

Homestead Owners Association & Court Club

May 2009 Newsletter



May Events

Spring Swim Starts
Monday, May 4th

May DRC & Board Mtg.
Friday, May 8th @ 9am

**June Group Reformer
Pilates Class Sign-Ups**
Friday, May 8th @ noon

Mother's Day
Sunday, May 10th

Pool CLOSED
May 10th-17th

FREE Tennis Clinics
Saturday, May 16th
Children ~ 10:30-12:00pm
Adults ~ 1:00-3:00pm

Memorial Day
Monday, May 25th

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

Wildlife Ordinance Reminder

In April 2008 the Eagle County Wildlife Ordinance went into effect requiring all Eagle County residents to begin using certified wildlife refuse containers. These containers may be purchased from your garbage service. If you ignore this ordinance you will be ticketed and fined. The ordinance will be enforced by the Division of Wildlife, the Eagle County Sheriff's office or any law enforcement agency. If you would like more information regarding the ordinance please go to www.eaglecounty.us.

Homestead would also like Homeowners to be aware of our declarations and bylaws regarding leaving garbage cans outside. Homestead will be working with, and reporting to, the County Sherriff's office any violations. Please note the following:

Garbage, Refuse, and Firewood

"All garbage or refuse shall be kept within an enclosed portion of the building. On days of trash collection, closed trash cans shall be permitted at the point of collection. Trash cans may not be left outside the night prior to or on any subsequent days after collection. No exterior portion of any lot shall be used to store garbage, landscape material, refuse, or any other such material, or containers therefore..."

Please store your garbage can inside your garage with the door closed. You may also want to keep ground level windows and doors closed to avoid bear break ins. If you leave your garbage can outside you will receive a warning on the garbage can for the violation from Homestead and a possible fine from the County and from Homestead for everyday your can is left outside.

HCC Summer Swim Team Info

Spring Swim Session Info:

The spring session will run May 4th-June 5th, with the week of May 11th-15th off. **Times:** Swim Team Prep will meet on Mondays, Wednesdays, and Fridays from 4:00-4:30pm and Swim Team will meet from 4:30-5:15pm. **Price:** \$90 for first child/\$80 for each additional sibling. **Sign Up:** If you are interested 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.

Summer Swim Session Info:

Swim Team ~ The summer session will run June 8th-August 1st and will meet on Tuesday and Thursday mornings from 8:30-9:30am and on Mondays, Tuesdays, Wednesdays and Thursdays from 4:30-5:30pm. Summer Swim Meet Dates: 6/26 @ Eagle Vail, 7/10 @ Eagle, 7/24 @ Eagle Vail, and 8/1 @ Eagle. Price is \$200 for first child/\$180 for each additional sibling. There will also be an entry fee for the swim meets.

Swim Team Prep ~ The first session will run from June 8th-July 3rd, and the second session will run from July 6th-July 31st and will meet on Mondays, Tuesdays, and Thursdays from 4:00-4:30pm. Price is \$90 per session for the first child and \$80 for each additional sibling.

Triathlon Training Program

Do you want to get into shape and accomplish a goal? If so, then come be a part of the 2009 Homestead Triathlon Team coached by Courtney Rebel. Courtney will give you training tips and coaching for running, swimming and biking; triathlon specific training (such as transitions), and nutrition tips. This 8 week training plan will begin on June 15th, 2009 and will meet every Monday (6pm), Wednesday (6pm), and Saturday (9am). Cost is \$175 for Homestead members and \$255 for nonmembers. There must be 8 participants to run the program so invite your friends. All levels are welcome! Please email courtneyreb@gmail.com for more info.

April Board Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, April 10, 2009, at 9:00am. The DRC reviewed five proposals; a proposal for an addition and exterior changes at the Glendining residence at 107 Lindsay Trail was tabled, a proposal for an addition and exterior changes at the Zapletal residence at 148 Russell Trail was approved, a proposal for an addition at the Tang residence at 723 Gold Dust Drive was approved, a proposal for a landscape change and partial bond return was approved for the Boselli residence at 786 Gold Dust Drive, and a proposal to add a railing to a deck at the Elbitar residence at 839 Stoney Meadows was denied.

