



# Homestead Owners Association & Court Club

## January Events

### HOLIDAY HOURS:

New Years Eve\* 6am-5pm  
New Years Day\* 8am-5pm  
\*See fitness news for info on class cancellations.

All Day Kids Camp  
December 21, 22, 23, 28, 29, & 30

Winter Tennis Begins  
Monday, January 4th

January Swim Session  
Begins January 4th

January DRC and  
Board Meeting  
Friday, Jan. 8th @ 9am

No After School Prgm  
on January 18, for Dr. Martin Luther King, Jr. Day

## 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

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-12:00pm Sat.

### Website:

Homesteadcourtclub.com

## Annual Homestead Homeowners Meeting February 15, 2008

The meeting will be held at the Homestead Court Club on Monday, February 15th, at 7:00pm. The agenda and proxy for the meeting will be sent out 10 days prior to the meeting. There will be a vote for three open Board Member seats at the meeting. For more information on the meeting contact Tracy Erickson at the Club.

## Online Survey about Preschool Space

The Homestead Owner's Association is currently leasing the space attached to the northeast end of the Court Club. However the lease will expire in 2011 and we need your input. We will be conducting an online survey beginning on January 1st, 2010 and ending on January 31st, 2010. A link to the survey will be posted on our website, [www.homesteadcourtclub.com](http://www.homesteadcourtclub.com), beginning on January 1st, 2010.

## Homestead Pilates News

Get started in Pilates with our 4 week beginner series! This class will meet Tuesdays in January from 10:30-11:30am beginning on January 8th. Cost for this class is only \$100 for all four weeks! Contact Deana to sign up at 970-331-6302.

**Pilates Special for January:** \$15 Cardio Pilates classes on Mondays and Wednesdays at 8:30am. You can pay at the front desk per class OR if you want to use your punch card, Deana will give you 2 Cardio Classes for 1 punch (for only \$12.50 per class!). This high energy class utilizes both the Reformer machine and the Pilates Chair. Max 6 participants per class.

Sign Ups for January Pilates will begin on December 30th at noon.

## Children's Programming News

**Homestead After School Program Reminder:** There will be no After School program from December 21st-January 1st. The program will resume on January 4. There will also be no after school program on Monday, January 18, for Dr. Martin Luther King, Jr. Day. The program will resume on January 19.

**Holiday Break All Day Camps:** Jillian will be holding special all day camps on December 21-23 and 28-30. To register for Homestead Clubhouse, please pick up a registration packet from the front desk, or contact Jillian at 926-1067.

Childcare will be closed on 12/24, 12/25, 12/31 (in the evening) and 1/1.

## Homestead Tennis

**Reminder: Winter Tennis Programs** will begin the week of January 4th, 2010. The sign up flyers are available at the front desk or on our website, [www.homesteadcourtclub.com](http://www.homesteadcourtclub.com). Derek would like to remind you that he is offering junior programs for all ages every weekday and he will help you work around your child's schedule of other sports, etc. See Derek for more info!  
**Cardio Tennis:** Derek has added two \$10 Cardio Tennis Classes on Mondays and Thursdays from 12-1pm, in addition to the two free classes offered on Wednesdays and Saturdays. Call the front desk to sign up for any of our Cardio Tennis classes.

## Adopt A Family Update

*We would like to thank everyone who donated to our Adopt-A-Family this holiday season. Despite economic hardships for many, we had an overwhelming response from members wanting to help out the three families we adopted. The families are very grateful to be "adopted" and would like to thank you for your generous donations!*



## Holiday Party Thanks

*We would like to thank everyone who attended our Annual Holiday Party on December 6th. An extra special thanks goes out to Tony Gulizia for the music, Vail Catering Concepts for the food, WECMRD for their "jumpy houses" and of course, Santa Claus too! The event couldn't have been such a success without you there!*

## December Board Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, December 11, 2009, at 9:00am.

Matters Pending included discussion regarding the Board Election scheduled to take place at the annual HOA Meeting on Monday, February 15th, 2010. The Nominating Committee will be conducting interviews with the three candidates who have expressed interest in the open seats on January 14th. If you are interested in serving on the Board please contact the Nominating Committee through Tracy Erickson or the Board representative, Billy Carty.

The minutes were approved from the November Board meeting. The October 2009 financial report was approved. The Board thanked the staff for their hard work at the Holiday Party, which was held on Sunday, December 6th. The Directors Report included a discussion on the scheduled major repairs and improvements, and was followed by an executive session to discuss contract/legal negotiations and personnel issues.

## Homestead Fitness

Homestead welcomes new yoga instructor Janice Ingson

Janice has been practicing yoga for the past 10 years, and teaching for over two years. She received her certification from YogaWorks, and has done continuing education and workshops with Ana Forrest, Janet Stone, Judith Hanson Lasater, Rusty Wells, Doug Swenson, Dharma Mittra, Desiree Rumbaugh, John Friend, Aadil Palkhivala, Richard Freeman, Max Strom and many others. Her teaching style is a powerful, alignment-based vinyasa. Try her Vinyasa Flow classes on Thursday mornings from 7:15-8:30 and Wednesday nights from 6:35-7:35. Janice will be teaching her Vinyasa Flow class on Thursday, December 31st.

**Family Ski Conditioning:** The perfect excuse to have a fun workout as a family! Courtney Rebel will teach a family ski conditioning class filled with fun exercises and games that will not only prepare you and your child for the slopes but also give you an excuse to workout together. The class will consist of a variety of strength building exercises appropriate for children and adults. This class is suitable for children ages 6 or over and all children must be accompanied by an adult. Sign up is required as space is limited to 15 participants. Contact Courtney Rebel for more details ([courtneyreb@gmail.com](mailto:courtneyreb@gmail.com)) or sign up at the front desk!

