

Homestead Owners Association & Court Club

April 2009 Newsletter



April Events

Partner Yoga Class
Wednesday, April 1st

Paddle Tournament
April 4th & 5th

Conservation Easement Meeting
April 9th @ 7pm

April DRC & Board Meeting
Friday, April 10th @ 9am

May Group Reformer Pilates Class Sign-Ups
Friday, April 10th @ noon

HCC Swim Meet
Friday, April 10th
Pool closing @ 4pm

HCC Easter Party
Saturday, April 11th

Easter
Sunday, April 12th

Homestead's Annual Easter Party

Join us on Saturday, April 11th, from 10am-noon for Homestead's annual Easter party. The Easter egg hunt will start at approximately 10:30am and will be held outside, weather permitting. Age groups will be: 2 and under, 3-6, and 7-10. We will also have an arts & crafts table, coloring contest, face painting, jumpy house and we will be serving coffee & pastries.

Don't forget your Easter basket!



HCC Swim Team News

Homestead will be hosting the first meet of the Spring with the "Underwater Explorer" swim meet on Friday, April 10th at 5:00pm. There will be individual races, fun relay races, water games and an underwater obstacle course. We will be celebrating the end of our Spring Swim Sessions and everyone is invited to join in the fun. If your child can confidently swim one length of the Homestead pool, they are invited to participate in the water games with the swim team. We hope you come out to support the Tidal Waves!

The next swim session will meet on Mondays, Wednesdays and Fridays from May 4th-June 5th, with the week of May 11th-15th off for the annual pool draining and cleaning. Swim Team Prep will meet from 4:00-4:30pm and Swim Team will meet from 4:30-5:15pm. If you are interesting in signing up for the next swim session please contact Coach Courtney Rebel at 303-819-2576 or you can 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

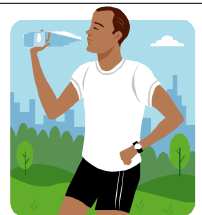
By Appointment Only.

WEBSITE:

homesteadcourtclub.com

Triathlon Training Group

Triathlon Training is back at the Homestead Court Club! Join coach Courtney Rebel for an informational meeting regarding the upcoming eight week triathlon training program. The informational meeting will be held on Wednesday, April 15th at 6:30pm in the Homestead Community Room. If you are interested in the training program but are not able to make it to the meeting, please email Courtney at courtneyreb@gmail.com.



Homestead Kid's Clubhouse News

Summer Camp 2009 Changes: Due to overwhelming requests for more days of camp this summer we have decided to change the days camp is offered. Camp will now be offered every Monday-Thursday from 8:30am-5:15pm. Camp will no longer be offered on Fridays, as previously announced. Registration packets are available to pick up at the front desk or online at www.homesteadcourtclub.com. Sign up today! Camp starts the week of June 8th.

After School Reminder: There will be no after school program on Monday, April 20th as there is no school on that day, please mark your calendars.

March Board Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, March 10th, 2009, at 9:00am. The DRC reviewed landscaping and exterior changes plans for the White residence at 640 Cameron Trail. The DRC denied the submittal and suggested changes to the plans that may be staff approved.

Member Input included a suggestion to have a Q & A session with candidates for the BOD in the future, a suggestion regarding "green" cleaning supplies and pesticides/herbicides, a question regarding delinquent payments and the financial report, a discussion regarding parking and dogs at the HCC Paddle Courts, and concerns from members regarding the building of a tipi on Homestead's water tower trail. Please note there will be a pesticides/herbicide discussion at the April Board meeting, and a representative from Eagle County will be present to address the use of pesticides and herbicides in Eagle County.

New business included a motion to appoint all members of the Board Of Directors to the Design Review Committee, a motion to appoint Norm Green, Paul Backes and Dale Nelson to the Nominating Committee, and approval of the Document Request Form and Handling Policy.

Matters Pending included continued discussion on the Filing 2 Conservation Easement and a special meeting will be held on Thursday, April 9th, at 7pm to discuss the possibility of placing the land into a conservation easement. The minutes were approved from the February Board meeting. The January 2009 financial report was approved. The managers report included discussion about upcoming capital repairs and improvements and an executive session.

Fitness News

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.

Free Body Composition Testing on April 7th, from 9-11am. Sign up at the Front Desk.

May Pilates Group Reformer Class Sign Up: Friday, April 10th at noon on www.mindbodyonline.com

Pool Closing in May: The pool will be closed for our annual cleaning from May 10th-17th to reopen on May 18th at 6am.

Tennis News

Summer Tennis Flyers are available now! Pick one up at the front desk today so you can start planning for your summer.

Save these important upcoming dates:

April 20th ~ Homestead Homeowners may sign up for summer tennis programs

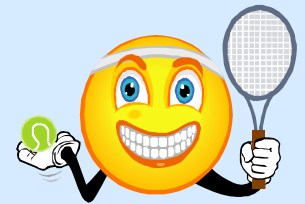
April 27th ~ Non-Resident Members may sign up for summer tennis programs

May 16th ~ FREE Children's & Adult Tennis Clinics

June 8th ~ Summer Tennis Programs begin

June 13th-14th ~ Vail Valley Satellite Junior Tennis Tournament

July 17th-19th ~ Vail Valley Open Tennis Tournament



Mixed Bag Paddle Tennis Tournament: April 4 & 5, 2009 Sign up as a Men's Team, Women's Team, or for Mixed Doubles...just find a partner and play! Please see Derek to enter. Attention Paddle Players, we would like to ask that you park at the Court Club and carpool up to the Paddle Courts if possible, or walk to the courts if you live nearby. Also we would like to remind to leave your pets at home, as the paddle courts are in a residential neighborhood. Thank you for respecting your neighbors and good luck in the tournament!

VMS High School Women's Tennis Team News: The team will continue to meet on Mondays, Tuesdays, Thursdays and Fridays at 6am in April until the outdoor courts are clear for afternoon practices at which time they will use two outdoor courts from 4-5pm. The VMS High School Tennis Team will be hosting a match at Homestead on April 7th, at 3:00p.m.

RETURN ENVELOPES & EFT SIGN UP

In an effort to reduce costs and be considerate of the environment we have decided to stop sending out return envelopes with the monthly billing statements. We feel that the majority of payments received are dropped off directly at the club or paid electronically, therefore eliminating the need for a return envelope. We will use the rest of the envelopes that we currently have in stock before discontinuing use.

If you would like eliminate your mail from Homestead altogether you can pay your account via Electronic Funds Transfer from your checking account. The EFT application form is available on our website (homesteadcourtclub.com) under the "owner" tab on the documents page. If you would like to receive the Homestead newsletter via email just check the box at the bottom of the EFT application or send an email to kim@homesteadcourtclub.com.



April 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)			Board Meeting 4/10/2009 9:00am	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		Masters Swim 8:30am (Courtney)	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 Allison 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



April 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)				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 dates are 3/9/09-4/10/09. Spring session dates are 5/4/09-6/5/9 with a break the week of May 11th-15th. 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: \$3.00 per half hour per child. Childcare punchcards are available at the front desk for \$60 (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			4.5+ Coed League			

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