



Homestead Court Club & Owners Association

November Events

Sunday, November 1st
Daylight Savings Time Ends

Friday, November 13th
Board Meeting 9am
December Pilates Sign Ups

Friday, November 20th
Last Day of Swim Session 2

November 23rd-27th
No tennis programs this week

Wednesday, November 25
All Day Camp w/Jillian

Thursday, November 26th
Happy Thanksgiving
CLUB HOURS: 9:00-12:00
Burn the Bird 9-10:30am

Monday, November 30th
All Day Camp w/Jillian

General Club Information

Club Hours:
5:55am-10:00pm M-F

Phone:
970-926-1067

Fax:
970-926-4710

400 Homestead Drive
P.O. Box 808
Edwards, CO 81632

Childcare Hours:
8:30am-noon M-F
3:00-7:00pm M-F
9:30am-12:30pm Sat.

Website:
Homesteadcourtclub.com

Save the date:
Homestead's Holiday Party
Sunday, December 6th, from 5:00-8:00pm



Homestead Fitness

BURN THE BIRD w/instructors Allison and Justin; This special fitness class will be held Thanksgiving Day, November 26th, from 9:00-10:30am. Come in for a killer workout before you feast! This will be the only fitness class held on Thanksgiving day.

THANKSGIVING CLUB HOURS: 9am-12pm

New Class starting in November, S.A.S, will be held on Wednesday's from 9:00-10:30am. Join instructor Heidi Trueblood for a 55 minutes spin class, followed by 30 minutes of abdominal work and finish with a good stretch!

Sign up will now be required for all spin classes starting November 1st.

Class Cancellation: The Mat Pilates class scheduled for November 5th at 6:35pm has been cancelled. Mat Pilates will return the following Thursday, November 12th.

Ski & Snowboard Conditioning: Is going on now and will continue through the end of November. This class is held on Mondays from 5:15-6:30pm and on Saturdays from 11:00am-12:15pm. Sign up is required. Homeowners and Tenants may sign up 48 hours in advance, and non-resident members may sign up 24 hours in advance. We will take a max. of 30 participants per class. Please call the front desk to sign up. We are offering extended babysitting hours until 12:30pm for this class. Please call the front desk for babysitting reservation.

Special Club Hours for the Holidays:

Thanksgiving Day— 9:00am-12:00pm
Homestead's Holiday Party— 6:30am-3:00pm (December 6th)
Christmas Eve—5:55am-12:00pm
Christmas Day — CLOSED
New Year's Eve — 5:55am-5:00pm
New Year's Day — 8:00am-5:00pm



Homestead Tennis

Thanksgiving Break Reminder: We would like to remind you that there will be NO tennis programs for adults or children held the week of November 23rd-27th, for Thanksgiving break.

It's not too late to sign up for fall tennis: There is still room available in all fall adult and children's clinics. Parents you can still sign your children up for clinics after their other fall sports end. Contact Derek to sign up. Call the front desk each week to sign up for weekly drop in clinics.

Free Paddle Tennis Clinics on Saturday, November 14th. Join Derek for a free paddle clinic from 2:00-3:30pm. Paddle is a fun winter sport for people of all ages and ability levels! Sign up at the front desk for the clinic, or contact Derek at the Club for more info.

Paddle Players, please contact the front desk to reserve the courts and let them know you will be playing. Please note the courts close nightly at 9:00pm.

November Board Meeting: Annual Budget Discussion

The Board is in the process of approving the 2010 budget including the reserve fund and would like to invite all homeowners to attend the November regular Board meeting on Friday, November 13th at 9:30 A.M. to offer input.

We will also be discussing the February General Meeting and the Nominating Committee. If you are interested in serving on the Board, please contact the Nominating Committee c/o Tracy Erickson at the Club or attend an upcoming Board Meeting.

Children's Programming News

Homestead After School Program Reminder: There will be no After School program from November 25th-30th for Thanksgiving break. Please see the dates that Jillian will be offering an all day camp below.

Holiday Break All Day Camps: Jillian will be holding special all day camps during some of the upcoming breaks from school. In this action packed all day camp your children will make arts and crafts, play fun games, go swimming, and will play outside (weather permitting). Here are the dates for all day camps:

Thanksgiving Break: Thursday, November 25th & Monday, November 30th

Christmas Break: Monday, December 21st — Wednesday, December 23rd and Monday, December 28th — Wednesday, December 30th.

All day programs for the Thanksgiving and Christmas Holiday breaks still have limited space available. To register for Homestead Clubhouse, please pick up a registration packet from the front desk, or contact Jillian at 926-1067. Please note that all registration forms must be completed prior to attending Homestead Clubhouse. Sign up today!

Children's Tennis Reminder: Please note that there is no tennis programming the week of November 23rd— 27th, for Thanksgiving Break.

Childcare News: Childcare will be closed on Thanksgiving day. Saturday Childcare hours are changing for the month of November from 9:00-noon, to 9:30am-12:30pm to accommodate the parents who would like to attend Ski Conditioning.

