



April 2010 Newsletter

## Homestead Owners Association & Court Club

### April Events

#### **Easter Party & Egg Hunt**

**Saturday, April 3rd  
10:00am-noon  
Childcare will be closed for the Easter Party**

#### **Easter**

**Sunday, April 4th**

#### **April DRC and Board Meeting**

**Friday, April 9th @ 9am**

#### **VMS Tennis Match**

**Monday, April 12th @ 3pm**

#### **VMS Tennis Match**

**Monday, April 26th @ 3pm**

#### **No After School Program**

**Monday, April 26th**

### **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's Annual Easter Party*

Join us on Saturday, April 3rd, from 10am-noon for Homestead's annual Easter party. The Easter egg hunt will start at approximately 10:30am and will be held outside, weather permitting. Age groups will be: 2 and under, 3-6, and 7-10. We will also have an arts & crafts table, coloring contest, face painting, jumpy house and we will be serving coffee & pastries. Don't forget your Easter basket!



### **Children's Programming News**

**Homestead After School Program Reminder:** There will be no After School program on April 26th, as there is no school on that day. The program will resume on Tuesday, April 27th.

**Summer Camp:** There are still some spaces available for our awesome day camp. Registration packets are available at the front desk. Sign your child up today!

### **Homestead Pilates News**

Still not convinced Pilates is a REAL workout?? Try Deana's new "Cardio Jump Board" class and see for yourself! Starting in April Deana is adding this new high intensity cardio and core class to the Pilates Schedule. Without question, this is a tough workout for the entire body, and definitely a solid cardio workout. Jumping takes an incredible amount of core strength, especially when done for a long period of time. For the month of April Deana is offering this class for only \$25, with no drop in fees! Contact Deana Mischonski at 970-331-6302 for more information or to sign up.

### **Please Slow Down on Homestead Streets**

Please remember when driving on neighborhood streets that this is what they are... neighborhood streets. As a courtesy to those that live on these "through" streets, please remember to not exceed the speed limit, especially in the morning and afternoon when kids are walking to and from bus stops. Cutting a minute from your drive time is not worth someone's life. Just remember, it's where we live. Homestead has requested that the Eagle County Sheriff's Department increase patrols for speeding on Homestead Streets. PLEASE slow down! We'll gratefully thank you!!



## Mountain Lion Sightings

We have had three recent mountain lion sightings in the neighborhood (on the water tower trail and near the pond on Homestead Drive). Please be aware of your surroundings and follow these safety tips if you encounter a Mountain Lion:

1. Always hike with a companion.
2. Never approach a mountain lion.
3. Never run past a mountain lion, this may trigger their instinct to chase.
4. Make eye contact and stand your ground.
5. Pick up small children without turning away from the mountain lion or losing eye contact.
6. Never bend over or crouch down.
7. Make yourself appear larger, more aggressive. Open your jacket, raise your arms, throw stones, branches, etc.
8. Wave your arms slowly, and speak slowly, firmly, and loudly to disrupt and discourage predatory behavior.

## March Board Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, March 12, at 9:00am.

A discussion regarding holiday lights/decorations was held during the DRC portion of the meeting. Please see the article below.

Member Input included discussion on Homestead's financials and website. Member Input continued with discussion concerning speeding on Homestead Drive, please see article on front page.

New Business included appointing the Board to the Design Review Committee and appointing Director Carty, Paul Backes, and Dale Nelson to the Nominating Committee.

The minutes were approved from the February 2010 Board meeting. The January 2010 financial report was approved.

Board Member Items included a motion to keep the Director's Offices the same as last year, and will be; Director Ladd as President, Director Johnson as Vice President and Director Barrows as Treasurer/Secretary.

The Directors Report included a discussion on the scheduled major repairs and improvements including the emergency access tract in upper Homestead. The meeting adjourned into executive session at approximately 9:50am.

## Exterior/Holiday Lighting Note

At the March Board meeting the Board discussed holiday lighting and decorations. The Board would like to kindly ask that all holiday lights and decorations be turned off/taken down for the season by mid-April. Homestead Standards and Guidelines read:



*"The beauty of the starlit night at Homestead will be preserved by judicious use of lighting. Unnecessary use of light is prohibited in the interest of energy efficiency and maintenance of the quiet nighttime environment....Homestead also recommends that exterior lights be turned off at 10 P.M."*

Thank you for being respectful of your neighbors!

~Homestead Board of Directors

## Homestead Tennis News

The VMS High School Women's Tennis Team has two matches scheduled at Homestead in April; Monday, April 12th, and Monday, April 26th, weather permitting. We would like to invite you to come and cheer the only Vail Valley High School Tennis Team on!! Please note all outdoor courts will be reserved for the matches.

Spring tennis programs began on March 15th, but it is not too late to join in on the fun! There is still availability in many clinics for adults and children of all ability levels. Contact Derek Fisher at the club for more information or to sign up!



# April 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)	<b>6:05-7:05 Endurance Ride Spin (Amber)</b>	Spin (Jennifer)  6:15am Cardio Tennis*	<b>Super Sculpt (Beth)</b>	Spin (Jennifer)	
<b>7:10-8:30am</b>	<b>Vinyasa Flow Yoga (Janice)</b>	<b>Hatha Flow Yoga (Lindsey)</b>		<b>7:15-8:30am Vinyasa Flow Yoga (Janice)</b>	<b>Board Meeting 4/9/10 9:00am</b>	<b>7:15-8:15am Cardio Tennis*</b>
<b>8:30-10:00am</b>	Masters Swim** (Courtney)				Masters Swim** (Courtney)	<b>8:00-9:30 All Levels Hatha Yoga (Trinity)</b>
<b>9:15-10:15am</b>	20/20/20 (Justin)	<b>Body Shop (Christy)</b>	S.A.S 9:00-10:30am (Heidi)	S.I.T (Justin)	9:00-10:30am Anusara Inspired Yoga (Tim)	
<b>10:30-11:30am</b>	Pilates Mat Class (Deana)			<b>Pilates Mat Class (Deana)</b>		
<b>11:30-12:30pm</b>						
<b>4:00-5:00pm</b>	After School Program in Fitness Studio	After School Program in Fitness Studio		After School Program in Fitness Studio	After School Program in Fitness Studio	
<b>5:30-6:30pm</b>	Athlete's Edge (Justin)		Power Hour (Courtney)			
<b>6:35-7:35pm</b>	Hatha Flow Yoga (Julie)		Vinyasa Flow (Janice)			

Homestead Court Club 970.926.1067

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

\*\*Please note that Courtney will be out of town from April 16th-May 9th. Masters Swim workouts will still be posted on the white board, feel free to workout on your own!!

New Classes or changes this month are bold.

# 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.

**KID FITNESS** - This class is filled with fun exercises and games and 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.

# April 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
6:30-7:30am							
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		
4:30-5:30pm							
5:30-6:30pm							
6:00-9:00pm							
9:00-10:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

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 Courtney will be out of town from April 16th-May 9th. Masters Swim workouts will still be posted on the white board, feel free to workout on your own!!**

# April Tennis Schedule



Court Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:00 am	VMS Team Practice	VMS Team Practice	Cardio Tennis (6:15-7:15)		VMS Team Practice	
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						

## Spring Tennis Info

**Sign up** will begin on March 2nd for Homestead Homeowners and on March 4th for Non-resident members.