

Homestead Owners Association & Court Club

October Events

Board & DRC Meeting
Friday, October 9 @ 9:00am

**Last Day of Fall Session 1
Tennis & After School**
Friday, October 9

Fall School Break Camp
October 12-16

**Fall Session 2 Tennis &
After School Begins**
Monday, October 19

**Fall Session 2 Swim
Programs Begin**
Monday, October 26

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 Programs

Fall Swim Programs

HCC Swim Coach, Jenny Carll, will be offering two four-week sessions of swim programs this fall. Session 1 dates are September 28 - October 23, Session 2 dates are October 26 - November 20. Jenny will offer Baby & Me, Toddler & Me, Swim Float Swim, Swim Team Prep and Swim Team. Keep your child active and having fun in the pool while improving their swimming skills this fall! More information on days, times and pricing is available on our registration form, which is available at the front desk or on our website now. 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 through- out the school year. Pre-registration is required and spaces are limited. Fall Session 2 dates are: October 19 - December 18, with no program November 23-27. 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 12-16 and November 23-25. 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+. 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 19 - December 18, with no programs November 23-27. Registration flyers are available at the front desk or on our website. Please email completed registrations to kim@homesteadcourtclub.com.

Fall Session 2 Adult Tennis Clinics

League play starts the week of October 19, and will run for eight weeks. We will take the week of November 23-27 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 Chipping in October

Eagle Valley Wildland will be offering one more free chipping in October. Please have your piles stacked by October 18. *Homesteads DRC is temporarily allowing trimming of branches and shrubs without prior approval from October 1-18, 2026 for the purpose of reducing wildfire risk in the neighborhood.* Please contact Tim Swanner with any questions regarding the chipping program: Home@eagleriverfire.org.

Board Meeting Information

The September Board and DRC meeting was canceled. The next Board and DRC meeting will be held on Friday, October 9, beginning at 9:00am.

E-Bike Discussion at November Board Meeting

At the July Board meeting, the Board approved a new e-bike policy prohibiting Class 2 and Class 3 e-bikes and e-motorcycles on Homestead trails and open space. The Eagle County Sheriff's Office is planning to attend an upcoming Board meeting on Friday, November 13, to discuss Eagle County regulations regarding e-bikes and answer questions from residents. We hope you will join us for this important discussion.



Be Bear Aware

We have recently had even more reports of bear sightings throughout the neighborhood. Extreme drought conditions have impacted bears natural food sources which has brought more bears into our neighborhood. We are even seeing bears out during daytime hours, as they are foraging for more food before hibernation season. Please give the bears plenty of space, keep your pets leashed and slow down when driving on Homestead streets. As a reminder, garbage cans must remain inside at all times until trash pick up day, keep garage doors closed and close and lock any lower level windows and doors. Thank you!

October Fitness News

Spin Is Back at Homestead!

We're excited to welcome Nancy Sandberg back to Homestead Court Club for the fall, winter, and spring seasons! Join Nancy every Thursday at 5:30 PM for an energizing and fun spin class designed for everyone. Spin is a fantastic low-impact cardiovascular workout that can help build endurance, strengthen the legs and core, improve cardiovascular fitness, and boost overall energy. Best of all, you control the resistance and intensity of your ride, making spin a great option for a wide range of fitness levels. Whether you're looking to complement your outdoor activities, build stamina for ski season, or simply enjoy a great workout with a fun group, this class is for you. Nancy shares her love of spin throughout the Vail Valley, teaching at a variety of local clubs and gyms, and we're thrilled to have her energy and experience back at Homestead. Thursdays at 5:30 PM | New to spin? No problem! Experienced rider? Come challenge yourself! All are welcome — hop on a bike and ride with us!

