



# Homestead Owners Association & Court Club

## August Events

**HCC Swim Team Meet  
@ Eagle Pool  
August 6th @ 9am**

**Vail Valley Satellite  
Junior Tennis  
Tournament  
August 7th & 8th**

**Board & DRC Meeting  
August 13th @ 9am**

**Tennis Social  
August 13th @ 5:30pm**

**USTA Senior Match  
August 17th @ 6:00pm**

**Tennis Social  
August 20th @ 5:30pm**

**End of Summer  
Party & BBQ  
Saturday, September 24th  
from 4:00-7:00pm**

## 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](http://Homesteadcourtclub.com)

## Homestead Tennis

**Reminder: Vail Valley Junior Satellite tournament is set for Aug 7-8.** 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. This is a great tournament that will bring in players from all over the state. A fun 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.

**Thanks to everyone who participated in our annual Vail Valley Open Tennis Tournament.** This year we had 138 entrants! Congratulations to HCC winners:

Men's 4.0 Singles Consolation Winner: Bill McNamara

Men's 4.5 Singles Consolation Winner: Mike Barca

Women's 3.0 Singles Main Draw Champion: Aimee Fisher

Women's 3.5 Singles Main Draw Champion: Carrie Benway

Women's 3.0 Doubles Main Draw Champions: Tiffany Lydon & Emily Marion

Women's 3.0 Doubles Consolation Winners: Gayle Schwartz & Kim Strauch

Women's 3.5 Doubles Main Draw Champions: Carrie Benway & MaryLamb Lucas

Women's 3.5 Doubles Consolation Winners: Johanna Barrows & Christi Richards

Women's 4.0 Doubles Main Draw Champions: Mary Ellison & Shiloy Sanders

Women's 4.0 Doubles Consolation Winners: Tracy VanCuran & Kathy Dean

Women's 4.5/5.0 Doubles Champions: Hillary McSpadden & Shannen McNamara

3.5 Mixed Doubles Main Draw Champions: Erin & Bob Boselli

4.5/5.0 Mixed Main Draw Champions: Francois Dallain & Shannen McNamara

**Many thanks to our tournament sponsors:** Alpine Bank, Rich's Auto Body, Marko's Pizzeria, Sato, Café 163, Foods of Vail, and Moe's BBQ!

**Summer Tennis Ending:** The last week of summer programs is 8/23-8/27.

**August Friday Night Mixed Tennis Socials:** August 13 & 20 from 5:30-7:00pm, followed by potluck, BYOB. See Derek for more details.

**End of the Summer Party, BBQ & Tennis Social:** Derek will be hosting a coed round robin social from 2:00-4:00, followed by our annual end of summer party and BBQ from 4:00-7:00pm.

**Fall Tennis Programs:** Begin the week of September 13th and will run for 12 weeks, no programs the week of Nov.22-26. Sign up flyers will be available at the front desk beginning on Aug. 1st.

**Fall Tennis Leagues:** Leagues will begin the week of September 13th, and will run for 10 weeks. League sign up sheets will be available at the front desk on August 1st.

## Children's Programming News

Homestead's action packed after school program concentrating on education, fitness, and creativity will begin this fall on Tuesday, September 7th. The ASP will meet Monday through Friday from 3:00-6:00pm at the Homestead Court Club and will utilize all of the great Homestead Club facilities including parks, trails, and Homestead neighborhoods. COST: \$17 a day for Members and \$22 a day for Non-Members. **REGISTRATION:** Registration begins on August 2nd for Homeowners, August 9th for Members and August 16th for Non-members. Registration Packets are available at the front desk, or by email request to Jillian at [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com).

