

January 2024 Newsletter



Homestead Owners Association & Court Club

January Events

New Years Eve

Club Hours: 6:30am-5:00pm

New Years Day

Club Hours: 8:00am-5:00pm

Winter Break Kids Camp

January 2-5

Winter Tennis Begins

Monday, January 8

Osteoporosis Prevention Clinic

Tuesday, January 9

Winter After School Begins

Wednesday, January 10

Winter Swim Lessons Begin

Thursday, January 11

Board and DRC Meeting

Friday, January 12
9:00am

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



Homesteads Annual Meeting

The Annual Homeowners Association Meeting will be held at the Homestead Court Club on Tuesday, February 13th, at 6:00pm. Information regarding the annual meeting will be sent out to all Homestead homeowners with the February newsletter. There will be two board positions up for election, and there are two interested candidates so far: Norm Green and Joanna Kerwin (both are current board members). If you are interested in running for the Board, please attend the Board meeting on Friday, January 12 or email your information to the nominating committee-terickson@homesteadcourtclub.com. For more information about the annual meeting contact Tracy Erickson at the Club.

Winter Swim Lessons

We are thrilled to have Private Swim Coach, Jenny Carll, for the 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 January 11. Registration forms are available on our website or at the front desk.

Registration Opens:

Now - for Homestead Owners and Tenant Members

12/28 - for Non-Resident Members

1/4 - for Non-Members

Email completed registrations to kim@homesteadcourtclub.com



January Fitness News

Unlock Stronger Bones: Osteoporosis Prevention Clinic

Join us for an informative session on osteoporosis prevention with Certified Nutritionist and Personal Trainer Nina Aley! Key topics will include understanding osteoporosis, nutrition for bone health, safe and effective exercises, and lifestyle strategies for stronger bones. Empower yourself with knowledge and take steps towards stronger bones! This special event will be held on Tuesday, January 9th at 1:00pm and is free for Homestead members.

Personal Training Special with Sawyer Harden

Homestead Personal Trainer, Sawyer Harden, is offering a training special throughout January. Three sessions for \$195 (regular price \$255). 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. Buy your package at the front desk by January 31, and contact Sawyer at 720-364-9124 to schedule your sessions.



Adopt A Family Update

We would like to thank everyone who donated to our Adopt-A-Families this holiday season. We had an overwhelming response from members wanting to help out the families we adopted. The families are very grateful to be “adopted” and would like to thank you for your generous donations!

Homestead Tennis News

Registration is open now for our winter junior tennis programs and club leagues. Winter programs begin on Monday, January 8 and run through Friday, March 22. Registration forms are available on our website or at the front desk now. Our junior tennis programs are a fun and healthy activity that will benefit your child at any age. Let our experienced tennis professionals help lead the way to your child's tennis success. Our programs focus on fun while building technical and competitive skills and encouraging social interaction. Your child benefits from personalized attention in a professional atmosphere where his or her strengths and goals are maximized. Email Eric@homesteadcourtclub.com for more information about our tennis programs!

December Board Meeting Highlights

Our December Board Meeting was held on Friday, December 8, 2023 at 9:00am. The DRC meeting was canceled. During the Board meeting, the Board approved the November Board meeting minutes and the October financials. New Business included discussion on party wall agreements. The Board approved language from our attorney to be added to our approval process. New Business also included discussion on the 2024 Board election. Two Directors terms are expiring, Norm Green and Joanna Kerwin, and both stated they would like to run for re-election. No other candidates have reached out to the Nominating Committee so far. During Matters Pending, the Board set the annual meeting date for February 13, 2024 at 6:00pm. The Board also closed discussion on Eagle County Open Space and Colorado Parks and Wildlife trail closure and Eagle County maintenance of trail easements until the Spring. During the Director's Report, the Board discussed upcoming reserve expenditures, Edwards Metro Districts plans for repairs and improvements to Homesteads sidewalks, trails and open space. The meeting adjourned to executive session at approximately 9:33am.

Children's Programming News

Winter 2024 After School Program Begins January 10: The next session of our After School Program runs from January 10 - March 22. The program runs from 3:00p.m. to 6:00p.m. Monday through Friday. For more info or to register, please email jillian@homesteadcourtclub.com.

February Break Kids Camp: Homestead is offering a special session of all day kids camp over the February school break. Camp dates are February 26-March 1. Our kids camp program is guaranteed to be a fun filled day with a variety of different activities including educational projects, arts and crafts, games, 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. Registration forms are available on our website and at the front desk. For more info or to register, please email jillian@homesteadcourtclub.com.

Upcoming Closures: Please note that our after school program and kids camp will be closed on January 8, 9 & 15.

Snow Plowing & Shoveling Reminders

Eagle County has asked us to share some information regarding snowplowing and shoveling in Homestead. **From Eagle County Road & Bridge Department:** *To ensure efficient snow removal operations and to protect the safety of the traveling public, residents and snowplowing contractors are reminded to abide by Eagle County's snow removal guidelines:*

- Do not plow, blow or shovel snow or other debris from your driveway onto the roadway or sidewalks. Residents are advised to wait to shovel driveways until snowplows have finished.
- Snow removal from your residential access is your responsibility and shall be stored on your property.
- It is the responsibility of the property owner to inform anyone hired for snow removal of these guidelines.

Clearing the roads of snow to allow for the safe passage of residents, emergency response vehicles, school buses and other motorists is a critical function of the Eagle County Road & Bridge Department. Those who place snow or other objects in the county rights-of-way may be in violation of Colorado Revised Statutes 18-9-107, obstructing highway or other passageway, a class 3 misdemeanor. Those found in violation are subject to fines of up to \$750 and/or up to six months jail time. Thank you for your cooperation in keeping our roadways safe. Questions, concerns and suggestions may be directed to Road & Bridge at 970-328-3540



January* Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00-7:00am		Get Lifted (Hannah)	Cycling (Nina)	Get Lifted (Hannah)	HIIT or Miss (Sawyer)		
7:30-8:30am	Integrated Dryland Conditioning (Nina)		ABSolutely Pilates (Kim)				
8:30-9:30am		8:30-10:30am Yoga for Everyone (Terry)			ABSolutely Pilates (Kim)	Cycling (Nina)	
9:00-10:00am	20/20/20 (Noah)			S.I.T (Justin)	Board & DRC Meeting 1/12/23 @ 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 Program in Studio		Youth Strength and Gym Certification (Noah)
5:30-6:30pm	Lift the Barre (Hannah)	Winter Sports Conditioning (Sawyer)	Fit Happens (Jill)	SS Strength & Mobility (Noah)			Primal Power (Noah)
6:30-7:30pm			Yin Yang Yoga (Kenneth)				

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Unlock Stronger Bones: Osteoporosis Prevention Clinic

Join us for an informative session on osteoporosis prevention with Certified Nutritionist and Personal Trainer Nina Aley! Key topics will include understanding osteoporosis, nutrition for bone health, safe and effective exercises, and lifestyle strategies for stronger bones. Empower yourself with knowledge and take steps towards stronger bones! This special event will be held on Tuesday, January 9th at 1:00pm and is free for Homestead members.

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***Please note that all fitness classes are canceled on New Years Eve and New Years Day**

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
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						

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





December 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							
5:00-6:30pm				Swim Lessons (Jenny)	Swim Lessons (Jenny)		
6:00-7:00pm							
7:00-9:45pm							

Pool Room Hours:

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

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