



Homestead Owners Association & Court Club

June Events

Memorial Day

Monday, May 31st

NO FITNESS CLASSES

Summer Camp Begins

Monday, June 7th

Summer Tennis Programs Begin

Monday, June 7th

Board & DRC Meeting

Friday, June 11th @9am

Summer Swim Programs Begin

Monday, June 14th

Children's Triathlon

Training Begins

Tuesday, June 15th

Father's Day

Sunday, June 20th

Ice Cream Social

Thursday, June 24th

Swim Meet @ Eagle

Friday, June 25th

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

6th Annual Ice Cream Social

We are kicking off Homestead's Summer Events on Thursday, June 24th from 6:30-8:00pm. Join us for a fun filled evening where you can build your own ice cream sundae and mingle with your neighbors. We hope to see you there!

Fitness News

New 30 minute Cardio Core Plus Pilates Class: Cardio Core Plus is a new non-stop core class in the Pilates studio that will be sure to get your heart pumping and leave your abs sore for days! Pilates instructor Deana Michonski will offer this class on Mondays from 8:30-9am, Wednesdays 8:30-9am & 5:30-6:00pm, and on Fridays from 9-9:30am. Price for this great new class is only \$15 for a drop in or \$12.50 with a punch card. To sign up for this class please contact Deana Michonski at 970-331-6302. Three students max per class.

Running Group w/Heidi Trueblood: Join Heidi for a run on Thursday nights at 5:30pm beginning on June 10th. This group will start with a 30 minute run and build up as the weeks go on. You can go at your own pace, all runs will follow an out-and-back format, just bring your watch and be ready to go at 5:30!

Yoga Sculpt: beginning Thursday nights in June. This class is a total body workout that lengthens & tones the major muscle groups. We will utilize free weights to move through our yoga postures. This is a complement to your traditional yoga practice that will push your limits of strength and flexibility. All levels are welcome. Thursday nights in June from 5:30-6:30pm.

Washboard Abs: is back on Mondays w/Allison from 5:00-5:30pm!

Tennis News

Summer Tennis Programs are beginning the week of June 7th. Spaces are still available in most of the clinics. Weekly sign ups are available for all Junior Clinics. Sign up brochures are available at the front desk or on our website.

Top Gun Coed Doubles Night (Level 4.5+) is back beginning in June. Monday nights at 6:00pm at Homestead one week and at Ford Park the next week. Sign up with Derek.

The singles ladder will again be offered starting the week of June 7th for the summer. Please sign up at the front desk and Derek will contact you with who you will play the first week.

3.5/4.0 Men's Drop In Night starting in June. This group will meet on Wed. nights at 5:30pm and is organized by Judd Babcock. No sign up is required.

Monday morning 3.0-4.0 non-fixed partner doubles league is beginning on June 7th and will meet each week from 8:30 to 10:00am.

Save the Date for these upcoming Tennis Events:
Vail Valley Adult Open Tournament ~ July 16th, 17th and 18th
Vail Valley Junior Tournament ~ Aug 7th and 8th

Reminder: Beginning June 1st court times be 1.5 hours and you will be able to make reservations for the outdoor tennis courts.

The last day of Cardio Tennis will be Saturday, May 29th.

Homestead School Lease Space Update:

The Board received two proposals from area Montessori Schools. Both Schools will be presenting their proposals at the June 11th, 2010 Board Meeting, starting at 9:30am.

Note to Homeowners Regarding Parking on Homestead Streets:

The Design Review Committee has recently received complaints concerning parking on Homestead Streets. Homestead staff has been instructed to request that the Sheriffs office fully enforce parking regulations. Homestead's Guidelines state:

There is no parking on the public/private roads or bike paths in Homestead. Construction crews will not park on, or otherwise use, other lots, any open space, sidewalks and Eagle County road right-of-ways. DRC fines will begin within 24 hours of the violation. No vehicle should have maintenance work done on any Homestead site other than routine daily maintenance. Major mechanical repairs and maintenance should be done off of Homestead property."

