



# Homestead Owners Association & Court Club

## December Events

**Homestead Holiday Party**  
**Sunday, December 3**  
Club Hours: 6:30am - noon  
Party Hours: 5:00-8:00pm

**Board of Directors and  
DRC Meeting**  
Friday, December 8  
9:00am in the Fitness Studio

**Last Day of Fall Tennis**  
Friday, December 22

**Winter Break Kids Camp**  
December 26-29  
January 2-5

**Winter Programs  
Registration Opens**  
12/4 for Homestead Owners &  
Tenant Members  
12/11 for NonResident Members  
12/18 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 Holiday Party

Please join us on Sunday, December 3, from 5:00-8:00pm for a festive party to celebrate the holidays! There will be live music, drinks and a light dinner catered by Vail Catering Concepts. We will also have jumpy houses, a mechanical bull, an arts & crafts room, holiday photo booth and of course Santa Claus will be making a special appearance. **Party is for Homestead residents and members only, we ask that all children under the age of 18 be accompanied by an adult.** Please note the club will be closing at noon to prepare for the festivities.



## December Fitness News

**Santa's Little Helpers Kids Fitness Class** ~ Time to get kids excited for the holidays with a simple yet fun, fitness class taught by Homestead personal trainers and designed for children ages 9-12. Festive attire is encouraged! This holiday themed class will make working out fun with a holiday relay race, hula hooping and more. This 55 minute class will be offered on Friday, December 22 at 10:00am. There is a \$10 fee per child. Register and pay at the front desk. Minimum of 5 children/maximum of 20.

**New Yin Yang Yoga Class** ~ We are pleased to announce the return of evening yoga classes on Wednesdays from 6:30-7:30pm with instructor Kenneth Howell. Yin Yang yoga is a combination of high-energy movement, much like vinyasa, which builds heat and energy promoting power and endurance, followed by the more relaxing practice of Yin to give us a deeper grounding and calm the nervous system. Pranayama (breathwork) and mindfulness are weaved into this balanced offering to ease transitions and promote presence. We hope you will give this new class a try on Wednesdays, beginning on November 29.

## Eagle County's Homestead L Open Space Mandatory Trail Closure For Winter 2023-24

Eagle County Open Space and Colorado Parks and Wildlife are implementing an area wildlife closure critical for wildlife habitat in the Homestead L Open Space. This closure will go into effect on December 1, 2023 and runs through April 15, 2024. There is a map of the closure area available on the Eagle County Open Space website: [https://www.eaglecounty.us/departments\\_\\_\\_services/open\\_space\\_\\_\\_natural/open\\_space/current\\_projects.php](https://www.eaglecounty.us/departments___services/open_space___natural/open_space/current_projects.php)

## Adopt A Family

Homestead will once again be "adopting" some local families in need of our help this holiday season. If you would like to donate to a family member please stop by or call the club to sign up after December 1. Gifts must be brought in by December 15.





## Winter Tennis Program Info

Winter junior tennis programs and adult club leagues will begin on Monday, January 8 and run through Friday, March 22. Registration forms can be found on our website or at the front desk now. Completed registrations will be accepted on:

12/4 - from Homestead Homeowners and Tenant Members

12/11 - from Non-Resident Members

12/18 - from Non-Members



## Holiday Hours:

### Homestead Holiday Party Sunday, December 3

Club Hours 6:30am-12:00pm  
Party from 5:00pm-8:00pm

**Christmas Eve**  
**Sunday, December 24**  
Club Hours 6:30am-12:00pm

**Christmas Day**  
**Monday, December 25**  
Club Closed

**New Years Eve**  
**Sunday, December 31**  
Club Hours 6:30am-5:00pm

**New Years Day**  
**Monday, January 1**  
Club Hours 8:00am-5:00pm

## November General Membership Meeting

### Board & DRC Highlights ~ Dues Increase for Owners

Our November General, Board & Design Review Committee Meeting was held on Friday, November 10, 2023 at 9:00am. During the DRC meeting, the DRC saw a submittal for a remodel/new construction at 210 Gold Dust Drive. The DRC approved meeting minutes from the October DRC meeting.

During the Board meeting, the Board approved the October Board meeting minutes and the September financials. The Board also approved the 2024 budget and dues level, with a \$10 per month/per property dues increase for Homestead owners beginning in January 2024, bringing dues to \$115 per month. Please see below for a note from the Board regarding the dues increase. During Matters Pending, representatives from Eagle County Open Space and Colorado Parks and Wildlife attended to provide information and answer questions on the seasonal trail closure on the Homestead 'L' Open Space beginning on December 1, 2023. Please see article on front page for more information. Matters Pending also included a presentation from Eagle River Water and Sanitation District regarding price increases for 2024. During the Director's Report, the Board discussed the Mtn. Rec District temporary Mill Levy reduction, upcoming reserve expenditures, and Edwards Metro Districts plans for repairs and improvements to Homesteads sidewalks. The meeting adjourned at approximately 11:40am.

