



Homestead Owners Association & Court Club

October Events

Fall Swim Programs Begin

Monday, September 30

Free Nutrition Discussion Digestive Wellness

Tuesday, October 8 @ 5:30pm

Board & DRC Meeting

Friday, October 11 @ 9:00am

Last Day of Fall Tennis Programs Session 1

Friday, October 11

Fall Break Kids Camp

October 14-18

Fall Tennis Session 2 Begins

Monday, October 21

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



Fall Programming News

Fall Swim Programs

We are thrilled to announce that we have two new instructors, Justin Jones and Annie Egan, joining us this fall for private lessons, swim float swim group (for 3-5 year olds), swim team prep and swim team. Fall swim programs are a five week session beginning on Monday, September 30 and running through Friday, November 8 (with no programs October 14-18). Registration forms are available at the front desk or on our website. Please email completed registrations to kim@homesteadcourtclub.com.

After School Program Fall Session 2

We offer our After School program from 3:00-6:00pm Mondays—Fridays throughout the school year. Pre-registration is required and spaces are limited. Fall Session 2 dates are: October 21 - December 19, 2024, with **early pickup at 5:30pm on Halloween**. Registration forms are available at the front desk or on our website. Email completed registration to jillian@homesteadcourtclub.com.

October & November Break Kids Camp Information

We will be hosting two special day camps over the school breaks on October 14-18 and November 25-27. Our kids camp is guaranteed to be a fun filled day with a variety of different activities including educational projects, arts and crafts, games, outdoor activities, swimming and much more! Camp runs from 8:30am to 5:15pm, and is for children ages 5-12. Rates are \$50/day for members and \$60/day for non-members. Pre-registration is required and space is limited. For more info or to register, please email jillian@homesteadcourtclub.com.

Fall Session 2 Junior Tennis Programs

This fall we are offering an eight week session of our junior programs for players ages 4 and up. Fall is a great time to introduce a new junior into our program. We welcome all ability levels! Our tennis programs emphasize basic fundamentals, developing age appropriate techniques and having fun! Fall Session 2 program dates are: October 21—December 20, with no programs November 25-29. Registration flyers are available at the front desk or on our website www.hcchoa.com. Please turn completed registration into kim@homesteadcourtclub.com or drop off at the front desk.

Fall Session 2 Adult Tennis Leagues Begin October 16

League play starts the week of October 21, and will run for eight weeks. We will take the week of November 25-29 off and resume play the following week. You must be a member to play on Homestead leagues. For more information or to submit completed registration please email eric@homesteadcourtclub.com.



Free Nutrition Discussion

October 8 @ 5:30pm

This month Christine Pierangeli, certified master nutrition therapist, will discuss digestive wellness. This one hour discussion will focus on defining "Leaky Gut", supporting natural detoxification pathways and foods to eat to boost our digestive health. Christine will take questions and provide a handout with information discussed. This class is free for Homestead members. We hope you will join us!

New Contact Info Required

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!

September Board & DRC Meeting Highlights

Our September board & DRC meeting was held on Friday, September 13th, 2024 at 9:00am. The DRC approved a patio at 26 Russell Trail and new roof at 10 Fremont Road. The DRC denied a request for a barn at 75 Fremont Road. The DRC approved the meeting minutes from the August DRC meeting. The DRC also discussed the opening for a new DRC member beginning in November. Please see note below regarding the DRC seat opening.

During the board meeting, the board approved the August board meeting minutes and the July financials. Member input included discussion on the approval of the West End project and a request to replace or repair some benches in the neighborhood. The Board discussed these issues and directed the members to the appropriate agency or staff. Matters Pending included discussion on the Montessori School lease. During the Director's Report, the board discussed the end of summer party, the sidewalk project, Hillcrest roundabout, West End development, and Eagle County Open Space surveying the property and spraying for weeds. The meeting adjourned to executive session at approximately 10:50am.

Homestead DRC Seeking A New Volunteer Member

The Homestead Design Review Committee is seeking a new member to volunteer to serve on our DRC beginning in November/December of 2024. The DRC is looking for design and planning professionals with experience in one of the following professions: architect, landscape architect, planner or designer, civil engineer, contractor and builders/developers. All individuals seeking appointment to the DRC should have a demonstrated interest in the design of the community and be motivated by a desire to serve and improve our neighborhood. Members should be persons who, as a result of their training and experience, are qualified to analyze and interpret architectural and landscape drawings and site plans. If interested please plan to attend the next DRC meeting on October 11th, at 9:00am, or email terickson@homesteadcourtclub.com.

Winter Sports Conditioning Classes

Winter is just around the corner—time to get ready to hit the slopes! Whether you ski, ride, skin or glide get the sports specific training you need to have your best season yet! This comprehensive program focuses on building strength and endurance, achieving a stronger core and improving your agility and balance, all designed to enhance your performance on the mountain. Class will be held on Monday mornings from 9:00-10:00am with Sawyer and on Wednesday evenings from 5:30-6:30pm with new instructor, Lisa Woods. Class will leave you feeling stronger and prepared for a great season on the slopes! We hope you will give these free classes a try in October. Classes begin on Wednesday, October 2.