Therefore all vehicles must be parked on a paved surface and cannot be parked on any Homestead road or sidewalk. Homestead staff is diligently trying to clear up all parking violations in the Homestead area and common space. These covenants and guidelines apply to all Homestead homeowners and are equally enforced by Homestead staff.

May Board Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, May 14, at 9:00am.

The DRC reviewed two proposals; a proposal for landscape changes including a fence at the Eklund residence at 43 Game Creek Place was approved, and a proposal for a deck expansion at the Knauf residence at 50 Andover Trail may be staff approved after changes are made. The Board also discussed recent parking issues during the DRC portion of the meeting. Please see the side bar for more information regarding Homestead's parking regulations.

New Business included a motion from the Board to allow both Pre School proposals that were turned in to the Board to present at the next Board Meeting, June 11th, 2010. Please see the article to the left for more information.

The minutes were approved from the April 2010 Board meeting. The March 2010 financial report was approved.

The Directors Report included a discussion on the scheduled major repairs and improvements including continuing discussion on creating an emergency access tract in upper Homestead. The meeting adjourned into executive session at approximately 9:57am.

Children's Programming News

Summer Camp begins on Monday, June 7th. There are still some spaces available. Please contact Jillian for more information on availability or pick up a registration packet at the Front Desk today!

Childcare Policy Reminders: Children's Programming Director Jillian Labbe has been very busy in the childcare room recently and would like to remind parents about a few of the most important childcare policies:

- Homestead Homeowners and their tenants may make reservation for childcare up to 48 hours in advance.
- Non-resident members may make reservations for childcare up to 24 hours in advance.
- Reservation cut off times are 8:00am for morning reservations and 1:00pm for evening reservations, and 5:00pm on Friday for Saturday morning reservations.
- Please do not send your children with any food, as we have many children with allergies come in to childcare. We will provide a snack!
- Childcare hours are on the front side of this newsletter.
- If you have any questions about Childcare at Homestead or would like to see all the Childcare policies, please contact Jillian at the Club.



Swim Team/Children's Tri Training

Children's Triathlon Training begins on Tuesday, June 15th. This group will meet every Tuesday and Thursday from 4:30-5:30pm beginning on June 15th and running through July 9th. Price for this training group is only \$80 per child. To sign up, please pick up a sign up sheet at the front desk.

Summer Swim Team and Swim Team Prep begin on June 14th.

Swim Team will be held on Mondays, Tuesdays, and Thursdays from 5:30-6:30pm and on Mondays and Fridays from 8:00-9:00am.

Swim Team Prep will be held on Tuesdays and Thursdays from 3:45-4:15pm.

To register for any of Courtney's Summer Swim Programs please pick up the sign up sheet at the front desk or email her at courtneyreb@gmail.com.



June Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am	Spin (Todd)		Spin (Jennifer)	Super Sculpt (Beth)	Spin (Jennifer)	
7:10-8:30am	Vinyasa Flow Yoga (Janice)	Vinyasa Flow Yoga (Lindsey)		7:15-8:30am Vinyasa Flow Yoga (Janice)	Board Meeting 6/11/10 9:00am	
9:00-10:30am	Masters Swim (Courtney)				Masters Swim (Courtney)	8:00-9:30 Intermediate Hatha Yoga (Trinity)
9:15-10:15am	20/20/20 (Justin)	Body Shop (Christy)		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	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio		
4:00-5:00pm						
5:00-5:30pm	Washboard Abs (Allison)					
5:30-6:30pm	Athlete's Edge (Justin)		Power Hour (Courtney)	Running Group* (Heidi) Yoga Sculpt (Lindsey)		
6:35-7:35pm	Hatha Flow Yoga (Julie)		6:35-7:50 Vinyasa Flow (Janice)			

Homestead Court Club 970.926.1067

*Running Group with Heidi will begin on June 10th. Meet in front of Homestead and don't forget a watch!

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.

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 CLASS - 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.