### A Note From The Board Regarding Dues Increase

We know whenever dues increase, members want a sense of how long we will be at that level before the next increase. This is the first increase in 11 years. As you likely are already aware, costs are up significantly across a variety of areas. Insurance premiums, construction costs and personnel cost are all up significantly. It is very possible more increases will be needed in the coming years to keep up with rising costs, but we always look at a variety of options when we need to generate additional revenue. Outside member fees, program fees, lessons, etc. are other potential sources and we are always evaluating all of our pricing to be sure we remain reasonable and competitive while looking for ways to keep dues down. ~Homestead Board of Directors

## Children's Programming News

**Winter Break Kids Camp** ~ We are offering kids camp over the school breaks on December 26-29 and January 2-5. 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 8:30 a.m. to 5:15 p.m, and is for children ages 5-12. Rates are \$50/day for members and \$60/day for non-members.

**Winter Session 2 After School Program** ~ The next session of our After School Program runs from January 10 - March 22. Homestead's action packed After School Program concentrates on education, fitness and creativity. The program runs from 3:00p.m. to 6:00p.m. Monday through Friday.

### Registration for Winter Break Camp and Winter ASP Session 2 Opens:

12/4 - Homestead Owners and Tenant Members

12/11 - Non-Resident Members

12/18 - Non-Members

For more information or to register, please visit our website or email Jillian Labbe, [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com).

**Please note that the last day of Winter Session 1 ASP is Thursday, December 21. There is no after school program or kids camp on December 22, 25, or January 1.**



## December Fitness Schedule

|                     | <b>Mondays</b>                         | <b>Tuesdays</b>                        | <b>Wednesdays</b>              | <b>Thursdays</b>               | <b>Fridays</b>                                  | <b>Saturdays</b> | <b>Sundays</b>                              |
|---------------------|--|--|--------------------------------|--------------------------------|---|------------------|---|
| <b>6:00-7:00am</b>  |  | Get Lifted (Hannah)                    | Cycling (Nina)                 | Get Lifted (Hannah)            | HIIT or Miss (Sawyer)                           |                  |   |
| <b>7:30-8:30am</b>  | Integrated Dryland Conditioning (Nina) |  | ABSolutely Pilates (Kim)       |                                |   |                  |   |
| <b>8:30-9:30am</b>  |  | 8:30-10:30am Yoga for Everyone (Terry) |                                |                                | ABSolutely Pilates (Kim)                        | Cycling (Nina)   |   |
| <b>9:00-10:00am</b> | 20/20/20 (Noah)                        |  |                                | S.I.T (Justin)                 | <b>Board &amp; DRC Meeting 12/8/23 @ 9:00am</b> |                  |   |
| <b>9:30-10:30am</b> |  |  |                                |                                | 9:30am Vinyasa Yoga (Sophie)                    |                  |   |
| <b>4:30-5:20pm</b>  | 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) |
| <b>5:30-6:30pm</b>  | Lift the Barre (Hannah)                | Winter Sports Conditioning (Sawyer)    | Fit Happens (Jill)             | SS Strength & Mobility (Noah)  |   |                  | Primal Power (Noah)                         |
| <b>6:30-7:30pm</b>  |  |  | <b>Yin Yang Yoga (Kenneth)</b> |                                |   |                  |   |

## December Fitness News



***Santa's Little Helpers Kids Fitness Class*** ~ Time to get kids excited for the holidays with a simple yet fun, fitness class taught by Homestead personal trainers and designed for children ages 9-12. Festive attire is encouraged! This holiday themed class will make working out fun with a holiday relay race, hula hooping and more. This 55 minute class will be offered on Friday, December 22 at 10:00am. There is a \$10 fee per child. Register and pay at the front desk. Minimum of 5 children/

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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.

**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.

**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 work out!

**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!

**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.

**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.

**YIN YANG YOGA** — Yin Yang yoga is a combination of high-energy movement, much like vinyasa, which builds heat and energy promoting power and endurance, followed by the more relaxing practice of Yin to give us a deeper grounding and calm the nervous system. Pranayama (breathwork) and mindfulness are weaved into this balanced offering to ease transitions and promote presence.

**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.

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

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