Member Input included a question regarding Homestead's financial report and an update on the tipi on Homestead's water tower trail.

New business included a discussion regarding pesticide and herbicide use in Homestead and setting a date for a strategic planning/goal setting meeting. Please see the article below for more information regarding the pesticide and herbicide use in Homestead.

Matters Pending included a motion to rescind a previous motion to make a decision about putting Homestead's Filing 2 Open Space into a Conservation Easement.

The minutes were approved from the March Board meeting. The February 2009 financial report was approved. The directors report included discussion about upcoming capital repairs and improvements and an executive session.

Summer 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:

May 16th ~ FREE Children's & Adult Tennis Clinics - The children's clinic will run from 10:30am-12:00pm followed by a pizza party and the adult clinic will run from 1:00-3:00pm followed by a BBQ. Please sign up at the front desk.

June 8th ~ Summer Tennis Programs begin

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

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

Tennis Shoe Reminder: Please note that all tennis players are required to wear court shoes at all times on the tennis courts. No running shoes are allowed, as they mark the court surface. The Homestead Pro Shop currently has Prince tennis shoes in stock. Ask Kim about special orders, we can order any size or style you like in Prince, Babolat, or Wilson.

Fitness News

Free Body Composition Testing will be held on May 5th, from 9-11am. This quick and painless test only takes about 5 minutes. Please plan to have the test done in workout clothes, prior to your workout. Sign up at the Front Desk.

Pool Closing in May: The pool will be closed for our annual cleaning from May 10th-17th to reopen on May 18th at 6am. All swim programs are cancelled for that week and will resume on Monday, May 18th.

Be sure to check out the May Fitness schedule as some changes have been made.

Homestead Kid's Clubhouse News

After School Reminder: The last day of Homestead's After School Program will be Friday, May 29th. There will be no After School Program on Monday, May 25th, as there is no school that day.

Kids Camp: Kids camp begins on Monday, June 8th. There are still some spaces available. Registration packets are available at the front desk, or on homesteadcourtclub.com

Greener Pesticides and Herbicides for your yard

At the past two Board Meetings the Board, members of the community, and a representative from Eagle County had discussions concerning the use of pesticides and herbicides in the neighborhood. A homeowner gave a presentation including statistics about the use of pesticides, health and exposure risks, dangers to pets, and the importance of using "green" pesticides and herbicides to limit the risks to our health. Homestead is proud to announce that we have changed the brand of pesticide/herbicide to a much greener product that we hope will help to make Homestead a safer place for all the families and pets in the neighborhood. If you are interested in information on "greener" products on your lawn we have provided some helpful links on our website.





May 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	7-8am Morning "Bliss-ipline" (Bonnie)	All Levels Hatha Flow (Jordan)		7-8am Morning "Bliss-ipline" (Bonnie)	Board Meeting 5/8/2009 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 (Ashley)	Body Shop (Christy)		S.I.T (Justin)	9:00-10:20 Anusara Inspired Yoga (Suzanne)		
10:30-11:30am	Pilates Mat Class (Deana)	FREE BODY FAT TESTING May 5th* 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 (Allison)				
5:30-6:30pm	Athlete's Edge (Justin)	Zumba (Kim)	20/20/20 (Allison)	Spin (Jennifer)			
6:35-7:35pm	Hatha Flow (Jordan)	Mat Pilates (Katie)	Athletic Yoga (Julie)				

New Class: Morning "Bliss-ipline" Join us for an hour of yoga bliss! Based on the foundations of Power Yoga, Bonnie will lead you through one hour of relaxing yet challenging yoga postures. All levels welcome. Please note that this is a specialty class and will run only from April 27th until May 21st.

*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 Christy 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 Courtney Rebel for a structured swim workout designed to help you improve your fitness or train for specific goals. Open to all levels.

MORNING “BLISS-IPLINE” - Join us for an hour of yoga bliss! Based on the foundations of Power Yoga, Bonnie will lead you through one hour of relaxing yet challenging yoga postures. All levels are welcome. Please note that this is a specialty class and will run only from April 27th until May 21st.

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.



May 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		
3:45-4:30pm			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: 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			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		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		4.0 Men's 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.