



We wish you all a happy  
4th of July holiday!

July 2009 Newsletter

## Homestead Court Club & Owners Association

### Homestead Tennis News

#### July Events

**Saturday, July 4th**  
Club closing at 5pm  
No fitness classes

**Tuesday, July 7th**  
FREE Body Fat Testing

**Friday, July 10th**  
Board Meeting 9am  
August Reformer Sign Ups

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

**Thursday, August 6th**  
Family Game Night

#### General Club Information

**Club Hours:**

5:55am-10:00pm M-F  
6:30am-10:00pm 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

Homestead will be hosting our annual Vail Valley Open Adult Tennis Tournament on July 17-19, 2009. This is a competitive tournament that attracts players from all over Colorado and the Country. You may sign up for singles, doubles or mixed doubles in the following divisions; open, 4.5, 4.0, 3.5, or 3.0. Come join us for this fun filled weekend of tennis, barbeques, and brews! More information about the tournament and sign up can be found on our website or on [usta.com](http://usta.com), under the tennis link tournament code 257224309. You may also email Derek with any questions regarding the tournament. Please note that we will have very limited court times available the weekend of the tournament. We would like to welcome all members to join us on our newly remodeled deck to cheer your friends and neighbors on!

**Other Match Play in July:** Homestead will be hosting the USTA Ladies Tennis Team on July 2, 9 & 11. Limited court times will be available on these days.

**Reminder:** Its not too late to sign up for summer tennis programs, we still have room in most clinics and camps!! You may sign up for all tennis programs weekly. Sign up sheets are located at the front desk.

**Jr. Tournament Results:** We would like to thank all the junior tennis players who participated in the Homestead Satelite Jr. Tennis Tournament on June 13 & 14 at Homestead.

Congratulations to our Club winners and runners-up;

Girls 12 Singles Winner: Carla Dallmann

Girls 14 Singles Winner: Carla Dallmann

Boys 14 Singles Runner Up: Stefan Sortland

Boys 16 Singles Winner: Stefan Sortland & Runner Up: Erik Sortland

Boys 18 Singles Runner Up: Erik Sortland

**Singles Ladder:** Are you looking to get in some extra matches and meet new players this summer? Join the singles ladder at Homestead! If you would like to join the 34 participants already playing, please contact Derek at the Club.

### Homestead Fitness News

**Join the Tour de Homestead this July:** To celebrate the Tour de France spin instructor Jennifer Sage will be designing her spin workouts for July based on the stages of the Tour de France for that day. Join Jennifer at 6:05am on Wednesdays and Fridays to be a part of the Tour de Homestead!

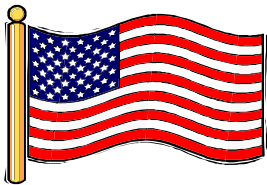
**Free Body Composition Testing:** July 7th, 9-11am. Sign up at the Front Desk.



Vail Valley Open  
Tennis Tournament  
July 17-19, 2009

## Note to Owners: Regarding Dogs

The Homestead Owners Association has recently received complaints from Homestead residents regarding dogs wandering unleashed around the neighborhood and dog owners not picking up after their dogs. We would like to remind you that you must keep your dog on a leash at all times when using Homestead parks and also that no pets are allowed on Homestead Court Club grounds, with the exception of service dogs. Homestead pet owners must abide by Eagle County pet laws concerning leash laws and picking up pet waste. Pet waste receptacles are located throughout Homestead's public areas and parks. Please use these receptacles to help keep Homestead clean. Thank you!



### Proper Flag Disposal:

If you have an American flag that is in a poor condition or is no longer fitting to display Homestead homeowner, Kenton Krohlow, will accept it for proper disposal. If you have a flag that you need to dispose of please email Kenton at [krohlow@vail.net](mailto:krohlow@vail.net) or call him at 970-376-3007.

## June Board Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, June 12, 2009, at 9:00am. The DRC reviewed a proposal for exterior changes at the Sturde residence at 176A Hummingbird Trail.

New business included a discussion and executive session regarding the Children's House Montessori school lease negotiation. The Board resolved to allow the assignment of the remainder of the lease to a new tenant with stipulations.

Matters Pending included scheduling the next Strategic Planning Meeting for Thursday, September 10th, at 7pm in the Homestead Court Club Community Room.

The minutes were approved from the May Board meeting. The April 2009 financial report was approved. The Board meeting adjourned after an executive session to discuss legal issues.

## Homestead Childcare/Camp News

**Childcare Reminder:** Punch Cards expire one year after the date of purchase. A new card must be purchased after the old one expires. If you have trouble using all punches within a year of purchase you may pay at the front desk per day or transfer punches to a friend. If you have any questions about when your card will expire please see Jillian.

**Kids Camp:** Kids Camp hours are 8:30am-5:15pm. Staff is not available before or after hours unless approved by Jillian. There are still a few spaces available for Kid's Camp. Please inquire with Jillian.