You can also join Courtney on Wednesday nights from 5:30-6:30 for Power Hour. This is a high intensity workout for those who are looking to sweat!

By popular demand, Courtney Rebel has added another Master's Swim class on Wednesday mornings from 6:30-7:30.

**Class Changes/Cancellations:** The only class on New Year's Eve will be Vinyasa Flow Yoga with Janice, and ALL classes are cancelled on New Year's Day.

## January Swim Programs

Courtney will be offering a 4 week winter swim session beginning on Monday, January 4th and running through Thursday, January 28th. Please pick up a sign up sheet at the front desk and return it to Courtney to sign up, or email Courtney at [courtneyreb@gmail.com](mailto:courtneyreb@gmail.com) with any questions.

**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:** Tues. & Thurs. from 4:00-5:00pm. Cost is \$60 per child/\$50 for each additional sibling.



# January Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am	Spin* (Todd)	6:05-7:05 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)	6:30-7:30am Masters Swim (Courtney)	7:15-8:30 Vinyasa Flow (Janice)	Board Meeting 1/8/2010 9:00am	7:15am Cardio Tennis*
8:30-10:00am	Masters Swim (Courtney)				Masters Swim (Courtney)	8:00-9:30 All Levels Hatha Yoga (Trinity)
9:15-10:15am	20/20/20 (Justin)	Body Shop (Christy)	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						
4:00-5:00pm	After School Program in Fitness Studio	After School Program in Fitness Studio	4:15-5:15pm Family Ski Conditioning* (Courtney)	After School Program in Fitness Studio	After School Program in Fitness Studio	
5:30-6:30pm	Athlete's Edge (Justin)	Spin (Amy)	Power Hour (Courtney)			
6:35-7:35pm	Hatha Flow Yoga (Jordan)		Vinyasa Flow (Janice)	Pilates Mat Class (Carla)		

Homestead Court Club 970.926.1067

\*Sign up is required for all classes with an asterisk.

New Classes or changes this month are bold.

**HOLIDAY CLASS CANCELLATIONS/CHANGES:** Vinyasa Flow Yoga with Janice will be the only class on Thursday, December 31st, and ALL CLASSES are cancelled for Friday, January 1st. Happy New Year!

# 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** - 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 work.

**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.

**FAMILY SKI CONDITIONING** - This class is filled with fun exercises and games that will not only prepare you and your child for the slopes but also give you an excuse to workout together. The class will consist of a variety of strength building exercises appropriate for children and adults. This class is suitable for children ages 6 or over and all children must be accompanied by an adult. Sign up is required.

**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.

**POWER HOUR** - An all around high intensity conditioning class. This is a high energy full body strength training class utilizing weights, bands, steps & bosus.

**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!

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

# January 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
8:30-10:00am		Masters Swim (Courtney)			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		
4:00-5:00pm		Youth Stroke Clinic		Youth Stroke Clinic			
5:00-6:00pm	Swim Team	Swim Team		Swim Team			
6:00-9:00pm							
9:00-10:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

## Winter Swim Info:

### Winter Swim Session 2: 1/4-1/28/10

**Swim Team:** Mondays, Tuesdays and Thursdays from 5:00-6:00pm. Cost is \$90.00 for the first child/\$80.00 for each additional sibling.

**Youth Stroke Clinics:** Tuesdays and Thursdays from 4:00-5:00pm. Cost is \$60.00 for the first child and \$50.00 for each additional sibling.

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.

# January Tennis Schedule



Court Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:00 am			Cardio Tennis (6:15-7:15)			
7:00-8:15 am						Cardio Tennis (7:15-8:15)
8:15-9:30 am						
9:30-10:45 am			USTA 3.0 Team Practice		USTA 4.0 Team Practice	4.0 Drop In Clinic (9:30-10:30)
10:45am—12 pm	Advanced Beginner Clinic	Intermediate Clinic	Beginner Clinic	Intermediate Clinic	Intermediate Clinic	3.5 Drop In Clinic (10:30-11:30)
12:00-1:15 pm	Cardio Tennis (12:00-1:00)		4.0+ Drop In Clinic (12:00-1:00)	Cardio Tennis (12:00-1:00)	3.5 Drop In Clinic (12:00-1:00)	4.5 Drop In Clinic (12:30-1:30)
1:15-2:30 pm						
2:30-3:45 pm						
3:45-5:00 pm	Superstars Ages 7-9 (4:00-5:00)  Intermediate Ages 10+ (4:00-5:00)	Intermediate Ages 10+ (4:00-5:00pm)	Superstars Ages 7-9 (4:00-5:00)  Intermediate Ages 10+ (4:00-5:00)	Intermediate Ages 10+ (4:00-5:00pm)	Mighty Mites Ages 4-6 (4:00-5:00)	
5:00-6:15 pm	Teenagers (5:00-6:00)	JET Tennis (5:00-6:00)  Superstars Ages 7-9 (5:00-6:00)	Teenagers (5:00-6:00)	JET Tennis (5:00-6:00)  Superstars Ages 7-9 (5:00-6:00)	Superstars Ages 7-9 (5:00-6:00)  Intermediate Ages 10+ (5:00-6:00pm)	
6:15-7:30 pm	Mixed League	Mixed League	Men's 3.5-4.0 League	Top Gun League		
7:30-8:45 pm	Mixed League	Mixed League	Men's 3.5-4.0 League	Top Gun		
8:45-10:00 pm						

Homestead Court Club 970.926.1067

Winter Tennis Programs will begin the week of January 4th, 2010.

**Please see Derek for more info on Homestead Tennis Programs!**