

# Homestead Owners Association & Court Club

March 2009 Newsletter



## March Events

**Free Body Comp Testing**  
Tuesday, March 3rd

**Daylight Savings Begins**  
Sunday, March 8th

**Winter Swim Team  
Session 2 Begins**  
Monday, March 9th

**March DRC and  
Board Meeting**  
Friday, Mar. 13th @ 9am

**April Group Reformer  
Pilates Class Sign-Ups**  
Friday, Mar. 13th @ noon

**Spring Tennis Begins**  
Monday, March 16th

**St. Patrick's Day**  
Tuesday, March 17th

**First Day of Spring**  
Friday, March 20th

**Spring Break Kids Camp**  
Monday 3/23-Friday 3/27

## 2009 General Meeting Report & Election Results

The 2009 Homestead Owners Association Annual Homeowner Meeting was held on Monday, February 16, 2009 at 7:00pm at the Homestead Court Club. Thank you to everyone that attended and participated in the business of the Association. Two seats for the Board of Directors were up for election. There were four candidates on the official ballot and there were no additional nominations from the floor. The ballot count was tallied by Homestead Association staff with several interested homeowners and the Homestead Association's attorney present in the room to oversee the process. The election results are as follows:

**Norm Green – 207**  
**Billy Carty – 205**  
Rich Howard – 151  
John Poukish – 147

The results were announced at the end of the Annual meeting. The 2009 election is closed and all results are official. Congratulations to Norm Green on being re-elected for his 4<sup>th</sup> term and to Billy Carty on being elected for his first term on the Board of Directors. ~*Bobby Ladd, Board President*

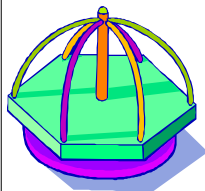
**If you are interested in serving on the 2009 nominating committee, please come to the March Board Meeting.**

## HCC Swim Team News

The second session of **Swim Team and Swim Team Prep** is beginning on March 9th and runs through April 10th (with a break from March 23rd-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. Cost for the 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 upcoming session, please contact Courtney at 303-819-2576 or email her at [courtneyreb@gmail.com](mailto:courtneyreb@gmail.com).



## Homestead Owners Association Planning to Update Park



As a part of the 2007 reserve study, Homestead budgeted to update the tot lot playground in lower Homestead in 2009. We would like your input. We want to hear from families that use the park and have ideas on what types of new equipment we could add, how we can make it more age appropriate and a safe place for the children who use it. If you have any ideas or suggestions please contact Tracy at the Club.

## Homestead Kid's Clubhouse News

**Summer Camp 2009:** Registration packets will be available to pick up at the front desk on March 1st. Homestead Homeowners can turn in completed registration packets March 16th. Members can turn in packets on March 23rd, and Non-members can turn in packets on March 31st. Summer Camp will begin on June 8 and runs Monday-Friday from 8:30am-5:15pm.

**Spring Break 2009 Kids Camp:** March 23rd-27th. If you are interested in signing up your children for this fun-filled week, please contact Jillian at the Club.

**Reminder:** The after school program will not be held on Friday, March 6 & March 23-27.

## 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](http://homesteadcourtclub.com)

## February Board Meeting Highlights

Our most recent Board of Directors Meeting was held on Friday, February 13th, 2009, at 9:00am. Member Input included discussion regarding collection/solicitation of proxies for the annual meeting, a question regarding the DRC approval process/treatment of homeowners, and a request for a copy of the CPA reviewed financials from 2008. New business included a motion to move a portion of the Eco Trail off private property and onto Homestead Open Space, and a report from the nominating committee. Matters Pending included continued discussion on the Filing 2 Land Protection Initiative. The minutes were approved from the January Board meeting. The December 2008 financial report was approved. The managers report included discussion about upcoming capital repairs and improvements and an executive session.

## Fitness News

**Get a FREE Personal Training Session w/Justin Songer** ~ Justin is running a special for new clients in the month of March. If you book 2 sessions with him, he will give you a fitness assessment and your third session for FREE. This is a great deal that won't last long, so call him today at 970-306-5498 to set up your fitness assessment and sessions.

**Spotlight Class: Athlete's Edge w/Justin Songer** ~ In this class you can expect an intense workout focusing on strength while incorporating intervals, plyometrics and core. For a challenge try Athlete's Edge on Mondays at 5:30pm.

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

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

**Spin Sign Up Reminder:** Starting in March we are once again requiring members to sign up for early morning spin classes. Please call the front desk to reserve your space in class.

**Special Partner Yoga Class with Trinity and Julie** will be held on Wednesday, April 1st. All levels welcome. Bring a partner or come solo. Class will begin at 6:35pm. No sign up is required.