## Pet Policy Reminders

- Dog owners are required to comply with the Eagle County Laws (Resolution 96 - 23 and any subsequent Laws) concerning Dogs.
- Owners are to keep their animals either in their homes or on leashes at all times and must meet Eagle County Law 96-23 Section 10 and 11 regarding confinement and restraint. Electronic containment systems may only be used when the animal is still within verbal control and owner is on site.
- Homestead bars animals (within reason) from Homestead Court Club grounds, other common areas, such as parks (not designated dog parks). Dogs are allowed on Homestead open space and trails if they meet Eagle County control regulations.
- Homestead requires owners to care for their animals and clean up after them.
- Homestead may require owners to obtain and show proof of liability insurance to cover property damage or injuries to others caused by their animal.
- Homestead will insist on the removal of an animal (by Eagle County Animal Control Officer) that threatens or disturbs other residents, for example, by barking incessantly, showing vicious tendencies or behavior, or roaming free within the Homestead neighborhood. Homestead Staff will fill out and submit a "Citizen Incident Report" to Eagle County, for any violation of the above policy. Violations of this policy are subject to "time based violation" rules set out in the Homestead Covenant enforcement policy. Thank you for your cooperation in making Homestead a safe and "pet friendly" neighborhood. - Homestead Board of Directors

## July Board Meeting Highlights

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

The DRC reviewed one proposal for a roof replacement and paint color change at Trail Ridge Homeowners Association, which was approved.

Matters Pending included continuing discussion regarding the proposed Remonov development and discussion regarding the Montessori School space. The Remonov proposal will be discussed at the next Eagle County Planning Meeting on August 4th at 3:00pm. The Board announced that they are in lease negotiations with Kristin Tang of Eagle Montessori and also motioned to form a Lease Space Committee, consisting of Tracy Erickson, Bobby Ladd and Johanna Barrows.

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

The Directors Report included a discussion on the scheduled major repairs and improvements including new HVAC being installed this fall and an update to the reserve study. The meeting adjourned at approximately 9:45am.

## Homestead Fitness

Reformer Plus is continuing on through the month of August. This class is 30 minutes of Reformer Pilates and 30 minutes of high intensity strength and agility training for only \$15 per person. Cancellation policy: you must cancel 24 hrs in advance, or you will be charged. 6 person minimum for class to run. Sign up at the front desk.

Running Group with Heidi will return next summer.

## Homestead Swim Programs

### Swim Team:

August 16- September 2  
Mon, Tues, & Thurs from 5:30-6:30pm  
Mondays and Fridays from 8:00-9:00am  
Member Price: \$70 for first/\$60 additional siblings

### Adult Stroke Clinic\*:

July 26 - August 29  
(off the week of Aug. 9th)  
Tuesdays 6:30-7:30pm  
Member Price: \$50  
\*Minimum of 4 needed to run program

### Swim Team Prep:

August 16- September 2  
Tuesdays & Thursdays from 5:00-5:30pm  
Member Price: \$45

### Children's Triathlon Training\*:

July 19 - September 2  
(off week of Aug. 9th)  
Tuesdays & Thursdays from 3:30-4:30pm  
Member Price: \$120 for first/\$110 additional siblings  
\*Minimum of 8 children to run program

To sign up for any of our swim programs, you may contact Courtney at [Courtneyreb@gmail.com](mailto:Courtneyreb@gmail.com)

## Tennis Rules/Etiquette Reminder

1. Reservations may be made up to 48 hours in advance by Homestead homeowners and their tenants, and up to 24 hours in advance by Non-Resident members.
2. Cancellations must be made at least 6 CLUB Hours in advance of the reserved time. Failure to cancel will result in a \$20 penalty fee that will be charged to your account. Please show consideration to your fellow members.
3. All players must check in at the front desk before using a court.
4. A reserved court becomes an open court time when not claimed within 10 minutes of the appointed time.
5. Courts must be promptly relinquished at the end of your court time. Har-tru courts must be swept 5 minutes prior to the end of your court time. Please allow adequate time for this.
6. No bikes, skateboards, scooters, dogs etc. are allowed on the courts at any time.
7. Proper tennis attire and shoes are required.
8. No children are allowed on the courts unless playing, this includes infants.



