chance Shimel and Jessie Allen! Thank you!!

After School Program 2022/2023

Homestead's action packed After School Program concentrating on education, fitness and creativity will begin on Monday, August 21st. Registration is open now, and spaces are limited. Fall Session Dates: August 21st - October 6th. Registration packets are available on our website, at the front desk or by email request to jillian@homesteadcourtclub.com.

Fall 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 August 21st. Registration forms are available at the front desk or on our website, hcchoa.com. Email completed registrations to kim@homesteadcourtclub.com

Reminder: The last day of Summer Tennis and Kids Camp is Friday, August 11th



End of Summer Party & BBQ

Please save the date for Saturday, September 9th, from 4:00-7:00pm for Homesteads Annual End of Summer Party & BBQ.

Help us celebrate the last days of summer with a live music performance, family games, jumpy houses, face painting, food & drinks, and a mechanical bull! Please plan to walk or carpool to the club if you can, as limited parking will be available. Party is for Homestead residents and members only please.

Please note the Club will be closing early at noon to prepare for the party.



Did you know that you can register for automatic payments to be deducted monthly from your checking or savings account? The Authorization for ACH form is available at the front desk or on our website, hcchoa.com

July Board & DRC Meeting Highlights

Our July Design Review Committee and Board meeting was held on Friday, July 14, 2023 at 9:00am. During the DRC meeting, the DRC approved installation of new roofing at Homestead Meadows, deck railings at 135 Remington Trail, windows and siding at 999 Gold Dust Drive and a mud room addition at 397A Edwards Village Boulevard. The DRC also approved the meeting minutes from the April 2023 DRC meeting. Additionally, the DRC had discussion on a request for a building setback variance, and there were two DRC agenda items that were staff approved this month. During the Board meeting, the Board approved the June Board meeting minutes and the May financials. During Matters Pending, the Board discussed plans to create a wildlife policy on Homestead's Open Space and an update on the HIVE PUD, noting that the application has been withdrawn from the County. During the Director's Report, the board discussed pickleball and tennis court repairs and improvements, sidewalks, trails, open space, xeriscaping and fire mitigation. The meeting adjourned at approximately 9:54am.

Children's Policy Reminders

We would like to remind parents to please be aware of our Club Children's Policies. We strive for Homestead to be a safe and fun environment for families to enjoy, while respecting our policies and others in the Club.

- All children under the age of 12 must be supervised by a responsible person who is at least 16 years old at all times, this includes inside the club, as well as outside at Homestead parks, trails, tennis courts, etc. If your child is under 12 and in a Homestead Program, please drop them off and pick them up with the instructor.
- 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.)
- **Children may not add individuals to the guest list.** A parent must register guests. Eagle County resident guests must pay the \$10 children's guest fee.
- 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 can use the weight room and cardiovascular area once they have been certified.
- Children under the age of 18 are not allowed to use the steam room.

If you have any additional questions about Homestead's Children's Policies please refer to our Membership Guidelines.

We're Hiring for the Fall & Winter

After School Program - Front Desk - Fitness & Swim Instructors

We are hiring part time staff for fall programs, and also looking for year round front desk associates. Starting at \$15+/hour, plus free club membership, discounts on personal training, tennis, clothing and more! Email kim@homesteadcourtclub.com for more information.



August Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Sundays
6:00-7:00am		Get Lifted (Hannah)		Get Lifted (Hannah)		
7:30-8:30am			ABSolutely Pilates (Kim)			
8:30-9:30am		8:30-10:30am Yoga for Everyone (Terry)			ABSolutely Pilates (Kim)*	
9:00-10:00am	20/20/20 (Noah)			S.I.T (Justin)	Board & DRC Meeting 8/11/23 @ 9:00am Meeting will be held in the Fitness Studio	
10:00-11:00am	HCC Kids Camp Class				9:30am Vinyasa Yoga (Sophie)	
2:30-5:15pm	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)		Primal Power (Noah)

Fitness News

August Fitness Schedule Changes:

Vinyasa Yoga with Sophie is moving to Fridays at 9:30am, beginning on Friday, August 4th. Primal Power with Noah is moving to Sundays at 5:30pm beginning on Sunday, August 6th.

We hope that you will give these classes a try in August!

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

Fall 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						4.0+ Drill & Play Clinic
10:30-noon				3.0-3.5 Drill & Play Clinic	Coed 3.0 League	10:00-11:30am 3.0-3.5 Drill & Play Clinic
12:00-1:30pm				Beginner Clinic		
1:30-3:00pm						
3:30-4:00pm	Mighty Mites Junior Tennis		Mighty Mites Junior Tennis		Mighty Mites Junior Tennis	
4:00-5:00pm	Superstars Jr. Tennis	Jr. Aces and HS Prep Tennis	Superstars Jr. Tennis	Jr. Aces and HS Prep Tennis	Superstars, Jr. Aces and HS Prep Tennis	
5:00-6:30pm	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	
6:30-8:00pm	Coed 4.0- League		Men's 4.0- League	Coed 4.5+ League		
7:30-9:00pm						





August 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