



# Homestead Owners Association & Court Club

## July Events

**Saturday, July 3rd**  
Club Closing at 5pm

**Board & DRC Meeting**  
Friday, July 9th @9am

**USTA Tennis Matches**  
at Homestead  
July 10th & 11th

**Ironkids Triathlon**  
Nottingham Lake  
Sunday, July 11th

**HCC Swim Team Meet**  
@Avon Rec Center  
Wednesday, July 14th

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

**Family Outdoor Night**  
Thursday, July 29th

## **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

## Family Outdoor Activity Night

Please join us on Thursday, July 29th from 6:30 to 8:00pm for a night of fun outdoor activities including a giant slide, waterslides, bouncy gym, and more. We will be serving refreshments and cupcakes. Don't forget your swimsuit!!

## Fitness News

**Special Class: Outdoor Boot camp w/Christy Brown on July 14th @ 10:15am** Sign up at the front desk. Cost will be \$15 per person. 12 person maximum.

**Reformer Plus w/Christy Brown and Deana Michonski** Every Wednesday starting June 30th at 10:15am. Sign up is required. \$15 per person. The class structure will be 30 minutes of Reformer Pilates and 30 minutes of high intensity strength and agility training. With a smaller class size Christy and Deana will have more time to focus on each individual. Christy will make you stronger and faster while Deana will challenge your deep abdominal muscles while developing long, lean muscles. 6 person maximum.

**\$95 Tennis Lesson/Personal Training Special** Increase strength, speed, and balance while preventing injury. Contact Allison for more information or to sign up.

Fitness instructor Missy Lacy is back! She will be teaching 20/20/20 on Monday mornings at 9:15am. Try her class this Monday!

## HCC Children's Policy Reminders

- All children under the age of 12 must be supervised by an adult at all times. An adult is considered 16 or older. If your child is under 12 and in a Homestead Program, please drop them off and pick them up with the instructor.
- All children over the age of 12 must have their own membership number to enter the club by themselves. (If you have a child over the age of 12 and they do not have a membership number please stop by the front desk to fill out a membership change form.)
- Children over the age of 12 are allowed to use the following club amenities without parental supervision: pool, hot tub, racquetball court, squash court, and tennis courts.
- Children over the age of 14 can use the weight room and cardiovascular area once they have been certified by the Fitness Staff.
- Children may not add individuals to the guest list. Eagle County resident guests must pay the \$5 children's guest fee.
- If you have any additional questions about Homestead's Children's Policies please refer to our Membership Guidelines.

**The Remonov Proposal at the Eagle County Planning was postponed until August 4th. Please see Homestead's website for more information as it becomes available.**



## Homestead Spraying Weeds This Month

Per State Law, Homestead staff will be spraying the open space areas for noxious weeds this month. Areas that have been treated for weeds will be dyed blue for a few days. Please keep children and pets away from the areas that are blue. Homestead will also be marking the areas with yellow flags. If you have any questions about the weed spraying please contact Tracy at the Club. Please note that Homestead does not spray for dandelions in open space or turf areas, as they are not listed as noxious weeds.

### Note To Owners With Noxious Weeds:

Please be sure to treat your lawn or lot for noxious weeds this spring, per Homestead Regulations. If you have any questions or comments, please feel free to give us a call at 926-1067.

## June Board Meeting Highlights

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

The DRC reviewed two proposals; a proposal for an addition and front pergola at the Goehring residence at 61 Meile Lane was approved, and a proposal for deck replacement/expansion at the Elkman/Cogswell residence at 314 Meile Lane was also approved.

New Business included discussion regarding the proposed Remonov development on parcels T,B,&K, surrounding Homestead property. The Remonov proposal was postponed at Eagle County Planning until August 4th. Please check Homestead's website for more information as it becomes available.

Matters Pending included presentations from the two schools interested in leasing the Pre-School space attached to the Homestead Court Club. The first presentation was given by Kay Tosti of Montessori Children's House, who currently holds the lease. The second presentation was given by Kristin Tang of Eagle Montessori. Both presentations were followed by a question and answer session. The Board will announce who will be awarded the lease at the July 9th Board Meeting.

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

The Directors Report included a discussion on the scheduled major repairs and improvements. The meeting adjourned into executive session at approximately 11:00am.

## Tennis News

### Vail Valley Open NTRP tournament @ Homestead Court Club, July 16-18

Events – Singles, Doubles and Mixed at the following NTRP levels (3.0, 3.5, 4.0, 4.5) maximum of two events per person. Open level also offered for singles, doubles and mixed. You must be available to play matches on Friday July 16<sup>th</sup>. This is a great event to challenge yourself against players from all over Colorado and the United States (we usually get some out-of-state players for this tournament). Great social event with Saturday afternoon barbeque for the tournament players and their families; spread the word and lets make this the biggest event of the summer. Entry Fees are \$35.98 per singles event and \$23.00 for doubles events (per player). Entries must be received by Friday, July 9<sup>th</sup> at noon. Draws will be available on Wednesday, July 14<sup>th</sup>. More information about the tournament and sign up can be found on our website or on [usta.com](http://usta.com), under the tennis link tournament code 257224310. You may also email Derek with any questions regarding the tournament. Please note that we will have very limited court times available the weekend of the tournament. We would like to welcome all members to join us to cheer your friends and neighbors on!

**Summer Tennis Program** Participation is great so far this summer but if you have an interest we can always make room for more participants in all the junior and adult programs. Keep an eye out for some special events and program offerings from the pro's and remember tennis is a sport of a lifetime!! Its never too late to get yourself and your family involved.

**Reminder: Vail Valley Junior Satellite tournament is set for Aug 7<sup>th</sup> and 8<sup>th</sup>.** This is a satellite level event and will offer singles draws for 10's, 12's, 14's, 16's and 18's boys and girls. We have all summer to get your child ready for a great tournament that will bring in players from all over the state. A great way to start your child in tournament play. Contact Derek Fisher for more information, or go to [usta.com](http://usta.com) tournament code 257208310.

**Other Match Play in July:** Homestead will be hosting the USTA Ladies Tennis Team on July 10 & 11. Limited court times will be available on these days.

**Tennis/Personal Training Special:** Improve your tennis game on and off court with a 60 minute tennis lesson and 60 minute personal training session for only \$95. This package comes with the Tennis Pro and Personal Trainer of your choice. Sign up sheets are at the front desk or you may contact Allison Barr in the Fitness office to set up your appointment.



# July 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 7/9/10 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 (Missy)	Body Shop (Christy)		S.I.T (Justin)	9:00-10:30am Anusara Inspired Yoga (Tim)	
10:30-11:30am	Pilates Mat Class (Deana)		10:15-11:15am Reformer Plus*\$ (Christy & 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)			

\* = Sign up is required

\$ = Fee for class

Reformer Plus is a new class beginning on June 30th at 10:15am. The class structure will be 30 minutes of Reformer Pilates and 30 minutes of high intensity strength and agility training. With a smaller class size Christy and Deana will have more time to focus on each individual. Christy will make you stronger and faster while Deana will challenge your deep abdominal muscles while developing long, lean muscles. \$15 per person. Sign up at the front desk. 6 people max.

Special Class: Outdoor Boot camp w/Christy Brown on July 14th @ 10:15am Sign up at the front desk. Cost will be \$15 per person. 12 person maximum.

Homestead Court Club 970.926.1067

# 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.

# July 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 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 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](mailto:courtneyreb@gmail.com).

Homestead Court Club 970.926.1067

# July 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						

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