

# Homestead Owners Association & Court Club

January 2009 Newsletter



## January Events

### HOLIDAY HOURS:

New Years Eve 6am-5pm  
New Years Day 8am-5pm

**All Day Kids Camp**  
Friday, January 2

**Special Fitness Class**  
Saturday, January 3  
11:00-12:30

**Winter Tennis Begins**  
Monday, January 5th

**Free Body Comp Testing**  
Tuesday, January 6th

**January DRC and Board Meeting**  
Friday, Jan. 9th @ 9am

**Feb. Group Reformer Pilates Class Sign-Ups**  
Friday, Jan. 9th @ noon

**No After School Program**  
Martin Luther King Jr. Day  
Monday, January 19th

### Homestead Court Club General Information:

**CLUB HOURS:**  
5:55am-10pm M-F  
6:30am-10pm S-S

**PHONE:** 970-926-1067  
**FAX:** 970-926-4710  
**ADDRESS:**  
400 Homestead Drive  
P.O. Box 808  
Edwards, CO 81632

**CHILDCARE HOURS:**  
8:30am-noon M-F  
3:00-7:00pm M-F  
9:00am-noon Saturdays  
By Appointment Only.

**WEBSITE:**  
homesteadcourtclub.com

## Annual Homestead Homeowners Meeting February 16th, 2008

The meeting will be held at the Homestead Court Club on Monday, February 16th, at 7:00pm. The agenda and proxy for the meeting will be sent out 10 days prior to the meeting. Topics for the meeting will include a discussion on placing a conservation easement on Homestead's Filing 2 Open Space, and other Homestead parcels. We will also be voting for two open Board Member seats. For more information on the meeting contact Tracy Erickson at the Club.

## Fitness News

**Free Body Composition Testing** on January 6th, from 9-11 am. This quick and easy test is a great way to track your fitness progress in 2009. Sign up at the Front Desk.

**Start Your New Year Off Right!** Have a New Year's resolution to workout? Want to detox from the holiday festivities? Come to Homestead's special holiday class on Saturday, January 3rd. Allison and Dana will be holding a strength, core and spin class from 11-12:30. Join us to start your New Year off right!

**Pilates News:** Don't forget that you may sign up for February Group Reformer Pilates Classes starting on Friday, January 9th at noon. If you have been a regular in Homestead's Pilates program for a while and are looking for something new and exciting, talk to Deana about our new Cardio Pilates class. This new class combines a cardio jump board workout with a strength building chair workout all packed into a high energy 55 minute class.

## Snow Removal Reminder

The Eagle County Road & Bridge Department has requested that Homeowners do not plow snow from driveways onto the public road right-of-ways and sidewalks. When Homeowners do this it causes the roadway to narrow and makes it difficult for buses and emergency vehicles to safely and quickly maneuver through the streets. The snow piles are also becoming increasingly dangerous due to the fact that the large, steep piles of snow and ice may tumble down onto a Homeowners property. Please be sure to store your snow from your driveway safely away from the Eagle County right-of-ways and sidewalks in your designated snow storage areas to help maintain a safe neighborhood! Thank you for your cooperation!

~Homestead Staff and Eagle County Road & Bridge Dept.



## Holiday Party Thanks

*We would like to thank everyone who attended our Annual Holiday Party on December 7th. An extra special thanks goes out to the Justin Allison Quartet for the music, Vail Catering Concepts for the food, WECMRD for their "jumpy houses" and of course, Santa Claus too! The event couldn't have been such a success without you there.*

## Adopt A Family Update

*We would also like to thank everyone who donated to our Adopt-A-Family this holiday season. Despite economic hardships for many, we had an overwhelming response from members wanting to help out the 4 families we adopted. The families received their gifts on December 18th, and are very grateful for your generous donations! Thanks again!*

## December Board Meeting Highlights

Our most recent Board of Directors Meeting was held on Friday, December 12th, 2008, at 9:00am. Member input included discussion about the DRC's deck approval process and a question about the number of Non-Resident members allowed to join the Homestead Court Club. New business included a rule review regarding owner-assigned lots. This item was tabled. Matters Pending included continued discussion on the Filing 2 Land Protection Initiative (which will be on the agenda for the Annual HOA Meeting in February, see the article on the front page). The minutes were approved from the November Board meeting. The October 2008 financial report was approved. The managers report included discussion about upcoming capital repairs and improvements and an executive session.

