



# Homestead Owners Association & Court Club

## October Events

**Last Day of Fall Tennis Programs Session 1**  
Friday, October 6

**Fall Break Kids Camp**  
October 9-13  
Preregistration Required

**Board & DRC Meeting**  
Friday, October 13 @ 9:00am

**Fall Tennis Session 2 Junior Programs and Adult Leagues Begin**  
Monday, October 16

## 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



## New Fitness Classes for October

**Winter Sports and Dryland Conditioning** A functional fitness class involving movements that will help you optimize your body for any adventure. With a focus on plyometrics, core and unilateral movements you'll be ready to shred on the mountain, run an upcoming race, and add longevity to your athletic performance.

**Endurance Cycle** The ultimate athletic, cardiovascular, indoor cycling program to build a base for the biking season or simply get an incredible aerobic workout. This class has a focus on injury prevention, increasing your aerobic threshold, and using cadence and zone training to help reach your goals.

**Cycling** A high-energy, calorie burning indoor cycling workout that's filled with various types of intervals and drills to keep your heart pumping. A workout that's suitable for every level of athlete, and can be easily adjusted to fit personal goals.

**Visit our website, [hcchoa.com](http://hcchoa.com) for more info on class days and times.**

## Fall Swim Lessons

We are thrilled to welcome back Private Swim Coach, Jenny Carll, for the Fall/Winter season at Homestead! Jenny has been a resident of the Vail Community since 2010. From her time as a collegiate swimmer, Jenny has developed a passion for swim instruction at all ability levels. Private Lessons with Coach Jenny Carll will be available on Thursday and Friday evenings beginning on October 12.

Registration Opens:

9/25 - for Homestead Owners and Tenant Members

10/2 - for Non-Resident Members

10/9 - for Non-Members

Email questions and completed registrations to [kim@homesteadcourtclub.com](mailto:kim@homesteadcourtclub.com)



## Children's Programming News

We are 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 \$50/day for members and \$60/day for non-members. Pre-registration is required and space is limited. Registration is open now for both camp sessions. No drop-ins allowed. For more info or to register, please visit [www.hcchoa.com](http://www.hcchoa.com) or email [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com).

## October Tennis News

### **Fall Session 2 Junior Programs Begin October 16**

This nine week session is a great time to introduce a new junior into our program. Our tennis programs emphasize basic fundamentals, developing age appropriate techniques and having fun! We offer clinics for ages 4+ and all ability levels. Registration flyers are available at the front desk or on our website [www.hcchoa.com](http://www.hcchoa.com). Please turn completed registration into [kim@homesteadcourtclub.com](mailto:kim@homesteadcourtclub.com) or drop off at the front desk.

### **Fall Session 2 Leagues Begin October 16**

League play starts the week of October 16, and will run for nine weeks. We will take the week of November 20-24 off and resume play the following week. You must be a member to play on Homestead leagues. For more information or to submit completed registration please email [eric@homesteadcourtclub.com](mailto:eric@homesteadcourtclub.com).

**Reminder:** The last day of fall session 1 programs is Friday, October 6.



## September Board & DRC Meeting Highlights

Our September Design Review Committee and Board meeting was held on Friday, September 8, 2023 at 9:00am. During the DRC meeting, the DRC approved a fence and landscaping at 1077 Gold Dust Drive. The DRC also approved the meeting minutes from the August 2023 DRC meeting. During the Board meeting, the Board approved the August Board meeting minutes and the July financials. New Business included discussion concerning water use at the soccer field and the restrooms at the lower Homestead park. This item will be discussed again at the October meeting. During Matters Pending, the Board discussed Eagle County Open Space and Colorado Parks and Wildlife's plans for seasonal trail closures as well as plans for upcoming trail maintenance and changes including switchbacks to be created in some areas. During the Director's Report, the Board discussed repairs and improvements to sidewalks, installation of flashing pedestrian lights in Edwards, and a mill levy panel at Eagle County on September 13. The meeting adjourned at approximately 9:57am.

## Homestead & Eagle County "L" Open Space Reminders

- All Open Space and trails properties are open from sunrise to sunset.
- Motorized trail access, including electronic motors (e-bikes), ATV's, and OHV's is prohibited.
- No camping or fires allowed.
- Please pack out all trash or deposit in garbage cans - Leave no Trace.
- Pets must be leashed or under the owner's voice control at all times.
- Please clean up after your pet. Bags and trash cans are provided at most trailheads.
- Disturbing or harassing wildlife is prohibited. If wildlife is present, please keep pets leashed and give the wildlife their space.
- Stay on designated routes and trails. Remember, a muddy trail is a closed trail.
- Removal or collection of plants, animals, antlers/horns, fungi, or rocks is prohibited.
- All commercial operators must have a valid permit from Eagle County Open Space if operating on Open Space properties.
- Special events and programs are prohibited unless permission is granted by Eagle County Open Space or Homestead.
- Use of fireworks is prohibited.
- Hunting and hunting access is prohibited throughout Homestead Open Space and Eagle County L.
- Launching and flying of drones is prohibited.



