

July 2024 Newsletter



Homestead Owners Association & Court Club

July Events

Wednesday, July 3

Club Hours:

5:55am-7:00pm

No evening Fitness Classes

Thursday, July 4

Club Hours:

5:55am-5:00pm

No Kids Camp

No Junior Tennis Programs

No Group Fitness Classes

Board & DRC Meeting

Friday, July 12 @ 9am

Swim Team Begins

Wednesday, July 17

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

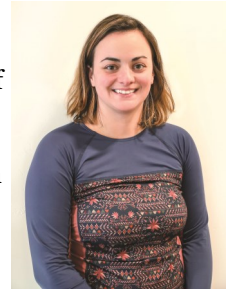


Contact Information Update

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!

Summer Swim Team

HCC Swim Coach Jenny Carll will be offering another session of swim team beginning on July 17 and running through August 8. Swim team is held on Wednesdays and Thursdays from 5:00-6:00pm. Swim team is for children ages 6 years and up who can swim multiple lengths independently and have base knowledge of freestyle and backstroke. Registration forms are available at the front desk and on our website.



Fall Children's Programs

After School Program 2024/2025

Homestead's action packed After School Program concentrating on education, fitness and creativity will begin on Tuesday, August 20th. We offer four sessions throughout the school year. Fall Session dates are 11th, with no program on Labor Day (9/2). You choose the day or days of the week that work best for your schedule. Registration packets are available online and at the front desk now. We will begin accepting completed registration for the Fall Session on:

7/15 from Homestead Owners and Tenant Members

7/22 from Non-Resident Members

7/29 from Non-Members

Email completed after school program registration to jillian@homesteadcourtclub.com



Fall Junior Tennis Programs

Get your junior involved in a fun lifelong sport this fall! We offer junior clinics for ages 4-18 and welcome all ability levels. This fall we are offering an eight week session, beginning on August 19th. Registration packets will be available online and at the front desk beginning on Monday, July 3rd. We will begin accepting completed registrations on:

7/15 from Homestead Owners and Tenant Members

7/22 from Non-Resident Members

7/29 from Non-Members

Email completed junior tennis registrations to kim@homesteadcourtclub.com



Wildfire Preparedness

We would like to remind our residents to take time to think about your emergency plan, what steps you can take to reduce wildfire risk and to be prepared for wildfire season in Colorado. Please visit our Fire Safety Resources page on our website for the Homestead Emergency Evacuation Map, as well as wildfire risk reduction safety tips and many other resources. Eagle Valley Wildland is once again offering free chipping in July. Please watch for a sign with dates at the intersection of Edwards Village Boulevard and Homestead Drive. **Homesteads DRC is temporarily allowing trimming of branches and shrubs without prior approval from July 1-15, 2024 for the purpose of reducing wildfire risk in the neighborhood.** Please Contact Tim Swaner with any questions regarding the chipping program: tswaner@eagleriverfire.org or visit our website to see the informational flyer.

June Board & DRC Meeting Highlights

Our June board & DRC meeting was held on Friday, June 14, 2024 at 9:00am. The DRC approved a remodel/new construction project at 139 Spring Creek Court, a deck at 170 Arlington Place, a fence at 202 Russell Trail, a railing at 13 Fremont Road, and an AC unit at 89 Creamery Trail. The DRC also discussed HB 24-1091 regarding fire hardened/resistant building materials. The DRC approved the meeting minutes from the January DRC meeting. During the board meeting, the board approved the April board meeting minutes and the March and April financials. Member Input included discussion regarding the Homestead L Open Space, emergency egress access, the sidewalk project, ebike usage and street and construction parking. New Business included discussion on the Montessori School lease and discussion on the possibility of adding split rail fencing along the Eco Trail from US Hwy 6 to Edwards Village Boulevard. Matters Pending included an update on the wildfire mitigation project happening on the Eagle County owned Homestead L Open Space and on Homestead Open Space. During the Director's Report, the board discussed the tennis court project, the sidewalk project, and the ECOS maintenance agreement. The meeting adjourned to executive session at approximately 10:45am.

