



Homestead Owners Association & Court Club

February Events

February DRC and
Board Meeting
Friday, Feb. 12th @ 9am

Valentine's Day
Sunday, February 14th

President's Day
Annual HOA Meeting
Monday, Feb. 15th @ 7pm

All evening fitness
classes are cancelled
on President's Day for
the Annual Meeting

Summer Camp
Registration Packets
Available:
Monday, February 22nd
Sign Up Dates:
3/1 ~ Homeowners
3/8 ~ Non-Res. Members
3/15 ~ Non Members

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

Homestead Homeowners General Meeting February 15, 2008

This year's meeting will be held at the Homestead Court Club on Monday, February 15th, at 7:00pm. The agenda and proxy for the meeting has been included on a separate sheet in this mailing to all Homestead homeowners. There will be a vote for three open Board Member seats at the meeting. Please note the candidate bios are also on the enclosed agenda sheet. For more information on the meeting contact Tracy Erickson at the Club.

Homestead Fitness News

All evening fitness classes are cancelled on President's Day (February 15th) for the Annual Meeting.

Family Ski Conditioning with Courtney Rebel: 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. Please call the front desk to sign up. **Class Cancellation:** The Tuesday evening spin class has been cancelled.

February Swim Session Dates: February 8th – March 4th

Swim Team will continue to meet on Mondays, Tuesdays, and Thursdays from 5:30-6:30pm. Cost for this 4 week session is \$90 for first child enrolled, and \$80 for each additional sibling enrolled. Courtney will also offer Stroke Clinics on Tuesdays from 4:30-5:30pm. Cost for the session is \$35 per child. Please contact Courtney Rebel to sign your child up. Email her at courtneyreb@gmail.com or call her at 303-819-2576.

INSTRUCTOR OF THE MONTH~COURTNEY REBEL!

Courtney Rebel, an Atlanta, Georgia native brings to Homestead a variety of different fitness options. As a NCSA certified personal trainer, she is also certified in Spin, Group Fitness, Water Safety Instruction and holds current CPR and First Aid certifications. She currently teaches three Master's Swim classes at Homestead, as well as Power Hour and Family Ski Conditioning. Courtney has been in the valley for two years and is an avid athlete. Finishing in the top three of every triathlon in which she has competed, she loves all sports from snowboarding to rock climbing. Courtney studied kinesiology in college and always knew she wanted to work in sports and fitness. Check out her fitness classes here at Homestead!!

Homestead Pilates News

Get started in Pilates with our 4 week beginner series: This is the perfect way to get started in Reformer Pilates without taking privates. This class will meet every Tuesday in February from 10:30-11:30am beginning on February 2nd. Cost for this class is only \$100 for all four weeks! Once you have completed the beginner series classes you may sign up for any of our group classes. Contact Deana to sign up at 970-331-6302.



*Homestead's 2010
Special Events
Save the Date:*

*Saturday, April 3
Easter Party*

*Saturday, May 15
Free Junior & Adult
Tennis Clinics*

*Thursday, June 24
Ice Cream Social*

*July 16-18
Vail Valley Open Adult
Tennis Tournament*

*Thursday, July 29
Family Game Night*

*August 7-8
Vail Valley Junior Satel-
lite Tennis Tournament*

*Saturday, September 4
End of Summer BBQ &
Club Championship
Tennis Tournament*

*Sunday, December 5
Holiday Party*

Don't Forget:

Summer Camp Registra-
tion packets will be
available to pick up be-
ginning on Monday,
February 22, 2010.

January Board Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, January 8, at 9:00am.

New Business included a presentation from the Remonov Developers who are proposing to build adjacent to Homestead on Tracts T, K and B, followed by a question and answer session. The general meeting agenda was approved during the new business portion of the board meeting.

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 candidates who have expressed interest on January 14th.

The minutes were approved from the December 2009 Board meeting. The November 2009 financial report was approved. The Directors Report included a discussion on the scheduled major repairs and improvements. The meeting adjourned at approximately 10:20am.

Homestead Tennis

Try Cardio Tennis this month! Cardio Tennis is designed to get people looking at tennis in a whole new way. During this hour long class, participants will warm up, work on interval training, hit balls, and perform drills designed to improve movement. This high energy class is taught by one of four Homestead Tennis Pros. It is not just for tennis players, it is a great class for anyone looking for a fun cardio workout! Give it a try for FREE on Wednesday mornings at 6:15am or on Saturdays at 7:15am. We have also recently added two more "lunch hour" Cardio Tennis classes to the schedule for only \$10 per class; Mondays and Thursdays from 12:00-1:00pm. Homestead homeowners and their tenants may sign up 48 hours in advance, and non-resident members may sign up 24 hours in advance. Please call the front desk to sign up.

Children's Programming

Homestead After School Program Reminder: There will be no After School program on February 15th, President's Day. The program will resume on Tuesday February 16th.

Spring Break All Day Camp: Jillian will be holding special all day camps the week of March 22nd-26th. To register for Homestead Clubhouse, please pick up a registration packet from the front desk, or contact Jillian at 926-1067.

Summer Day Camp Information: Believe it or not, summer camp is just around the corner! Summer Camp information packets will be available beginning on February 22nd. Sign ups will begin on 3/1 for Homestead homeowners, on 3/8 for non-resident members and on 3/15 for non-members.

30% off all Life Is Good Pajamas

No coupon necessary. All sales final



February 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 2/12/10 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)		Power Hour (Courtney)			
6:35-7:35pm	Hatha Flow Yoga (Jordan)		Vinyasa Flow (Janice)	Pilates Mat Class (Carla)		

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

New Classes or changes this month are bold.

Please note there will be no evening classes held on February, 15th, due to our Annual Homeowners Association Meeting.

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.

February 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
7:30-8:30am			Masters Swim (Courtney)				
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							
5:30-6:30pm	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

February Swim Info:

Winter Swim Session 3: February 8th—March 4th

Swim Team: Mondays, Tuesdays and Thursdays from 5:30-6:30pm. Cost is \$90.00 for the first child/\$80.00 for each additional sibling.

Stroke Clinics: Tuesdays from 4:30-5:30pm. Cost is \$35 per child.

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.

February 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 League		
8:45-10:00 pm						

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There are still some spaces available in the Winter Tennis Programs, please see Derek Fisher for more information, or to sign up.