# October Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Sundays
6:00-7:00am		Get Lifted (Hannah)	<b>Cycling (Nina)</b>	Get Lifted (Hannah)	<b>HIIT or Miss (Sawyer)</b>	
7:30-8:30am	<b>Integrated Dryland Conditioning (Nina)**</b>		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)	<b>Board &amp; DRC Meeting 10/13/23 @ 9:00am</b>	
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 Program in Studio	Youth Strength and Gym Certification (Noah)
5:30-6:30pm	Lift the Barre (Hannah)	<b>Winter Sports Conditioning (Sawyer)</b>	Fit Happens (Jill)	SS Strength & Mobility (Noah)	<b>Endurance Cycle (Nina)</b>	Primal Power (Noah)

## New Fitness Classes for October

**\*\*Integrated Dryland Conditioning** A functional fitness class involving movements that will help you optimize your body for any adventure. With a focus on plyometrics, core and unilateral movements you'll be ready to shred on the mountain, run an upcoming race, and add longevity to your athletic performance. Mondays from 7:30-8:30am, **beginning on Monday, October 9**

**Winter Sports Conditioning** Our Winter Sports Conditioning class concentrates on the most commonly used muscle groups and movements to help start out your season right and avoid injuries. Tuesdays from 5:30-6:30pm, beginning on Tuesday, October 3.

**Cycling** A high-energy, calorie burning indoor cycling workout that's filled with various types of intervals and drills to keep your heart pumping. A workout that's suitable for every level of athlete, and can be easily adjusted to fit personal goals. Wednesdays from 6:00-7:00am, beginning October 4.

**HIIT or Miss** HIIT Or Miss incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate, followed by short periods of rest. Improve stamina, increase strength, burn fat and keep the heart healthy by participating! Fridays from 6:00-7:00am, beginning October 6.

**Endurance Cycle** The ultimate athletic, cardiovascular, indoor cycling program to build a base for the biking season or simply get an incredible aerobic workout. This class has a focus on injury prevention, increasing your aerobic threshold, and using cadence and zone training to help reach your goals. Fridays from 5:30-6:30pm, beginning October 6.

## 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.

**ABSOLUTLY 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.

**CYCLING** — A high-energy, calorie burning indoor cycling workout that's filled with various types of intervals and drills to keep your heart pumping. A workout that's suitable for every level of athlete, and can be easily adjusted to fit personal goals. Wednesdays from 6:00-7:00am, beginning October 4.

**ENDURANCE CYCLE** — The ultimate athletic, cardiovascular, indoor cycling program to build a base for the biking season or simply get an incredible aerobic workout. This class has a focus on injury prevention, increasing your aerobic threshold, and using cadence and zone training to help reach your goals. Fridays from 5:30-6:30pm, beginning October 6.

**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!

**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 workout!

**HIIT OR MISS** — Incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate, followed by short periods of rest. Improve stamina, increase strength, burn fat and keep the heart healthy by participating! Fridays from 6:00-7:00am, beginning October 6.

**INTEGRATED DRYLAND CONDITIONING** — A functional fitness class involving movements that will help you optimize your body for any adventure. With a focus on plyometrics, core and unilateral movements you'll be ready to shred on the mountain, run an upcoming race, and add longevity to your athletic performance. Mondays from 7:30-8:30am, **beginning on Monday, October 9**

**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!

**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!

**WINTER SPORTS CONDITIONING** — Our Winter Sports Conditioning class concentrates on the most commonly used muscle groups and movements to help start out your season right and avoid injuries. Tuesdays from 5:30-6:30pm, beginning on Tuesday, October 3.

**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

**YOUTH STRENGTH & 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. They will leave with a great workout and their gym certification to use the weight room and cardio areas.

# Fall Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>6:00-7:30am</b>						
<b>7:30-8:30am</b>						7:30-8:30am Cardio Tennis
<b>8:30-10:00am</b>						4.0+ Drill & Play Clinic
<b>10:30-noon</b>				3.0-3.5 Drill & Play Clinic	Coed 3.0 League	10:00-11:30am 3.0-3.5 Drill & Play Clinic
<b>12:00-1:30pm</b>				Beginner Clinic		
<b>1:30-3:00pm</b>						
<b>3:30-4:00pm</b>	Mighty Mites Junior Tennis		Mighty Mites Junior Tennis		Mighty Mites Junior Tennis	
<b>4:00-5:00pm</b>	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	
<b>5:00-6:30pm</b>	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	
<b>6:30-8:00pm</b>	Coed 4.0– League	Beginner Clinic	Men's 4.0– League	Coed 4.5+ League		
<b>7:30-9:00pm</b>						

