



Homestead Owners Association & Court Club

September Events

Labor Day

Monday, September 4

Hours: 6:00am - 5:00pm

No Group Fitness Classes

No Tennis Programs

No ASP/Kids Camp

Board & DRC Meeting

Friday, September 8 @ 9am

End of Summer Party

Saturday, September 9

Party from 4:00-7:00pm*

**please note the club is closing
early at noon for the party*

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



End of Summer Party & BBQ

Please join us on Saturday, September 9, 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 leave your pets at home. Thank you!

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



Children's Programming News

After School Program 2023/2024

Homestead's action packed After School Program is going on now. We offer our after school program from 3:00-6:00pm Mondays—Fridays throughout the school year. Pre registration is required and spaces are limited. Winter Session 1 dates are: October 16 - December 22, 2023.

Registration for Winter ASP and October & November Break Kids Camp Opens on:

9/11 for Homestead Owners and Tenant Members

9/18 for Non-Resident Members

9/25 for Non-Members

Registration forms can be found on our website, www.hcchoa.com. Please email completed registration forms to jillian@homesteadcourtclub.com.

October & November Break Kids Camp Registration Info

We will be offering two special day camps over the school breaks on October 9-13 and November 20-22. Our kids camp is guaranteed to be a fun filled day with a variety of different activities including educational projects, arts and crafts, games, outdoor activities, swimming and much more! Camp runs from 8:30a.m. to 5:15p.m, and is for children ages 5-12. Rates are \$40/day for members and \$50/day for non-members. Pre-registration is required and space is limited. Registration opens on the same dates listed above. No drop-ins allowed. For more info or to register, please visit www.hcchoa.com or email jillian@homesteadcourtclub.com.

Reminder: There is no After School Program on Labor Day, Monday, September 4.





Garbage Can Storage Reminder

Homestead would like to remind residents of the Eagle County Wildlife Protection and Waste Disposal Ordinance. Homestead will be working with, and reporting to, the County Sheriff's office any violations. Please note the following:

The Eagle County Wildlife Protection and Waste Disposal Ordinance requires that all trash, residential and commercial, be placed in a wildlife-resistant trash container when not inside a residence or business and prohibits placing these containers out for collection before 6 a.m. on collection day. The trash container must be removed from the collection area by 7 p.m. that evening.

If you leave your garbage can outside you will receive a warning from Homestead and a possible fine from the County.

August Board & DRC Meeting Highlights

Our August Design Review Committee and Board meeting was held on Friday, August 11, 2023 at 9:00am. During the DRC meeting, the DRC approved installation of a deck and hot tub at 783 Gold Dust Drive, a deck and hot tub changes at 654 Gold Dust Drive, an exterior remodel at 80 Creamery Trail, and installation of an AC unit at 540 Homestead Drive. The DRC also approved the meeting minutes from the July 2023 DRC meeting. Additionally, the DRC staff approved a roofing project at the Creamery Creek Townhomes. During the Board meeting, the Board approved the July Board meeting minutes and the June financials. During Matters Pending, the Board discussed Eagle County Open Space and Colorado Parks and Wildlife's plans for seasonal trail closures. 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 10:30am.

Fitness News

New Youth Strength Class & Gym Certification - Noah invites our ambitious youth members ages 12+ to his new Youth Strength class where they will get certified to use weights and cardio equipment while building confidence and developing a strong foundation for a healthy lifestyle. Youth Strength will be offered every Sunday from 4:30-5:30pm, beginning on Sunday, September 3. They will leave with a great workout and their gym certification to use the weight room and cardio areas.

Fall Tennis News

Fall Session 2 Junior Programs Begin October 16

Get your junior involved in a fun lifelong sport this fall! We offer junior clinics for ages 4 to 18 and welcome all ability levels. This fall we are offering an eight week session, beginning on October 16 and running through December 22, with no programs November 20-24. For days, times, and rates please visit our website, hcchoa.com. Please email completed junior tennis registration forms to kim@homesteadcourtclub.com

Registration for Fall Session 2 Tennis Programs Open on:

9/11 for Homestead Owners and Tenant Members
9/18 for Non-Resident Members
9/25 for Non-Members

Fall Session 2 Leagues Beginning October 16

Club leagues are a great way to meet some other players and improve your game! League registration forms are available on our website, hcchoa.com, or at the Front Desk. Please email completed league registration forms to eric@homesteadcourtclub.com

Please note there are no tennis programs on Labor Day.



Pickleball/Basketball Sport Court Upgrades

Our pickleball and basketball court will be getting a new state of the art sport court surface installed in September. The court will be closed the week of September 4-10 for construction. We are excited for our members to try out the new surface and would like to remind you that we require players to come in to reserve the court and sign off on our policies, including the use of loaner foam pickleballs when using our court. Thank you!



September 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 9/8/23 @ 9:00am	
9:30-10:30am					9:30am Vinyasa Yoga (Sophie)	
4:30-5:20pm	After School Program in Studio	After School Program in Studio	After School Program in Studio	After School Program in Studio	After School Pro- gram in Studio	Youth Strength and Gym Certification
5:30-6:30pm	Lift the Barre (Hannah)		Fit Happens (Jill)	SS Strength & Mobility (Noah)		Primal Power (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

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	Beginner Clinic	Men's 4.0– League	Coed 4.5+ League		
7:30-9:00pm						

