

Homestead Owners Association & Court Club

February 2009 Newsletter



February Events

Swim Team Winter Session Begins

Monday, February 2nd

Free Body Comp Testing

Tuesday, February 3rd

February DRC and Board Meeting

Friday, Feb. 13th @ 9am

March Group Reformer Pilates Class Sign-Ups

Friday, Feb 13th @ noon

Valentines Day

Saturday, February 14th

Annual HOA Meeting/ Presidents Day

Monday, February 16th
At the Club, 7:00pm

All evening fitness classes are cancelled on Presidents Day

Annual Homestead Homeowners Meeting & Board of Directors Election

The 2009 Annual Homestead Homeowner's Association 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 a vote for two open Board of Directors positions. Bios of the candidates that are interested are listed below. The following individuals have been recommended by our nominating committee. For more information on the meeting contact Tracy Erickson at the Club. Please note that all evening fitness programming has been cancelled on Monday, February 16th after 5:00pm.

Candidates for the Homestead Board of Directors

Norm Green (incumbent): Norm has been a member of the Homestead Board of Directors for 9 years, having served as President, and is currently Vice President. He has been a Homestead homeowner for 17 years. He is a licensed attorney in Florida and Colorado and has been practicing for 39 years.

Billy Carty: Billy has lived in the Vail Valley for 24 years and has been living in Homestead for the last 8 years. He currently works for Prudential Real Estate. Billy is an avid user of the Homestead Court Club gym and he and his family are involved in many of Homestead's programs. Billy also volunteers at the Vail Academy as the Girl's basketball coach and has worked as the coach of the Battle Mountain football team.

HCC Swim Team News

We are pleased to introduce our new HCC Tidal Waves Swim Team Coach Courtney Rebel. Courtney has coached swimming for over 10 years. She coached the Eagle Swim Team last summer and also helped to coach the Avon swim team this winter. She will be getting started right away with her first session of **Swim Team and Swim Team Prep starting on Monday, February 2nd** and running for four weeks, ending with a swim meet at the Avon Rec Center on Friday, February 27th. Swim Team will meet every Monday, Wednesday and Friday from 4:30-5:15pm. Swim Team Prep will meet every Monday, Wednesday and Friday from 4:00-4:30pm. Winter session dates are: February 2nd-27th and March 9th-April 10th (with a break from March 23rd-27th). Cost for each session is \$90 for your first child, and \$80 for each additional sibling. If you have any questions about Swim Team or Swim Team Prep or would like to sign up for the first session, please contact Courtney at 303-819-2576 or email her at courtneyreb@gmail.com.



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

Private Lessons: Courtney will also be available for private and semi-private swim lessons. This is a great way to get swim lessons tailored to your child's individual needs. Private Lessons are \$25 for a 30 minute lesson. Semi Private Lessons are \$30 for a 30 minute lesson. Semi Private lessons include 2 swimmers. Semi Private Lessons are a good option for two friends or siblings of similar ability level. To schedule a private/semi-private lesson, please contact Courtney at 303-819-2576.

January Board Meeting Highlights

Our most recent Board of Directors Meeting was held on Friday, January 9th, 2009, at 9:00am. New business included thanking Meg Sierant for volunteering as a Board member for the last two years, appointing Mike Haller to take Meg's seat for the remaining year of her term, a report from the nominating committee, and approval of the agenda for the annual meeting. Matters Pending included a rule review regarding the "owner assigned lots", and continued discussion on the Filing 2 Land Protection Initiative (which will be on the agenda for the Annual HOA Meeting). The minutes were approved from the December Board meeting. The November 2008 financial report was approved. The managers report included discussion about upcoming capital repairs and improvements and an executive session.

Fitness News

Spotlight Class: Fit Forever is a class that focuses on building and maintaining strength, bone density, and balance through functional and safe exercises. This class is taught by instructor Chris Scrip, who has been teaching at Homestead for over 10 years. Join her every Monday from 8:00-9:00am. This class appeals to any member looking for a low impact program that works with free weights, fit balls, and bosu balls. Try it this Monday!

Free Body Composition Testing on February 3rd, from 9-11am. Sign up at the Front Desk.

Try Pilates in February: Deana will be offering a special 4-week introduction to Reformer Pilates every Tuesday in February from 10:30-11:30am starting on February 3rd. The cost for all four weeks is only \$100. Contact Deana at 331-6302 to sign up, but hurry there are only 3 spaces available!