# August Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>6:05-7:05am</b>	Spin (Todd)		Spin (Jennifer)	Super Sculpt (Beth)	Spin (Jennifer)	
<b>7:10-8:30am</b>	Vinyasa Flow Yoga (Janice)	7:00-8:00am Cardio Bootcamp*\$ (Rob & Allison)  Vinyasa Flow Yoga (Lindsey)		7:15-8:30am Vinyasa Flow Yoga (Janice)	<b>Board Meeting 8/13/10 9:00am</b>	
<b>9:00-10:30am</b>	Masters Swim (Courtney)				Masters Swim (Courtney)	8:00-9:30 Intermediate Hatha Yoga (Trinity)
<b>9:15-10:15am</b>	20/20/20 (Missy)	Body Shop (Christy)		S.I.T (Justin)	9:00-10:30am Anusara Inspired Yoga (Tim)	
<b>10:30-11:30am</b>	Pilates Mat Class (Deana)		10:15-11:15am Reformer Plus*\$ (Christy & Deana)	Pilates Mat Class (Deana)		
<b>11:30-12:30pm</b>	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio		
<b>4:00-5:00pm</b>						
<b>5:00-5:30pm</b>	Washboard Abs (Allison)			5:00-6:00pm Cardio Bootcamp*\$ (Rob & Allison)		
<b>5:30-6:30pm</b>	Athlete's Edge (Justin)		Power Hour (Courtney)	Yoga Sculpt (Lindsey)		
<b>6:35-7:35pm</b>	Hatha Flow Yoga (Julie)		6:35-7:50 Vinyasa Flow (Janice)			

\* = Sign up is required

\$ = Fee for class

Homestead Court Club 970.926.1067

New Classes or changes this month are bold.

S.A.S with Heidi Trueblood will return in October!!



## 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 BOOTCAMP** — Tennis and fitness "boot camp" style class for those wanting to work on hitting and fitness drills. This class will include 30 minutes of hitting drills with tennis pro Rob Honzo and 30 minutes of fitness drills with personal trainer Allison Barr on the tennis courts. \$20 per person. 12 person maximum.

**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.

**REFORMER PLUS** is 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.

**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.



# August Pool Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>	<b>Sundays</b>
<b>6:00-8:00am</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	6:30-8:00am Lap Swim	6:30-8:00am Lap Swim
<b>8:00-9:00am</b>	Swim Team				Swim Team		
<b>9:00-10:30am</b>	Masters Swim (Courtney)				Masters Swim (Courtney)		
<b>10:00am-1:00pm</b>							
<b>1:00-2:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
<b>2:00-3:30pm</b>	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool	Kids Camp in Pool			
<b>3:45-4:15pm</b>		Swim Team Prep		Swim Team Prep			
<b>4:30-5:30pm</b>		Kids Tri Training		Kids Tri Training			
<b>5:30-6:30pm</b>	Swim Team	Swim Team		Swim Team			
<b>6:00-9:00pm</b>							
<b>9:00-10:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

## August Swim Program Info:

### Swim Team:

August 16- September 2  
 Mondays, Tuesdays, & Thursdays from 5:30-6:30pm  
 Mondays and Fridays from 8:00-9:00am  
 Member Price: \$70 for first/\$60 additional siblings  
 Non-Member Price: \$130

### Swim Team Prep:

August 16- September 2  
 Tuesdays & Thursdays from 5:00-5:30pm  
 Member Price: \$45  
 Non Member Price: \$75

### Children's Triathlon Training\*:

July 19 - September 2  
 (off week of Aug. 9th)  
 Tuesdays & Thursdays from 3:30-4:30pm  
 Member Price: \$120 for first/\$110 additional siblings  
 Non Member Price: \$180  
 \*Minimum of 8 children needed to run program

### Adult Stroke Clinic\*:

July 26 - August 29  
 (off the week of Aug. 9th)  
 Tuesdays 6:30-7:30pm  
 Member Price: \$50  
 Non Member Price: \$90  
 \*Minimum of 4 needed to run program

To sign up for any of our swim programs, pick up a registration form from the front desk or off our website and turn in to Courtney Rebel. For more info, you may contact Courtney at [Courtneyreb@gmail.com](mailto:Courtneyreb@gmail.com) or 303-819-2576



# August Tennis Schedule

Court Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:00 am						
7:00-8:00am		Cardio Bootcamp (Rob & Allison)				
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)  5:00-6:00pm Cardio Bootcamp (Rob & Allison)		
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						

**Summer Tennis Ending:** The last week of summer programs is 8/23-8/27.

**Fall Tennis Programs:** Begin the week of September 13th and will run for 12 weeks, no programs the week of Nov.22-26. Sign up flyers will be available at the front desk beginning on Aug. 1st.

**Fall Tennis Leagues:** Leagues will begin the week of September 13th, and will run for 10 weeks. League sign up sheets will be available at the front desk on August 1st.