### Tennis News

#### Congratulations to the winners of the fall 2008 tennis leagues:

- Monday Night Doubles ~ 1st place - Mary Ellison, tie for 2nd place - Patricia McNamara and Shiloy Sanders
- Tuesday Night Doubles ~ 1st place - Judi Leseur, 2nd place - Kim Salani, 3rd place - Patricia McNamara
- Wednesday Night Doubles ~ 1st place - Bliss Jensen, 2nd place - Miro Verkin, 3rd place - Gustavo Dallman
- Thursday Nights ~ 1st place - Rick Dominick, 2nd place - Jan Oltman, 3rd place - Rob Honzo
- Friday Beginner League ~ 1st place - Allison Barr, 2nd place - Caron Doyle, 3rd place - Aimee Fisher

**Winter Adult & Children's Tennis Clinics** will begin on 1/5/09 and will run for 10 weeks. There is still limited space available in some of the clinics. Sign up flyers are located at the Front Desk, and also on our website, [www.homesteadcourtclub.com](http://www.homesteadcourtclub.com) under the racquet sports link. See Derek for more information or to sign up for a clinic.

**Winter 2008 Tennis Leagues** will begin on 1/5/09 and will run for 10 weeks.

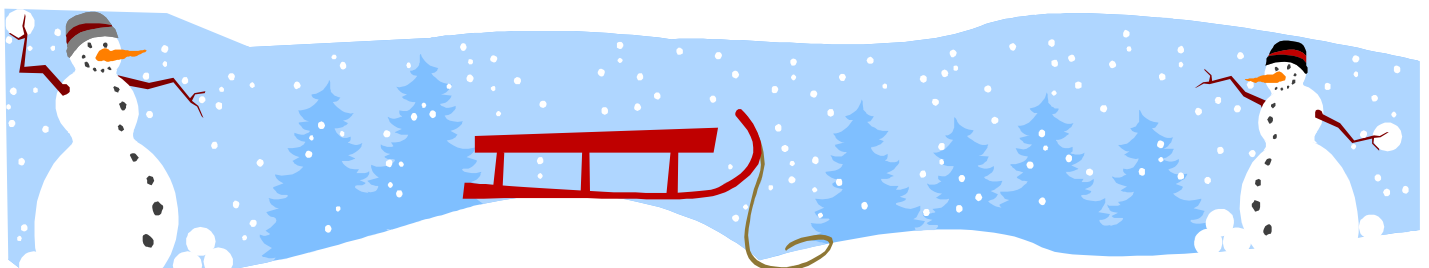
### Homestead Platform Tennis

As the weather is getting colder in Colorado platform tennis is just heating up! Seldom seen on TV or in the pages of glossy magazines, platform tennis or "paddle" is an outdoor racquet sport generally played in cold weather, combining the best elements of tennis with racquetball and squash. The court is smaller than a tennis court and is surrounded by tightly strung, heavily gauged wire fencing that lets players keep the ball in play after the ball hits off the court and then the screens. The surface of the court is gritted to prevent slipping in wet weather. Platform tennis is a doubles sport that is fun for all ages and ability levels. Platform tennis can be a fast-paced game of speed, power and quick thinking. It can also be a game of finesse, patience and strategy. It can be highly competitive or just plain social. It is what you make it – and that is what is truly great about it. Homestead's Platform Tennis courts are located in upper Homestead, off Gold Dust Drive. We have demo racquets available, and you can reserve a court time by calling the front desk. You will have to stop by the Club to check in and pick up the keys for the courts. If you are interested in playing in our Tuesday Night Social League you must contact Derek and have previous played paddle. Derek also offers private/semi-private and small group lessons if you are interested in getting involved in this fun racquet sport. Contact Derek at the Club for more info or to set up a lesson.