## Tennis News

The **VMS High School Women's Tennis Team** practice will be held every Monday, Tuesday, Thursday and Friday from 6-7am on both indoor courts starting now and running throughout the spring season. The practices will be moved to the outdoor courts as soon as they are clear this spring, and practice time will be changed to 4-5pm Mondays-Thursdays on two courts. Match schedule to follow, come out to support the only high school women's tennis team!

**Winter Tennis clinics and leagues will be ending on March 13.**

**Mixed Bag Paddle Tennis Tournament: April 4 & 5, 2009** Sign up as a Men's Team, Women's Team, or a Mixed Doubles....just find a partner and play! Please see Derek to enter.

## Spring Tennis Info

All spring tennis programs will begin the week of March 16th and will run for 10 weeks, with a break from 3/23-3/27/09. Sign up will begin on March 4th for Homestead Homeowners and on March 6th for Non-resident members.

**NEW Leagues this spring:** 3.5/4.0 Coed Non-Fixed Partner League on Monday nights

3.0/3.5 Intermediate Women's League on Wednesday afternoons (1:15-3:30pm)

**Top Gun League to continue:** 4.5+ Non-Fixed Partner League on Thursday nights

### Spring Adult Clinics:

**Mondays:** Advanced Beginners from 10:45-12:00 or from 12:00-1:15

**Tuesdays:** Intermediates from 10:45-12:00

**Wednesdays:** Beginners from 10:45-12:00 and 4.0 Drop In Clinic from 12:00-1:00

**Thursdays:** Intermediates from 10:45-12:00

**Fridays:** 3.5 Drop In Clinic from 12:00-1:00

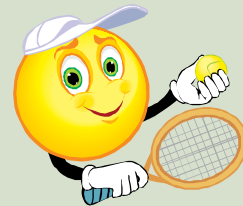
**Saturdays:** 4.0 Drop In Clinic from 9:30-10:30, 3.5 Drop In Clinic from 10:30-11:30, 4.5 Drop In Clinic from 12:30-1:30

### Spring Junior Clinics:

**Mondays and Wednesdays:** Superstar (7-9) Group from 4:00-5:00pm and Teenage Group from 5:00-6:00pm

**Tuesdays and Thursdays:** Intermediates (10+) from 4:00-5:00pm and Junior Elite Group from 5:00-6:00pm

**Fridays:** Mighty Mites (4-6) from 4:00-5:00pm, Superstars (7-9) & Intermediates (10+) from 5:00-6:00pm



# Spotlight Employee

Justin Songer, Personal Trainer



Justin Songer is an NSCA certified personal trainer and is known around the valley for his martial arts teaching. A high energy trainer, Justin focuses on functional training to help improve all aspects of daily life. He helps his clients create fun and effective goals and enjoys having energetic and motivating sessions. Outside of training, Justin enjoys taekwondo, kickboxing, snowboarding and anything that keeps him active. He has been working at Homestead for 1 year. We asked Justin a few questions about himself:

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

8 seasons

**Where did you grow up?**

Anderson, Indiana

**How long have you been a personal trainer?**

**Do you train anywhere else?**

Cascade Club in Vail

**What is your training specialty?**

I specialize in functional & athletic training

**Favorite Strength training exercise?**

Pull-Ups

**What motivates you to workout?**

Watching anybody doing something physically amazing

**Favorite sports?**

Martial Arts, Snowboarding, any sport



## FREE Personal Training with Justin

Justin is running a special for new clients in the month of March. If you book 2 sessions with him, he will give you a fitness assessment and your third session for FREE. This is a great deal that won't last long, so call him today to set up your fitness assessment and sessions. 970-306-5498



# March 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*		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 4/10/2009 9:00am	All Levels Hatha Yoga (Trinity)	
9:15-10:15am	20/20/20 (Missy)	Body Shop (Allison)		S.I.T. (Justin)	9:00-10:20 Anusara Inspired Yoga (Suzanne)		
10:30-11:30am	Pilates Mat Class (Deana)	FREE BODY FAT TESTING April 7th* 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 (Justin)	Zumba (Kim)	20/20/20 (Missy)	Spin (Jennifer)			
6:35-7:35pm	Hatha Flow (Jordan)	Mat Pilates (Katie)	Athletic Yoga (Julie)				

\*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



# March 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 (Courtney)						
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 II dates are 3/9/09-4/10/09 (with a break the week of 3/23-3/27). 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
6:00-7:00am	VMS Practice	VMS Practice	6:15am Cardio Tennis	VMS Practice	VMS Practice		
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		10:30-11:30 3.5 Drills & Skills	
12:00-1:00pm	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			Intermediate 3.0-3.5 Women League				
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	3.5-4.0 Coed League	3.5 Doubles League Thru 3/13	4.0 Doubles League thru 3/13	4.5+ Coed League			

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