## April 2024 Newsletter



### April Events

Pool Room Closed for Annual Cleaning April 7th-13th

Board & DRC Meeting Friday, April 12th at 9:00am

Summer Tennis Registration Opens April 1st - Owners & Tenants April 8th - Non-resident members April 15th - Non-members

**April 22nd - 26th** Kids Camp Closed No Junior Tennis Programs

#### General Club Information



Homestead Owners Association & Court Club

## **Contact Information Update**

We are in the process of updating our Club software and will be switching from mailing monthly billing statements to emailing out billing statements. We will need a valid email address for every account. We will only use the email you provide for billing and HOA business. Please note this is different from our constant contact email list for monthly newsletter emails. Please email email@homesteadcourtclub.com with your name, membership number, phone number and preferred email address so we can ensure we have all the proper info on file prior to our updates. Thank you for your support!

### Get Summer Ready with Sawyer

Join Certified Personal Trainer, Sawyer Harden, this April for an intermediate to advanced level four-week group training program to get you in the best shape for all your favorite summer activities. Sawyer will be offering this focused group training on either Mondays and Wednesdays at 11:00am or on Tuesdays and Thursdays at 5:30pm, with a maximum of four participants per group. Program dates are April 1st - April 25th. Program price is \$360 for members and \$520 for nonmembers. Sign up at the front desk!

### **Outdoor Tennis Court Construction**

We are pleased to announce upgrades to our outdoor courts and walkway beginning in April. We will be resurfacing courts 1-4, installing new fencing and updating the walkway in between the courts. Demolition and removal of the current fencing is scheduled to begin on April 1st, weather permitting. The project is scheduled to be completed sometime in August. We will be posting updates throughout the project via newsletter, our website and on our social media pages. We understand this will cause some temporary inconveniences, but can't wait to see you on our beautiful new courts this fall! The outdoor clay courts will be open for the summer beginning the first week in June, weather permitting.

### Pool Area Closing For Annual Deep Cleaning

Our annual pool area deep cleaning is set to begin on Sunday, April 7th. The entire pool area, including hot tub, steam room, and pool will be CLOSED during this time. The project is scheduled to be completed by Saturday, April 13th, and the pool area will open back up on Sunday, April 14th. Thank you for your patience as we work to improve the club!





## Homestead Summer Camp

Clubhouse Summer Camp is proud to present another exciting summer for our campers at Homestead including ten action-packed theme weeks. Summer Camp is offered Mondays-Fridays from 8:30am-5:15pm. Summer dates are June 3rd through August 9th, with no camp on July 4th. 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 is open now. Please note some weeks are filled already, but we do have a waitlist. Registration packets are available on our website, www.hcchoa.com. Email jillian@ homsteadcourtclub.com for more information.

*Please note* Kids Camp will be closed April 22nd-26th.

# March Board Meeting Highlights

Our March Board Meeting was held on Friday, March 8th, 2024 at 9:00am. There was no DRC meeting held in March. During the Board meeting, the Board approved the February Board meeting minutes and the January financials. New Business included an update on plans for a wildfire mitigation project on 40 acres of the Eagle County owned Homestead L Open Space this Spring. The Board also discussed the possibility of adding mitigation on some areas of Homestead Open Space. 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.

# Summer Junior Tennis Programs

#### Summer Tennis Programs Begin June 3rd

This summer we will again be offering a 10 week junior program in the afternoons, with Mighty Mites offered from 3:00-3:30pm, Superstars, Junior Aces and High School Prep from 3:30-4:30pm, and High School Advanced/JET from 4:30-6:00pm. Our junior clinics are designed specifically for the needs of junior players to foster

learning and keep your children having fun! All junior programs will be offered Monday-Friday this summer. We are excited for a fun filled summer of tennis at Homestead!

#### **Registration Opens:**

- 4/1 Homestead Owners/Tenants
- 4/8 Non-Resident Members
- 4/15 Non-Members

Email completed registrations to kim@homesteadcourtclub.com.

# **Property Maintenance Reminder**

Residents of Homestead are being reminded to maintain their properties in accordance with the Homestead Covenants, Conditions, and Restrictions. Keeping your property well maintained is important for you and your neighborhood. Good housekeeping and maintenance practices keep property values at a higher level and limit health and safety hazards, in addition to a better quality of life. Homestead guidelines state:

"Each Lot at all times shall be kept in clean, sightly and wholesome condition. No trash, litter, junk, boxes, containers, bottles, cans, implements, machinery, lumber or other building materials shall be permitted to remain exposed upon any Lots so that same are visible from any neighboring Lot or street, except as necessary during the period of construction."

We would like to remind you that now is a great time to do a spring cleaning of your property. If, in our travels, we see that some maintenance is needed on your property, we will notify you of our observations. Our goal is to establish a dialog with you that will insure your property is brought into compliance in a timely manner, serving both the Association's needs and your own. For those of you who are planning exterior work,

please remember that any landscaping/exterior changes and/or improvements must be applied for and approved by the DRC. If you have any questions or comments, please feel free to give us a call at 926-1067. ~Homestead DRC







# **April Fitness Schedule**

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00- 7:00am		Get Lifted (Hannah)		Get Lifted (Sawyer)	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 4/12/24 @ 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			Fit Happens (Jill)	SS Strength & Mobility (Noah)			Primal Power (Noah)
6:30- 7:30pm			Yin Yang Yoga (Kenneth)				

# **April Fitness News**

Get Lifted is back on Tuesday and Thursday mornings at 6:00am! Hannah will be teaching on Tuesdays and Sawyer will be teaching on Thursdays for the month of April.

# Get Summer Ready with Sawyer

Join Certified Personal Trainer, Sawyer Harden, this April for an intermediate to advanced level four -week group training program to get you in the best shape for all your favorite summer activities. Sawyer will be offering this focused group training on either Mondays and Wednesdays at 11:00am or on Tuesdays and Thursdays at 5:30pm, with a maximum of four participants per group. Program dates are April 1st - April 25th. Program price is \$360 for members and \$520 for non-members. Sign up at the front desk!

# **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.

**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!

**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!

**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						

### Spring Tennis Dates: March 25 - May 31 (no junior programs April 22-26)

# Summer Junior Tennis Program Info

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This summer we will again be offering a 10 week junior program in the afternoons, with Mighty Mites offered from 3:00-3:30pm, Superstars, Junior Aces and High School Prep from 3:30-4:30pm,

and High School Advanced/JET from 4:30-6:00pm. Our junior clinics are designed specifically for the needs of junior players to foster learning and keep your children having fun! All junior programs will be offered Monday-Friday this summer. We are excited for a fun filled summer of tennis at Homestead!

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Email completed registrations to kim@homesteadcourtclub.com. Please note that turning in registration does not guarantee availability.

