



Homestead Court Club & Owners Association

**Homestead's 5th Annual
Family Outdoor Activities Night
Thursday, August 6th, 6:30-8:00pm**

August Events

Saturday, August 1st
Swim Meet @ Eagle Pool

Tuesday, August 4th
FREE Body Fat Testing
9:00-11:00am

Thursday, August 6th
Family Game Night
6:30-8:00pm

Friday, August 14th
Board Meeting 9am
September Pilates Sign Ups

Thursday, August 20th
Last day of Kids Camp

Friday, August 21st
Last day of summer tennis

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 Tennis

Thanks to everyone who participated in our annual Vail Valley Open Tennis Tournament. This year we had 128 entrants! Congratulations to Homestead winners:

Women's 3.0 Singles Main Draw Winner: Allison Barr

Women's 3.0 Doubles Consolation Winners: Allison Barr & Aimee Fisher

Women's 3.5 Doubles Consolation Winners: Cary Brown & Dana Cook

Women's 4.0 Doubles Main Draw Winners: Mary Ellison & Shiloy Sanders

Women's Open Singles Consolation Winner: Shannen McNamara

Men's 3.5 Singles Consolation Winner: Marc Trevino

Mixed 3.5 Doubles Consolation Winners: Patricia McNamara & Ron Marx

Many thanks to our sponsors who made the tournament possible; Alpine Bank, Rich's Auto Body, Marko's Pizzeria, Sato, Foods of Vail, and Moe's BBQ!

HCC NTRP Club Championship Tournament: This fun tournament is for our members only, and will be held September 5-6 in conjunction with our annual end of the summer party. Please talk to Derek if you are interested in playing.

Summer Tennis Ending: The last week of summer programs is 8/17-8/21.

Fall Tennis Programs: Begin the week of September 14th and will run for 12 weeks, no programs the week of Nov.20-27. Sign up flyers will be at the front desk on Aug. 1st.

Fall Tennis Leagues: Leagues will begin the week of September 14th, and will run for 10 weeks. League sign up sheets will be available at the front desk on August 1st.

Congratulations to the 3.5 Ladies Tennis Team for winning the Aspen League & Good Luck at Districts!

Singles Ladder: We have had 44 players participating in our in house singles ladder. Thanks to all the participants and great job getting out to play matches!

Homestead Fitness

Please check the Fitness Schedule, as some of our classes have changed.

Homestead welcomes two new instructors this month:

Krista Kaufman will be teaching Forrest Yoga on Wednesdays from 9:00-10:30am. Krista has been practicing yoga for 3 years and teaching for over 1 year. She completed the Forrest Yoga course and recently attended the Advanced Forrest Yoga training. She is also certified in Yoga for Trauma Survivors. As a YOGAHOPE volunteer she taught underserved women in the Boston area. She continues to teach women through Bright Future Foundations in Avon. Additionally, Krista has a social work degree, is trained in Trager Massage, personal training, and is a certified ski instructor.

Brad Zoller will be teaching Z Circuit on Mondays at 9:15am and Wednesdays at 5:30pm, as well as Washboard Abs on Mondays & Thursdays. Check out Brad's bio on the back page!

Upcoming Asphalt Projects

Construction will begin in August on the following asphalt projects; the HCC walking path behind the club, the HCC basketball courts, and the parking lot at the HCC soccer field.



Spotlight Employee: Brad Zoller

World ranked triathlete Brad Zoller is our newest addition to the fitness staff here at Homestead. Raised in Cincinnati, Ohio, Brad is a Purdue graduate and was the youngest male qualifier in the Ironman World Championships in 1998. From 1998 to present Brad has won 1st place in nine triathlons nationwide and placed top three in five additional races. In July of this year he won the LG Triathlon in Eagle, CO.

To workout with one of Vail's top athletes, check out Brad's classes here at Homestead and be prepared to sweat!!

Z-Circuit w/ Brad
Mondays @ 9:15am
Wednesdays @ 5:30pm

No matter your sport or activity you don't want to miss this high intensity class. This athletic workout focuses on muscle endurance, power, strength and agility fused with balance training.

Washboard Abs w/Brad
Mondays & Thursdays
10:30-11:00am
7/23-8/6

July Board Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, July 10, 2009, at 9:00am. The DRC reviewed a proposal for exterior changes at the Sturde residence at 176A Hummingbird Trail and a proposal for exterior changes at the Negler residence at 86 Arlington Place #B2. New business included a discussion regarding the Carnes residence at 118 Spring Creek Court and their vacant lot. The minutes were approved from the June Board meeting. The May 2009 financial report was approved. The Directors Report included a discussion on the scheduled major repairs and improvements, and approval of the Architectural Consultants New Charging Schedule. The Board meeting adjourned after an executive session to discuss legal issues.



Children's Programming News

Homestead After School Program: Registration packets are available now. This program will meet every weekday from 3-6pm starting 9/8. Jillian will be accepting completed packets on 8/3 from Homeowners, on 8/5 from members, and on 8/10 from non-members. Turn in your completed packets asap as the After School Program fills up quickly!

Childcare Reminder: In order to ensure that we have the correct amount of staff on hand at all times in the Childcare room we ask that you arrive on time for your reservation. If you arrive late your spot may be given to someone else. Thanks, in advance, from the Childcare staff!