March Group Reformer Sign Up: Don't forget that you may sign up for March Group Reformer Pilates classes starting on Friday, February 13th at noon.

Reminder: All evening fitness classes are cancelled on Monday, February 16th for Presidents Day.

Tennis News

Try Cardio Tennis this month! Cardio Tennis is designed to get people looking at tennis in a whole new way. During this hour long class, participants will warm up, work on interval training, hit balls, and perform drills designed to improve movement. This high energy class is taught by one of four Homestead Tennis Pros. It is not just for tennis players, it is a great class for anyone looking for a fun cardio workout! Give it a try on Wednesday mornings at 6:15am or on Saturdays at 7:15am. Homestead homeowners and their tenants may sign up 48 hours in advance, and non-resident members may sign up 24 hours in advance.

Homestead Kid's Clubhouse News

Spring Break 2009 Kids Camp: Are you planning on staying in town for spring break this year? Are you looking for something fun for your kids to do? Jillian will be hosting all day kids camp the week of March 23rd-27th. If you are interested in signing up your children for this fun-filled week, please contact Jillian at the Club.

Summer Camp 2009: Believe it or not, summer camp sign up is just around the corner! Jillian will be handing out camp sign up packets in the beginning of March. Sign up dates will be posted in the March newsletter.

Reminder: There will be no after school program on Monday, February 16th in observance of Presidents Day.

Open Space Winter Rules Reminder

1. Use of Homestead Open Space, trails, and parks is reserved for Homestead Homeowners and their guests.
2. Open Space and park hours are 8am-dark.
3. No camping, campfires, alcohol, or glass are permitted on Homestead Open Space, trails, and parks.
4. Children under 12 years old must be accompanied by an adult.
5. Dogs must be kept on a leash at all times. Please pick up after your dog.
6. Please respect your neighbors by not parking on the sidewalk or blocking anyone in.
7. You may only park in the Open Space lots when using parks, trails, etc. There is absolutely no overnight parking.
8. The Homestead Owners Association is not responsible for lost or stolen items.
9. **Use Homestead Open Space, trails, and parks at your own risk.**
10. The Homestead Owners Association is not responsible for accidents in common areas.



Spotlight Employee

Aimee Fisher, Front Desk Associate



Aimee has been working at Homestead's front desk for 6 months. We asked Aimee a few questions about herself:

How long have you been in the Vail Valley?

1 year

Where did you grow up?

Aurora, Colorado.

Favorite thing about the winter in Vail?

Skiing

What do you enjoy doing in your spare time?

Playing with my son Wyatt, who is 21 months old, hiking and reading.

What is your favorite Homestead activity?

Swimming with Wyatt, and playing in the tennis clinics.

What is your favorite restaurant in the Valley?

Sato



Member Fitness Experience

Thanks to Aimee Fisher 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. 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.



February 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 (Courtney)		S.A.S. (Heidi) 8:45-10:15		Board Meeting 2/13/2009 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 Feb. 3rd* 9-11am		Pilates Mat Class (Deana)			
4:00-5:00	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio					
5:00-5:30pm			Washboard Abs (Missy)				
5:30-6:30pm	Athlete's Edge (Allison)	Zumba (Kim) Spin (Stephanie)	20/20/20 (Missy)	Spin (Dana)			
6:35-7:35pm	Hatha Flow (Jordan)	Mat Pilates (Katie)	Athletic Yoga (Charry)				

Please note: Athlete's Edge and Hatha Flow Yoga have been cancelled for Monday, February 16th

*Sign up required

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



February 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		
4:00-4:30pm	Swim Team Prep		Swim Team Prep		Swim Team Prep		
4:30-5:15pm	Swim Team		Swim Team		Swim Team		
7:00-9:00pm							
9:00-10:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

Swim Team & Swim Team Prep: Winter session dates are 2/2/09-2/27/09, ending with a swim meet at the Avon Rec Center on 2/27/09. Cost for the session is \$90 for the first child and \$80 for each additional sibling. Please contact Swim Coach Courtney Rebel at 303-819-2576 to sign up or for any questions related to swim team.

Private/Semi-Private Lessons: are available with instructor Courtney Rebel upon appointment. To make an appointment, please contact Courtney at 303-819-2576.

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.

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

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
6:15am			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.