## HCC Children's Policy Reminders

- All children under the age of 12 must be supervised by an adult at all times. An adult is considered 16 or older.
- All children over the age of 12 must have their own membership number to enter the club by themselves. (If you have a child over the age of 12 and they do not have a membership number please stop by the front desk to fill out a membership change form.)
- Children over the age of 12 are allowed to use the following club amenities without parental supervision: pool, hot tub, racquetball court, squash court, and tennis courts.
- Children over the age of 14 can use the weight room and cardiovascular area once they have been certified by the Fitness Staff.
- Children may not add individuals to the guest list. Eagle County resident guests must pay the \$5 children's guest fee.
- If you have any additional questions about Homestead's Children's Policies please refer to our Membership Guidelines.

# July Fitness Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>
<b>6:05-7:05am</b>	Spin* (Todd)	6:05-7:30am Endurance Ride Spin* (Amber)	Tour de Homestead Spin* (Jennifer)		Tour de Homestead Spin* (Jennifer)	
<b>7:10-8:30am</b>		All Levels Hatha Flow Yoga (Jordan)			Board Meeting 7/10/2009 9:00am	
<b>8:30-10:00am</b>	8:00-9:00am Fit Forever (Chris)  Masters Swim (Courtney)				Masters Swim (Courtney)	8:00-9:30am All Levels Hatha Yoga (Trinity)
<b>9:15-10:15am</b>	20/20/20 (Ashley)	Body Shop (Christy)		S.I.T (Justin)	9:00-10:20am Anusara Inspired Yoga (Suzanne)	
<b>10:30-11:30am</b>	Pilates Mat Class (Deana)	Free Body Composition Testing July 7th 9:00-11:00am		Pilates Mat Class (Deana)		
<b>11:30-12:30pm</b>	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio		
<b>4:00-5:00pm</b>	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio		
<b>5:00-5:30pm</b>			Washboard Abs (Allison)			
<b>5:30-6:30pm</b>	Athletes Edge (Justin)		20/20/20 (Allison)	Spin (Jennifer)		
<b>6:35-7:35pm</b>	Hatha Flow Yoga (Jordan)		Athletic Yoga (Julie)	6:45-7:45pm Mat Pilates (Katie)		

## 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.

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

**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

# July Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<b>6:00-8:00am</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	6:30-8:00am Lap Swim	6:30-8:00am Lap Swim
<b>8:30-9:30am</b>	8:30-10:00am Masters Swim (Courtney)	Swim Team		Swim Team	8:30-10:00am Masters Swim (Courtney)		
<b>10:00am-1:00pm</b>							
<b>1:00-2:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
<b>2:00-3:30pm</b>	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool			
<b>3:30-4:30pm</b>	Swim Team Prep	Swim Team Prep		Swim Team Prep			
<b>4:30-5:30pm</b>	Swim Team	Swim Team	Swim Team	Swim Team			
<b>5:30-9:00pm</b>							
<b>9:00-10:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

## Summer Swim Info:

**Swim Team** ~ The summer session will run June 8th-August 1st. 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 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.

**Private/Semi-Private Lessons:** are available with instructor Courtney Rebel upon appointment. To make an appointment, or sign up for any swim programs please contact Courtney at 303-819-2576 or email her at [courtneyreb@gmail.com](mailto:courtneyreb@gmail.com).

**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.

Homestead Court Club 970.926.1067

# July Tennis Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>
<b>6:15-7:15am</b>	Cardio Tennis					
<b>7:15-8:30am</b>						
<b>8:30-10:00am</b>			USTA 3.0 Team Practice	USTA 4.0 Team Practice	8:30-9:30am 4.0 Drills & Skills Drop In Clinic	
<b>10:00-11:00am</b>	Mighty Mites	Mighty Mites	Mighty Mites	Mighty Mites		9:30-10:30am 3.5 Drills & Skills Drop In Clinic
	10:00-11:30am Advanced Beginner Clinic	10:00-11:30am Intermediate Clinic		10:00-11:30am Intermediate Clinic	10:00-11:30am Intermediate Clinic	
<b>11:00am-noon</b>	Superstars	Superstars	Superstars	Superstars		10:30-11:30am Beginner Drills & Skills Clinic
<b>11:30am-1:00pm</b>	Advanced Drills and Skills Clinic					12:30-1:30pm Advanced 4.5+ Drop In Clinic
<b>1:00-2:00pm</b>	Junior Intermediate Group	Junior Intermediate Group	Junior Intermediate Group	Junior Intermediate Group		
<b>2:30-4:00pm</b>	High School Tennis Practice	JET Tennis	High School Tennis Practice	JET Tennis		
<b>4:00-5:00pm</b>	Mighty Mites		Mighty Mites			
<b>5:30-7:00pm</b>	5:00-6:00pm Cardio Tennis	USTA 3.5 Team Practice				

Summer Tennis Clinics & Camps run from June 8th—August 21st. You may sign up weekly or for the whole summer for Homestead’s Summer Tennis Programs. Sign up sheets are located at the front desk and should be turned into Derek Fisher when complete.

## Upcoming Tennis Events:

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