Fall Swim Programs & Children's Tri Training

Swim Team Prep: August 3-27, Mondays, Tuesdays and Thursdays from 3:30-4:00 or 4:00-4:30. Cost is \$90 for the first child/\$80 for each additional sibling.

Adult & Children's Stroke Clinics: August 3-27. Need help improving your breathing or always wanted to be able to do butterfly? Then come and try this four week clinic! These clinics will focus on improving the four main strokes; freestyle, breaststroke, butterfly, and backstroke. Adult Clinic will meet on Tuesdays & Thursdays from 5:30-6:30pm and the children's clinic will meet on Tuesdays & Thursdays from 4:40-5:30pm. Cost is \$60 per person.

Children's Triathlon Training: August 3-September 6. Any children between the ages of 6-13 are welcome to join Courtney in training for the Iron Kids Tri in Avon on September 6th. Learn everything your child needs to know to feel comfortable and ready to participate in a triathlon; swimming, biking, running and transition training! This group will meet every Monday & Wednesday from 4:30-5:30pm. Cost is \$75 per child.

HCC Trainer Christy Brown to give talk about Nutrition

Nutrition is a vital component of fitness that many people overlook yet are always curious about. Christy Brown, Certified Personal Trainer, will now be offering Nutrition Management and Coaching. Christy recently obtained her Nutrition Manager Certification through Lifestyle Management and Associates, which is accredited by the American Academy of Sports Dietitians and Nutritionists. Now she wants to help you make the necessary lifestyle changes so that you can fully embrace wellness through fitness, nutrition and stress reduction. For more information on Christy's nutritional coaching, please join her for a short informational meeting on August 24th at 6:45p.m. in the community room. A second meeting will be on August 28th at 10:30 a.m. These meetings are for members and non-members so please feel free to bring friends and family.

August Fitness Schedule



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am	Spin* (Todd)	6:05-7:30 Endurance Ride Spin* (Amber)	Spin* (Jennifer)	6:15am Super Sculpt (Beth)	Spin* (Jennifer)	
7:10-8:30am		All Levels Hatha Flow Yoga (Jordan)			Board Meeting 8/14/2009 9:00am	
8:30-10:00am	8:00-9:00 Fit Forever (Chris) Masters Swim (Courtney)				Masters Swim (Courtney)	8:00-9:30 All Levels Hatha Yoga (Trinity)
9:15-10:15am	Z-Circuit (Brad)	Body Shop (Christy)	9:00-10:30 Forrest Yoga (Krista)	S.I.T (Justin)	9:00-10:20am Anusara Inspired Yoga (Suzanne)	
10:30-11:30am	Pilates Mat Class (Deana)	Free Body Composition Testing September 8th 9:00-11:00am		Pilates Mat Class (Deana)		
11:30-12:30pm	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio		
4:00-5:00pm	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio		
5:30-6:30pm	Athletes Edge (Justin)		Z Circuit (Brad)	Spin (Jennifer)		
6:35-7:35pm	Hatha Flow Yoga (Jordan)		Athletic Yoga (Julie)	Pilates Mat Class (Carla)		

Homestead Court Club 970.926.1067

*sign up is required

**Super Sculpt w/Beth is back at a new time– 6:15-7:15am Thursdays

Fitness Class Descriptions

ALL LEVELS HATHA FLOW YOGA - 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.

FORREST YOGA - Developed by Ana Forrest, this inspiring yoga practice builds flexibility, intelligence and strength through movement of the breath, core work and staying longer in the poses.

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!

SUPER SCULPT-- This class will focus mostly on core and legs, while using other muscle groups in a functional training setting.

Z CIRCUIT - No matter your sport or activity you don’t want to miss this class. This athletic workout focuses on muscle endurance, power, strength and agility fused with balance training. Taught by Ironman Triathlete Brad Zoller.

August Pool Schedule



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00-8:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	6:30-8:00am Lap Swim	6:30-8:00am Lap Swim
8:30-9:30am	8:30-10:00am Masters Swim (Courtney)				8:30-10:00am Masters Swim (Courtney)		
10:00am-1:00pm							
1:00-2:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
2:00-3:30pm	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool			
3:30-4:00pm	Swim Team Prep	Swim Team Prep		Swim Team Prep			
4:00-4:30pm	Swim Team Prep	Swim Team Prep		Swim Team Prep			
4:30-5:30pm	Children's Triathlon Training	Children's Stroke Clinic	Children's Triathlon Training	Children's Stroke Clinic			
5:30-6:30pm		Adult Stroke Clinic		Adult Stroke Clinic			
9:00-10:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

August Swim Info:

Swim Team Prep: August 3-27, Mondays, Tuesdays and Thursdays from 3:30-4:00 or 4:00-4:30. Cost is \$90 for the first child/\$80 for each additional sibling.

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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.

August Tennis Schedule



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

REMINDER: Summer Tennis Clinics & Camps are ending on August 21st. If you would like to join in on one of the clinics or classes above please see Derek Fisher or complete a sign up sheet at the front desk.

Upcoming Tennis Events:

HCC Club Championship Tennis Tournament, September 5 & 6