### Tips For Keeping New Years Resolutions

By Amber J. Tresca, About.com, Updated: December 7, 2008

1. **Be realistic** The surest way to fall short of your goal is to make your goal unattainable.
2. **Outline your plan** Decide how you will deal with the temptation to skip that exercise class or have one more cigarette. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your bad habit affects you.
3. **Talk about it** Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best case scenario is to find yourself a buddy who shares your New Year's resolution and motivate each other.
4. **Track your progress** Keep track of each small success you make toward reaching your larger goal. Short-term goals are easier to keep, and small accomplishments will help keep you motivated.
5. **Keep trying** If your resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason you can't make a "New Year's resolution" any time of year.



# Spotlight Employee

Rob Honzo, Instructor



Rob has been teaching tennis for 10 years and he has been playing for 21 years. He currently teaches cardio tennis, junior tennis clinics, as well as beginner and intermediate adult clinics at Homestead. We asked Rob a few questions about himself:

**How long have you been in the Vail Valley ?**

8 Years

**Favorite tennis player?**

Pete Sampras

**Favorite tennis stroke?**

Volley

**What do you enjoy doing in your spare time?**

Play in the mountains!

**Where else do you work?**

Edwards Elementary teacher for 3 years.

**Summer or Winter?**

Winter

If you would like to get involved in one of Rob's tennis clinics, or have a lesson with Rob, please contact Derek at the Club to set up an appointment.



## Member Fitness Experience

Thanks to Rob Honzo for sharing his fitness experience with all of Homestead. If you would like to submit an article to our newsletter, please email [kim@homesteadcourtclub.com](mailto:kim@homesteadcourtclub.com). We are looking for personal health or fitness experience articles, members who would like us to "spotlight" them, and any other personal stories that would relate to Homestead, health, or fitness.



# January Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05-7:05am	Spin (Todd)	6:05-7:30 Endurance Ride Spin (Amber)	6:05am Spin (Jennifer)  6:15am Cardio Tennis*	Super Sculpt (Beth)	6:05-7:05am Spin (Jennifer)		
7:10-8:30am		All Levels Hatha Flow (Jordan)				7:15am Cardio Tennis*	
8:00-9:00am	Fit Forever (Chris)  Master's Swim 8:30-10:00 (Heidi)		S.A.S. (Heidi) 8:45-10:15		Board Meeting 1/9/2009 9:00am	All Levels Hatha Yoga (Trinity)	
9:15-10:15am	20/20/20 (Dana)	Body Shop (Missy)		S.I.T. (Dana)	9:00-10:20 Anusara Inspired Yoga (Suzanne)		
10:30-11:30am	Pilates Mat Class (Deana)	FREE BODY FAT TESTING Jan. 6th* 9-11am		Pilates Mat Class (Deana)			
4:00-5:00	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio					
5:00-5:30pm			5-5:30pm Washboard Abs (Missy)				
5:30-6:30pm	Athlete's Edge (Allison)	Zumba (Kim)  Spin (Stephanie)	5:30pm 20/20/20 (Missy)	Spin (Dana)			
6:35-7:35pm	Hatha Flow (Jordan)	Mat Pilates (Katie)	Athletic Yoga (Charry)				

\*Sign up required

**Special Holiday Fitness Class: Saturday, January 3rd from 11:00am-12:30pm**

**Holiday Hours:** 12/31-6am-5pm, 1/1/09-8am-5pm

Club Phone #970-926-1067



# *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.

**ALL LEVELS HATHA FLOW YOGA** - This class is based on traditional Hatha Yoga poses and the principals of alignment. The flowing moves encourage breath and movement synchronization. Focus is on body awareness and working within personal limits while building strength & flexibility with a calm mind.

**ANUSARA INSPIRED YOGA** - Literally meaning “flowing with grace,” Anusara focuses on an elegant system of alignment, postural sequencing and breath.

**ATHLETE’S EDGE**– An intense workout focusing on strength while incorporating intervals, plyometrics and core.

**ATHLETIC YOGA** - Previous yoga experience is highly recommended. This class flows through Vinyasa’s quickly. Poses are held for great lengths of time and advanced poses are always addressed.

