



Homestead Owners Association & Court Club

March Events

Board & DRC Meeting
Friday, March 8
at 9:00am

**Summer Camp
Registration Opens**
3/11 Owners & Tenants
3/18 Non-Resident members
3/25 Non Members

**Spring Tennis and After
School Programs Begin**
Monday, March 25

Homestead Easter Party
Saturday, March 30
10:00am—noon

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 Easter Party

Please join us on Saturday, March 30, from 10am-12pm, for a fun filled Easter party including an Easter egg hunt for ages 1-9, bouncy houses, face painting, balloon artist, arts & crafts, coffee, pastries and, of course, a visit from the Easter Bunny. Don't forget to bring your Easter baskets. Please note, the egg hunt will begin at 10:30am and will be held outside rain, snow or shine! Other activities will be held on the indoor tennis courts. Party is for Homestead residents and members only, and all children must be accompanied by an adult. We hope to see you!



Free Anti-Inflammatory Nutrition Clinic

Join Certified Nutritionist and Personal Trainer Nina Aley for a free clinic to learn how to reduce inflammation in the body by limiting certain foods and giving you tools to sustain a diet that supports longevity! Ultimately, the goal will be to increase your overall health through developing a sustainable diet that largely eliminates processed foods. Wednesday, March 20th at 5:00pm at the Club. Sign up at the Front Desk.



Volleyball Coaching with Mackie



Mackie was born and raised in the Vail Valley. She grew up playing on Elite volleyball clubs in Denver for 8 years. She consistently played in Division one tournaments and successfully made it to the Junior Olympics 2 times. Mackie also played on the Battle Mountain Varsity Volleyball team all 4 years. Making it to States her senior year and getting All-State Honorable Mention along with Player of the Year honors. She was asked to walk on as a Defensive Specialist at Colorado State University, but chose to stay in the Vail Valley to start coaching. Mackie has been a coaching for 9 years and has had great success. She coaches skills and technique to help young athletes become a greater volleyball player. Contact Mackie at 970-331-4833 to schedule a clinic.

February Board Meeting Highlights

Our February Board Meeting was held on Friday, February 9, 2024 at 9:00am. There was no DRC meeting held in February. During the Board meeting, the Board approved the January Board meeting minutes and the December financials. Member Input included a request to investigate the possibility of an online reservation system for tennis court booking and questions on ball machine booking policies. New Business included discussion on the indoor tennis court ceiling and plans for upcoming repairs and maintenance to both the indoor and outdoor courts. 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 10:54am.

Homestead General Meeting Report and Election Results

This year's meeting was held on Tuesday, February 13, at 6:00pm. Thank you to everyone who attended and participated in person or by proxy. Two seats for the Board of Directors were up for election. There were two candidates on the official ballot and there were no additional nominations from the floor. Norman Green and Joanna Kerwin were elected to the Board by acclaim. Board President Erin Allen discussed the general state of the HOA and Court Club, mentioning upcoming plans for 2024. Allen also gave an overview of Homestead's financials. Homestead's attorney, TJ Voboril, provided annual HOA education focusing on a new corporate transparency act reporting requirement that will apply to HOAs. New Business included a presentation by Eric Lovgren, representing Eagle County Wildfire Mitigation, on the importance of fuel breaks and urban interface mitigation to reduce fire risks in our community. Please visit our website for more fire safety resources. Paul Backes, CPA, from McMahan and Associates, presented three IRS required resolutions regarding capital contributions, transferring funds from the operating account to replacement account, and excess income applied towards subsequent year's expenditures. Finally, the Board opened the floor to questions/comments. Topics included icy walkways, reserve funds and questions on if HOA funds are FDIC insured, a suggestion to move HOA money into Treasuries and questions on how the Homestead "L" trail closure is going. The meeting adjourned at 7:15pm.

Homestead Summer Camp

Clubhouse Summer Camp is proud to present another exciting summer for our campers at Homestead including ten action-packed theme weeks including: Adventure week, Smash, Boom, Best Debate week, All Things Creative week, Party in the USA week, Homestead's Got Talent week, S.T.E.A.M week and more. Our kids camp program is guaranteed to be a fun filled day with a variety of different activities including educational projects, outdoor time, arts & crafts, games, and more! Additionally, professional tennis instruction is available for campers to add on to their summer experience. Registration packets are available now on our website, www.hcchoa.com.

Registration opens:

Monday, March 11 – Homestead owners and tenants

Monday, March 18 – Non-resident members

Monday, March 25 – Non-members

Email jillian@homsteadcourtclub.com for more information.



Spring Tennis News

Spring tennis programs will begin the week of March 25 and will run through May 31. There are no junior programs over Spring Break April 22-26. Registration forms are available online or at the front desk now.

Reminder: The last day of Winter Tennis is Friday, March 22.

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.



March* Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00-7:00am					HIIT or Miss (Sawyer)		
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 (Jill)	Board & DRC Meeting 3/8/24 @ 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		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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* Please note this schedule has been updated as of 2/28/24. All of Nina and Hannah's Fitness classes have been taken off the schedule for March.

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.

Spring 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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Reminder: The last day of Winter Tennis is Friday, March 22.

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.





March 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