July Fitness News

Welcome New Trainer & Fitness Instructor, Braedan Stewart

Braedan has an extensive background in health and fitness. He worked in the Adult Fitness program at CSU, designed and ran summer strength and conditioning for CSU Football team, trained middle school and high school basketball and football teams in Northern Colorado and has also worked with NCAA athletes. Over the past year and a half, he has created exercise prescriptions for cancer patients as well as worked in Cardiac Rehab at CU Anschutz and now Shaw Cancer Center/ Vail Health. He has a bachelors degree in Exercise Science from CSU, and is a Certified Exercise Physiologist. Braedan is accepting new training clients on evenings and weekends at Homestead.



Join Braedan for his invigorating Silver Sneakers class tailored for seniors looking to stay active and socialize! This dynamic class combines low-impact exercises, stretching, and strength training to improve full body mobility, balance, and overall fitness. Whether you're a beginner or seasoned fitness enthusiast, our welcoming environment ensures everyone can participate at their own pace while having fun and building community bonds. Come join us and step into a healthier, happier you! Fridays from 12:00-1:00pm, beginning on Friday, July 5.

Volleyball Clinics and Privates with Mackie Ellison

Mackie will be offering beginner & intermediate level clinics as well as private volleyball lessons in July. She has availability on Mondays and Tuesdays for private lessons, and will offer a beginner clinic on Wednesdays from 1:00-2:00pm, and an intermediate clinic on Wednesdays from 2:00-3:00pm. Please contact Mackie at 970-331-4833 to schedule lessons or to reserve a space in one of her clinics.

Outdoor Court Construction Update

Our outdoor court construction project is underway and is going well. Concrete has been poured, new fencing has been installed on the clay courts, with plans to install the new fencing and paint the hard courts beginning in July. There is still limited access to the back entrance to the club, and no access through the outdoor tennis court walkway. Please use caution when near the construction area. We can't wait to see you on our beautiful new courts this fall!



July Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:00-7:00am		Get Lifted (Hannah)		Get Lifted (Hannah)	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				S.I.T (Jill)	Board & DRC Meeting 7/12/24 @ 9:00am
9:30-10:30am					9:30am Vinyasa Yoga (Sophie)
11:00am-12:00pm					Kids Camp Fitness Class
12:00-1:00pm	Water Aerobics (Sawyer)				Silver Sneakers (Braedan)
2:30-5:15pm	Kids Camp in Studio	Kids Camp in Studio	Kids Camp in Studio	Kids Camp in Studio	Kids Camp in Studio
5:30-6:30pm	Lift the Barre (Hannah)		Fit Happens (Jill)		
6:30-7:30pm			Yin Yang Yoga (Kenneth)		

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Fitness Class Descriptions

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!

SILVER SNEAKERS — This class is tailored for seniors looking to stay active and socialize! This dynamic class combines low-impact exercises, stretching, and strength training to improve full body mobility, balance, and overall fitness. Whether you're a beginner or seasoned fitness enthusiast, our welcoming environment ensures everyone can participate at their own pace while having fun and building community bonds. Come join us and step into a healthier, happier you!

S.I.T. — “Strength and Interval Training” Another high energy conditioning class utilizing the step, bosu, weights and intervals to keep your heart pumping!

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

Summer Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:30am						
7:30-8:30am	8:00-8:30am League Warm Up					7:30-8:30am Cardio Tennis
8:30-10:00am	Coed 3.0 League					4.0+ Drill & Play Clinic
10:30-noon				3.0-3.5 Drill & Play Clinic		10:00-11:30am 3.0-3.5 Drill & Play Clinic
12:00-1:30pm				Beginner Clinic		
1:30-3:00pm						
3:00-3:30pm	Mighty Mites Junior Tennis		Mighty Mites Junior Tennis		Mighty Mites Junior Tennis	
3:30-4:30pm	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	
4:30-6:00pm	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	
6:00-8:00pm			Men's 4.0- League	Coed 4.5+ League		
7:30-9:00pm						

Summer Tennis Dates: June 3 - August 9
(no programs 7/4)

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 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! We still have room for all age groups. Registration forms are available at the front desk or on our website. Email completed registrations to kim@homesteadcourtclub.com.



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