Front Desk & Childrens Program Staff

We are hiring part time staff for children's programs and front desk associates. Starting at \$15+/hour, plus free club membership, discounts on personal training, tennis, clothing and more! Email kim@homesteadcourtclub.com for more info.



October 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	Winter Sports Conditioning (Sawyer)			S.I.T (Jill)	Board & DRC Meeting 10/11/24 @ 9:00am
9:30-10:30am					9:30am Vinyasa Yoga (Sophie)
12:00-1:00pm					Senior Strength (Braedan)
4:00-5:00pm	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
5:30-6:30pm	Lift the Barre (Hannah)		Winter Sports Conditioning (Lisa)		
6:30-7:30pm			Yin Yang Yoga (Kenneth)		

October Fitness News

Winter Sports Conditioning Classes Winter is just around the corner—time to get ready to hit the slopes! Whether you ski, ride, skin or glide get the sports specific training you need to have your best season yet! This comprehensive program focuses on building strength and endurance, achieving a stronger core and improving your agility and balance, all designed to enhance your performance on the mountain. Class will be held on Monday mornings from 9:00-10:00am with Sawyer and on Wednesday evenings from 5:30-6:30pm with new instructor, Lisa Woods. Class will leave you feeling stronger and prepared for a great season on the slopes! We hope you will give these free classes a try in October. Classes begin on Wednesday, October 2.

Free Junior Weight Room/Cardio Area Certification: Sunday, October 27 @ 1:30pm

HCC Personal Trainer, Braeden Stewart, invites our youth members ages 12+ get certified to use weights and cardio equipment while building confidence and developing a strong foundation for a healthy lifestyle. Join Braeden on Sunday 9/29 from 1:30-2:30pm to get your certification. No sign up required. Free for members!

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!

SENIOR STRENGTH — 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!

WINTER SPORTS CONDITIONING — Whether you ski, ride, skin or glide get the sports specific training you need to have your best season yet! This comprehensive program focuses on building strength and endurance, achieving a stronger core and improving your agility and balance, all designed to enhance your performance on the mountain. Class will be held on Monday mornings from 9:00-10:00am with Sawyer and on Wednesday evenings from 5:30-6:30pm with new instructor, Lisa Woods. Class will leave you feeling stronger and prepared for a great season on the slopes!

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

Fall 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		10:00-11:30am 3.0-3.5 Drill & Play Clinic
12:00-1:30pm				Beginner Drill &		
1:30-3:30pm						
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	
6:00-8:00pm	Coed 4.0 - League		Men's 4.0- League 6:30-8:00pm Beginner Drill & Play Clinic	Coed 4.5+ League		
7:30-9:00pm						

Fall Session 1 Dates: August 19 - October 11 (no programs 9/2)

Fall Session 2 Junior Programs Begin October 21

Get your junior involved in a fun lifelong sport this fall! We offer junior clinics for ages 4 to 18 and welcome all ability levels. This fall we are offering an eight week session, beginning on October 21 and running through December 20, with no programs November 25-29. For days, times, and rates please visit our website, hcchoa.com. Please email completed junior tennis registration forms to kim@homesteadcourtclub.com. We still have a few spaces available in session 1 as well! Please reach out Kim to check availability.

Fall Session 2 Leagues Beginning October 21

Club leagues are a great way to meet some other players and improve your game! League registration forms are available on our website, hcchoa.com, or at the Front Desk. Please email completed league registration forms to eric@homesteadcourtclub.com





October Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
9:00-9:25am						Private Lessons (Justin)	Private Lessons (Annie)
9:30-9:55am						Private Lessons (Justin)	Private Lessons (Annie)
10:00-10:25am						Swim Float Swim Group (Justin)	Private Lessons (Annie)
10:30 - 11:00am						Swim Team Prep (Justin)	Private Lessons (Annie)
11:00-noon						Swim Team (Justin)	Private Lessons (Annie)
noon-1:00pm							
3:00-3:25	Private Lessons (Justin)	Private Lessons (Justin)	Private Lessons (Justin)				
3:30-3:55	Private Lessons (Justin)	Private Lessons (Justin)	Private Lessons (Justin)				
4:00-4:25	Swim Float Swim Group	Swim Float Swim Group	Swim Float Swim Group				
4:30-5:00	Swim Team Prep (Justin)	Swim Team Prep (Justin)	Swim Team Prep (Justin)				
5:00-6:00pm	Swim Team (Justin)	Swim Team (Justin)	Swim Team (Justin)				

Fall 2024 Swim Program Session Dates:

Session 6: September 30 - November 8 (no programs October 14-18)

Session 7: November 11 - December 20 (no programs November 25-29)

Registration Opens: 9/9 for Homestead Owners, 9/16 for Non-Resident Members & 9/23 for Non-Members

Pool Room Hours:

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

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