Invest in Your Strength, Health & Longevity with New 30 Minute Personal Training Sessions

Personal training isn't just about working harder—it's about moving better, building confidence, and creating strength that supports the life you want to live. At Homestead Court Club, personal training can be tailored to fit your goals, schedule, and preferred way to train. Choose from focused 30-minute sessions or full 60-minute sessions, work one-on-one with a trainer, or grab a few friends and enjoy the motivation and camaraderie of small-group training for 2-4 people. Working with a personal trainer can help you get more from your time in the gym through proper technique, individualized programming, accountability, and exercises selected specifically for your needs. Training can focus on strength, mobility, balance, cardiovascular fitness, injury prevention, sport-specific conditioning, or simply feeling stronger and more capable in everyday life. And the benefits reach well beyond today's workout. Regular exercise—particularly maintaining strength, muscle mass, balance, mobility, and cardiovascular fitness—plays an important role in healthy aging. Staying active can help us preserve independence, continue doing the activities we love, and maintain a higher quality of life as we get older. Whether you have 30 minutes or an hour, prefer individual attention or enjoy working out with friends, there's a way to make personal training work for you. Train for today. Build strength for tomorrow. Keep moving for the years ahead.

NEW CLASS! SCULPT WITH VALENTINA Mondays at 12 PM | Just 45 Minutes

Strengthen. Sculpt. Recharge. You may remember meeting Valentina in our newsletter a couple of months ago—now come join her for her newest class at Homestead! Originally from the mountains of Patagonia, Valentina brings a lifelong love of movement to our community, from gymnastics and Pilates to skiing, climbing, and mountain biking. Sculpt combines Pilates-inspired, core-focused movement with resistance, light weights, and standing exercises for an energizing full-body workout. Build strength, stability, balance, and endurance through controlled, intentional movement. Short on time? No problem! Take a quick 45-minute midday break to move, recharge, and head back to your day feeling strong and energized. All levels are welcome!



October Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:00-6:55am		Get Lifted (Hannah)		Get Lifted (Sawyer)	
8:30-9:25am		8:30-10:30am Yoga for Everyone (Terry)	Mat Pilates (Valentina)		ABSolutely Pilates (Kim)
9:00-9:55am	Peak Performance (Sawyer)			S.I.T (Jill)	Board & DRC Meeting 10/9/26 @ 9:00am
9:30-10:25am					9:30am Vinyasa Yoga (Sophie)
12:00-12:45pm	Sculpt (Valentina)				Senior Strength (Braedan)
4:00-5:15pm	Kids Camp Program in Studio	Kids Camp Program in Studio	Kids Camp Program in Studio	Kids Camp Program in Studio	Kids Camp Program in Studio
5:30-6:25pm	Move Well (Sawyer)		S.A.S (Lisa)	Spin (Nancy)	
6:30-7:25pm			Yin Yang Yoga (Kenneth)		

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Fitness Class Descriptions

ABSOLUTELY 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.

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!

MAT PILATES — This class strengthens and lengthens your body from the core, bringing your spine into proper alignment and improving posture. Through controlled, flowing movements paired with mindful breathing, you'll build core stability, flexibility, and a deeper awareness of how your body moves. All levels are welcome — you'll leave feeling stronger, more aligned, and more in tune with your body.

MOVE WELL — This is a low impact, functional strength, circuit training class for all levels of fitness. This class will help improve your everyday life and hobbies! We will get stronger by doing movements that will incorporate balance, stabilizing, and mobility. Using many different types of equipment and practicing good form, this class will leave you feeling great!

PEAK PERFORMANCE — This high-intensity workout combines the best of both worlds: heart-pumping HIIT and effective strength training. Designed to improve cardiovascular endurance, build muscle, and burn fat, this class will push you to your limits. Whether you're lifting weights, performing bodyweight exercises, or incorporating functional movements, you'll experience a full-body workout that targets all major muscle groups. Suitable for all fitness levels, modifications will be provided to ensure everyone gets the most out of every session. Get ready to sweat, challenge yourself, and achieve results!

S.A.S — “Sculpt and Stretch” class is a dynamic workout that combines strength training and flexibility exercises to tone muscles and improve fitness. Leave feeling stronger and with increased mobility.

SCULPT — Pilates-inspired movement meets strength training. Sculpt blends the control, precision, and core-focused foundation of Pilates with standing exercises, resistance, and light weights for a dynamic full-body workout. Expect intentional movement, controlled tempo, and a balance of strength, stability, and endurance—all designed to leave you feeling strong, energized, and sculpted. We hope you will give this lunch hour class a try!