Fall Swim Programs

Reminder: Fall Swim Session 2 starts 10/26/09. Please see dates & schedule below. Its not too late to sign up, there are still a few spaces available in some classes. Contact Courtney to sign up courtneyreb@gmail.com

Session 2 Dates: 10/26-11/20

Swim Team Practice: Mondays, Tuesdays and Thursdays from 5:00-6:00pm.

Youth Stroke Clinics: Tuesdays and Thursdays from 4:00-5:00pm.

Adult Stroke Clinics: Tuesdays and Thursdays from 6:00-7:00pm.

Mark your calendars now for the last day of fall swimming: 11/20/09.

November 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 Cardio Tennis*	Super Sculpt (Beth)	Spin* (Jennifer)	
7:10-8:30am		All Levels Hatha Flow Yoga (Jordan)			Board Meeting 11/13/2009 9:00am	7:15am Cardio Tennis*
8:30-10:00am	Masters Swim (Courtney) 8:00-9:00 Fit Forever (Chris)		8:35-10:00am Forrest Yoga (Krista)	Burn the Bird 11/26/09 9:00-10:30am	Masters Swim (Courtney)	8:00-9:30 All Levels Hatha Yoga (Trinity)
9:15-10:15am	Z-Circuit (Brad)	Body Shop (Amy)	S.A.S*** 9:00-10:30am (Heidi)	S.I.T (Justin)	9:00-10:30am Anusara Inspired Yoga (Tim)	
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
11:30-12:30pm						11-12:15 **Ski Conditioning Allison & Christy
4:00-5:00pm	After School Program in Fitness Studio	After School Program in Fitness Studio	After School Program in Fitness Studio	After School Program in Fitness Studio	After School Program in Fitness Studio	
5:30-6:30pm	5:15-6:30 **Ski Conditioning (Justin, Allison & Christy)		Z Circuit (Brad)			
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 for all classes with an asterisk.

**Please call the front desk to sign up for Ski Conditioning. Homeowners and their tenants may call up to 48 hours in advance and Non-resident members may call up to 24 hours in advance. 30 participants max.

***S.A.S. will begin on November 11th.

The regular Pilates Mat Class scheduled for Thursday, November 5th, at 6:35pm has been cancelled and will return on Thursday, November 12th.

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.

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.

S.A.S — Join instructor Heidi Trueblood for a 55 minutes spin class, followed by 30 minutes of abdominal work and finish with a good stretch!

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!

SKI/SNOWBOARD CONDITIONING - Join Olympic athlete Kristina Koznick, along with Allison Barr Christy Brown, and Justin Songer for intense ski and snowboard specific training. This class will focus on agility, core and strength. Sign up is required. 30 people max. Call the front desk to reserve your spot!

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 Tri-athlete Brad Zoller.

November 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							
3:15-4:00pm	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool		
4:00-4:30pm	Swim Team Prep	Swim Team Prep		Swim Team Prep			
4:30-5:30pm	Swim Team	Swim Team		Swim Team			
5:30-6:30pm							
9:00-10:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

Fall Swim Info:

Fall Swim Session 2: 10/26-11/20/09

Swim Team: Mondays, Tuesdays and Thursdays from 5:00-6:00pm. Cost is \$90 for the first child/\$80 for each additional sibling.

Youth Stroke Clinics: Tuesdays and Thursdays from 4:00-5:00pm. Cost is \$60 per child.

Adult Stroke Clinics: Tuesdays and Thursdays from 6:00-7:00pm. Cost is \$60 per person.

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.

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.

November Tennis Schedule



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:15-7:15am			Cardio Tennis*			7:15am Cardio Tennis*
9:30-10:30am						9:30-10:30 Drop In Clinic* 4.0 Drills & Skills
10:45-12:00pm	Advanced Beginner Clinic	Intermediate Clinic	Beginner Clinic	Intermediate Clinic	Intermediate Clinic	10:30-11:30am Drop In Clinic* 3.5 Drills & Skills
12:00-1:00pm	12:00-1:15pm Advanced Beginner Clinic		Drop In Clinic* 4.0+ Drills & Skills		Drop In Clinic* 3.5 Drills & Skills	11:30-12:30pm Drop In Clinic* 4.5 Drills & Skills
1:15-2:30pm					Coed Beginner League	
2:30-4:00pm						
4:00-5:00pm	Superstars Tennis Group	Intermediate Tennis Group	Superstars Tennis Group	Intermediate Tennis Group	Mighty Mites Tennis Group	
5:00-6:00pm	Teenager Tennis Group	JET Tennis	Teenager Tennis Group	JET Tennis	Superstars & Intermediate Tennis Groups	
6:00-9:00pm	4.0+ Ladies League	3.5- Ladies League	4.0- Men's League	4.5+ Coed League		

***Drop In Clinics require weekly sign up and a \$20 Drop In fee. Call the front desk to sign up.**

There will be no scheduled tennis programming the week of November 23-27 for Thanksgiving break. All fall tennis programs will resume November 30.