RUNNING GROUP - Get outside this summer! This group will start with a 30 minute run and build up as the weeks go on. You can go at your own pace, all runs will follow an out-and-back format. There is no sign up required, just bring your watch and be ready to go at 5:30 from HCC’s front door!

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.

VINYASA FLOW YOGA— In this yoga class the teacher will encourage you to synchronize your breath to the movement from one pose to the next on an inhale or an exhale. This style of yoga flows from one pose allows for a lot of variety, but you can expect movement, not just stretching.

WASHBOARD ABS — 30 minutes of intense abdominal and lower back training.

YOGA SCULPT — This class is a total body workout that lengthens & tones the major muscle groups. We will utilize free weights to move through our yoga postures. This is a complement to your traditional yoga practice that will push your limits of strength and flexibility. All levels are welcome. Thursday nights in June from 5:30-6:30pm.

June 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
8:00-9:00am	Swim Team				Swim Team		
9:00-10:30am	**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	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool			
3:45-4:15pm		Swim Team Prep		Swim Team Prep			
4:30-5:30pm		Kids Tri Training		Kids Tri Training			
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

Swim Team:

- Session 1: May 10th-June 11th (No programs the week of May 24th-28th)
Mondays, Tuesdays, and Thursdays from 5:30-6:30pm
\$90 for the first child and \$80 for each additional sibling
- Session 2: June 14th -August 6th
Mondays, Tuesdays, and Thursdays from 5:30-6:30pm
Mondays and Fridays from 8:00-9:00am
\$200 for first child and \$180 for additional siblings

Swim Team Prep:

- Session 1: May 10th-June 11th (No programs the week of May 24th-28th)
Tuesdays from 4:30-5:30pm
\$35 per child
- Session 2: June 14th-July 9th
Tuesdays & Thursdays from 3:45-4:15pm
\$60 per child
- Session 3: July 12th-August 6th
Tuesdays & Thursdays from 5:00-5:30pm
\$60 per child

To make an appointment, or sign up for any swim programs please pick up the summer swim registration form at the Front Desk or contact Courtney at 303-819-2576 or email her at courtneyreb@gmail.com.

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June Tennis Schedule



Court Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:00 am						
7:00-8:30						
8:30-10:00am			USTA 3.0 Team Practice	3.5-4.0 Level Clinic	USTA 4.0 Team Practice	4.5+ Drop In Clinic (\$20 per clinic)
10:00-11:30am	Advanced Beginner Clinic Mighty Mites Ages 4-6 (10:00-11:00am)	3.0-3.5 Level Clinic Mighty Mites Ages 4-6 (10:00-11:00am)	Mighty Mites Ages 4-6 (10:00-11:00am)	Mighty Mites Ages 4-6 (10:00-11:00am)		3.5-4.0 Drop In Clinic (\$20 per clinic)
11:30-1:00pm	Superstars Ages 7-9 (11:00-12:00pm)	Superstars Ages 7-9 (11:00-12:00pm)	Superstars Ages 7-9 (11:00-12:00pm) 4.0+ Drop In Clinic (\$20 per clinic)	Superstars Ages 7-9 (11:00-12:00pm)	3.0-3.5 Level Drop In Clinic (\$20 per clinic)	
1:00-2:30 pm	Intermediate Junior Clinic Ages 10+	Intermediate Junior Clinic Ages 10+	Intermediate Junior Clinic Ages 10+	Intermediate Junior Clinic Ages 10+		
2:30-4:00 pm	High School Clinic Ages 14+	JET Program	High School Clinic Ages 14+	JET Program		
4:00-5:30 pm	Mighty Mites Ages 4-6 (4:00-5:00pm)	Mighty Mites Ages 4-6 (4:00-5:00pm)	Mighty Mites Ages 4-6 (4:00-5:00)	Mighty Mites Ages 4-6 (4:00-5:00pm)		
5:30-7:00 pm	Top Gun League 6:00pm every other week	3.0-3.5 Level Clinic		4.0+ Level Drop In Clinic (\$20 per clinic)		
7:00-8:30 pm						
8:30-10:00 pm						

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