



February 2024 Newsletter

Homestead Owners Association & Court Club

February Events

Board & DRC Meeting

Friday, February 9
at 9:00am

Homestead's General Meeting

Tuesday, February 13 @ 6pm
*No Group Fitness Classes
will be held on this evening

Clubhouse Kids Camp

February 26-March 1
8:30am-5:15pm

No Junior Tennis Programs

February 26-March 1

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's General Meeting

The Annual Homeowners' Association meeting will be held on Tuesday, February 13, at 6:00pm at the Court Club, upstairs in the Group Fitness Studio. The agenda and proxy for the meeting has been included on a separate sheet in this mailing to all Homestead homeowners. There will be two board positions up for election, and there are two interested candidates: Norm Green and Joanna Kerwin (both are current board members). See the enclosed General Meeting Report for more information on the candidates running for the board. The draft meeting minutes from the 2023 annual meeting and 2024 budget are available on our website, hcchoa.com. If you are unable to attend the meeting, please consider submitting your proxy to ensure we reach quorum to host the meeting. For more information on the meeting contact Tracy Erickson at the Club.

Please note that Colorado law requires notification by mail for both our General meeting and budget meeting. If you do not traditionally receive a newsletter in the mail, you will still receive mailings for these two meetings annually.

Children's Programming News

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, hcchoa.com. Limited space is available and must be confirmed by Jillian Labbe. Last day to register is February 19.

Spring 2024 After School Program Information: The next session of our After School Program begins on March 25 and will run through May 31. The program runs from 3:00p.m. to 6:00p.m. Monday through Friday. Registration for the Spring After School Program Opens On:

- 2/12 - Homestead Owners and Tenant Members
- 2/19 - Non-Resident Members
- 2/26 - Non-Members

Upcoming Closures: Please note that our after school program & kids camp will be closed on February 5 & 6.

For more information or to register, please visit our website or email Jillian Labbe, jillian@homesteadcourtclub.com.



January Board Meeting Highlights

Our January Board & DRC Meetings were held on Friday, January 12, 2024 at 9:00am. The DRC approved a remodel/new construction project at 210 Gold Dust Drive as well as a roofing variance at the Homestead Meadow townhomes. The DRC approved the meeting minutes from the November DRC meeting. During the Board meeting, the Board approved the December Board meeting minutes and the November financials. New Business included approval of the 2024 General Meeting Agenda (enclosed on a separate sheet). Matters Pending 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 the Director's Report, the Board discussed upcoming reserve expenditures, Edwards Metro Districts plans for repairs and improvements to Homesteads sidewalks, and updates on other local area developments. The meeting adjourned at approximately 10:05am.

Spring Tennis Programs

Spring junior tennis programs and adult tennis leagues will begin the week of March 25 and will run through May 31.

Reminder: There are no junior programs from February 26—March 1 or over Spring Break, April 22-26.

Registration for Spring Tennis Programs open:

2/12 - Homestead Owners and Tenant Members

2/19 - Non-Resident Members

2/26 - Non-Members

VMS High School Tennis Team practice will begin on Monday, February 26. The team will be practicing on the indoor courts on Mondays through Fridays from 6:00-7:30am.

Tennis Court Booking Reminders

With winter in full swing our courts are as busy as ever. We are doing our best to accommodate all tennis players, and ask that you consider others and cancel as soon as possible if you will not be able to make your reservation. We would like to remind you of a few of our booking policies:

- Homestead owners and their tenants may book courts two days in advance.
- Non-resident members may book courts one day in advance.
- If you book a court, you must play during that time. No booking for others.
- Cancellations must be made at least 3 club hours in advance. Late cancellations and no shows will be charged at \$20 fee. If you late cancel multiple times, your booking privileges may be suspended or revoked.



Winter Swim Lessons

Coach Jenny Carll is offering another session of four private swim lessons beginning on Thursday, February 8 and running through Friday, March 8, with no lessons on February 22 & 23. 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 are offered on Thursday and Friday evenings. Limited spaces are available. Registration forms are available on our website or at the front desk. Email completed registrations to kim@homesteadcourtclub.com



February Fitness News

February Schedule Changes:

- Nina Aley will be teaching Hannah's Lift the Barre on Mondays at 5:30pm and Get Lifted on Tuesdays at 6:00am.
- Jill Gore will be taking over Justin's S.I.T class on Thursdays at 9:00am.
- Hannah's Thursday 6:00am Get Lifted has been temporarily taken off the schedule for the month of February.
- Sawyer's Winter Sports Conditioning Class is canceled on Tuesday, February 13 due to our Annual HOA Meeting.



February* Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00-7:00am		Get Lifted (Nina)	Cycling (Nina)		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 (Jill)	Board & DRC Meeting 2/9/24 @ 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 (Nina)	Winter Sports Conditioning (Sawyer)	Fit Happens (Jill)	SS Strength & Mobility (Noah)			Primal Power (Noah)
6:30-7:30pm		Annual HOA Meeting 2/13/24 @ 6:00pm	Yin Yang Yoga (Kenneth)				

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- Jill Gore will be taking over Justin's S.I.T class on Thursdays at 9:00am.
- Hannah's Thursday 6:00am Get Lifted has been temporarily taken off the schedule for the month of February.
- Sawyer's Winter Sports Conditioning Class is canceled on Tuesday, February 13 due to our Annual HOA Meeting.

***Please note that Winter Sports Conditioning with Sawyer is canceled on Tuesday, February 13, as our Annual HOA Meeting will be held in the Fitness Studio that evening.**

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						

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- Please remember to keep an eye on the time and wrap up your play prior to the end of your court time.