SENIOR STRENGTH — This class is tailored for seniors looking to stay active and socialize! This 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!

SPIN — Whether you're brand new to spin or a seasoned rider, this 60-minute class lets you ride at a pace and intensity that works for you. Instructors incorporate a fun mix of climbs, intervals, sprints, and steady-state riding, with plenty of opportunity to adjust the challenge to your own fitness level. Each instructor brings their own style and creates a different ride each class. Come ready to move, have fun, and get a great cardio workout — all fitness levels are welcome!

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	Coed 3.0+ League	10:00-11:30am 3.0-3.5 Drill & Play Clinic
12:00-1:30pm				Beginner Drill & Play Clinic		
1:30-3:00pm						
3:30-4:00pm	Mighty Mites Junior Tennis		Mighty Mites Junior Tennis		Mighty Mites Junior Tennis	
4:05-5:00pm	Superstars Jr. Tennis	Jr. Aces and HS Prep Tennis	Superstars Jr. Tennis	Jr. Aces and HS Prep Tennis	Superstars, Jr. Aces & HS Prep Tennis	
5:05-6:30pm	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	
6:00-7:30pm	Coed 4.0- League		Men's 4.0- League	Coed 4.5+ League		
7:30-9:00pm						

Fall Tennis Info

Fall Session 1 Dates: August 17 - October 9 (no programs on Labor Day)

Fall Session 2 Dates: October 19 - December 18 (no programs November 23-27)

Fall Session 2 Registration Opens: **9/21 for Homestead Owners & Tenants**
 9/28 for Non-Resident Members
 10/5 for Non-Members

Junior Tennis Our junior clinics are designed specifically for the needs of junior players to foster learning and keep your children having fun! We are excited for a fun filled fall of tennis at Homestead! Email completed registrations to kim@homesteadcourtclub.com

Fall Tennis Leagues Stay active and improve your tennis game with our social tennis leagues this fall! We offer club leagues for adult 3.0-4.5+ players. Email completed registrations to eric@homesteadcourtclub.com

Fall Tennis Clinics Participants in the beginner and advanced beginner clinics will learn the basics of stroke production, proper grips and proper techniques for playing tennis. Singles and doubles strategy will be learned in an effort to get the players playing. Our intermediate and advanced clinics will focus more on footwork and technique in a fast paced, fun drill setting. All the shots will be covered! Singles and doubles drill point play will be emphasized along with serving and returning. Clinic sign ups are weekly, not for the entire fall. Please call the front desk up to one week in advance of the clinic you would like to register for.





October Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:30-8:00am							
8:00-9:00am							
9:00-9:30am		Baby & Me Lessons	Baby & Me Lessons	Baby & Me Lessons			
9:30 - 10:00am		Toddler & Me Lessons	Toddler & Me Lessons	Toddler & Me Lessons			
10:00-noon							
noon-1:00pm							
2:00-3:30pm							
3:30-4:00pm		Swim Float Swim	Swim Float Swim	Swim Float Swim			
4:00-5:00pm	Swim Team	Swim Team	Swim Team	Swim Team			
5:00-5:30pm	Swim Team Prep	Swim Team Prep	Swim Team Prep	Swim Team Prep			
5:30-9:45pm							

Fall Swim Programs

HCC Swim Coach, Jenny Carll, will be offering fall swim programs beginning on Monday, September 28. This fall Jenny will offer Baby & Me, Toddler & Me, Swim Float Swim, Swim Team Prep and Swim Team. Keep your child active and having fun in the pool while improving their swimming skills this fall! More information on days, times and pricing is available on our registration form, which is now available at the front desk or online now. Email completed registrations to kim@homesteadcourtclub.com.

Pool Reminders:

No food or drinks allowed in the pool area

Please do not wear dirty shoes into the pool area

The pool, hot tub and steam room close at 9:45pm every night to allow members time to shower and change before the Club closes at 10:00pm.