**BODY SHOP**– Join Missy for a full hour of weight training. This class will focus on building strength and balance while using proper form.

**CARDIO TENNIS** - Join Homestead’s Tennis Pros for this fun group activity featuring drills to give players of all abilities an ultimate, high energy workout.

**FIT FOREVER** - For the seasoned adult. This class is geared to the older population who want to work on strength, flexibility and balance to help with activities of daily living.

**MASTERS SWIM** - Join coach Amanda Mohr for a structured swim workout designed to help you improve your fitness or train for specific goals. Open to all levels.

**PILATES MAT** - An exercise system focused on increasing flexibility and strength for the total body without building bulk. No apparatus is used during this class.

**SPIN** - A cardio workout without comparison. All instructors incorporate climbing, intervals and steady state training. Guaranteed to make you sweat! Each instructor creates a different design for each class.

**S.A.S.** - 55 minutes of spin followed by 30 minutes of Abdominal work and finish with a stretch!

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

**SUPER SCULPT**-- This class will focus mostly on core, and legs, while using other muscle groups in a functional training setting.

**WASHBOARD ABS** - 30 minutes of intense abdominal and lower back training.

**ZUMBA**—A fitness program inspired by Latin dance. Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow



# January Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	6:30-8:00 Lap Swim	6:30-8:00 Lap Swim
8:30-10:00am	Masters Swim (Heidi)						
10:00-11:00am							
11:00-12:00pm							
12:00-1:00pm							
1:00-2:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
3:15-4:00pm			After School Group Swim	After School Group Swim	After School Group Swim		
4:00-5:00pm							
5:00-5:30pm							
7:00-9:00pm							
9:00-10:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

**Please note** that the pool is open to all members while the Kids Camp After School group is in the pool.

**Private Lessons:** are available upon appointment. To make an appointment, please speak with Kim or leave a note with your name, number and the date and have the Front Desk associate put it in Kim's mailbox.

**Pool Etiquette Reminders:** Please note that the designated lap swim times are time for exercise based swimming. Please be considerate of the lap swimmers if you are using the pool room during lap swim times and keep noise levels to a minimum.

# Childcare Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am-12:00pm	Childcare Open	Childcare Open	Childcare Open	Childcare Open	Childcare Open	9am-12pm Childcare Open	
3:00pm-7:00pm	Childcare Open	Childcare Open	Childcare Open	Childcare Open	Childcare Open		

**Reservations:** Homestead Homeowners may make reservations up to 48 hours in advance.  
Outside Members may make reservations up to 24 hours in advance.

**Cut Off Times:** We ask that you call before 8:00am to make morning reservations for the day of, and before 1:00pm to make afternoon reservations for the day of.

**Cost:** \$2.50 per half hour per child. Childcare punchcards are available at the front desk for \$50 (20 punches).

**Capacities:** Up to 12 children in the AM (max 3 infants) and up to 6 children in the PM (max 1 infant).

**Ages:** 6 weeks - 12 years old (infants are considered 6 weeks to 15 months old)

# Tennis Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am			Cardio Tennis				
7:15am						Cardio Tennis	
9:30-10:30am						4.0 Drills & Skills Drop In	
10:45-12:00pm	Advanced Beginner Clinic	Intermediate Clinic	Beginner Clinic	Intermediate Clinic	Intermediate Clinic	10:30-11:30 Beginner Drills & Skills	
12:00-1:15pm	Advanced Beginner Clinic		4.0+ Drills & Skills Clinic		3.5 Drills & Skills Drop In Clinic	12:30-1:30 4.5 Drills & Skills	
1:15-2:30pm							
4:00-5:00pm	Superstars Jr. Group	Intermediate 10+ Group	Superstars Jr. Group	Intermediate 10+ Group	Mighty Mites Jr. Group		
5:00-6:00pm	Teenager Group	JET Program	Teenager Group	JET Program	Superstars & Intermediate Jr. Groups		
6:00-10:00pm							

\***Sign up:** All tennis programs on this schedule require sign up in advance. Contact Derek to sign up for programs.