



# Homestead Owners Association & Court Club

## September Events

**End of Summer Party & Tennis Social**  
Saturday, September 4th  
Tennis Social 2-4pm  
Party & BBQ 4-7pm

**Labor Day**  
Monday, September 6th  
**CLUB HOURS:**  
9:00am-5:00pm  
No fitness classes  
No childcare

**After School Begins**  
Tuesday, September 7th

**Board & DRC Meeting**  
September 10th @ 9am

**Fall Tennis Begins**  
Week of September 13th

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

Please join us on Saturday, September 4th, from 4-7pm for Homestead's Annual End Of The Summer Party & BBQ. Help us celebrate the last days of summer with a live music performance by Laughing Bones, family games, jumpy house, face painting, food & drinks, and a mechanical bull! Please walk or carpool to the club if you can, as limited parking will be available.

### **Tennis Social from 2:00-4:00pm**

Can't get enough tennis this summer? Derek will be hosting one more coed round robin social before our annual End of Summer party from 2:00-4:00pm. Sign up at the front desk. Space is limited to 32 players, so sign up today!

## **Homestead Fitness**

**Reformer Plus** is continuing on through the month of September. 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. Sign up at the front desk.

**New Swim Class: Intro to Masters Swim** For the novice to intermediate swimmer who is looking for a workout to enhance endurance. Join Fitness Director Allison Barr for a new swim workout each week. Knowledge of freestyle and breast-stroke is required.

**Changes to the Fitness Schedule:** Missy will be teaching Washboard Abs and Horizontal Conditioning on Wednesday nights. Come check it out!

**Masters Swim** will continue to be held on Mondays and Fridays from 9:00-10:30am. A different workout will be posted on the white board each day, however no instructor will be present. We encourage you to continue coming to Masters and to use the time to have a great swim workout!

## **Children's Programming News**

Homesteads action packed after school program concentrating on education, fitness, and creativity will begin 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. There may still be spaces available, please see Jillian for more info, or send an email request to Jillian at [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com).

**Childcare Reminder:** The childcare room will be closed on Monday, September 6th for Labor Day. Have a great holiday!



## Bear Country Reminder

Most conflicts between bears and people are linked to careless handling of food or garbage. Bears will eat almost anything including human food, garbage, hummingbird food and pet food. Once a bear has found the easily accessible food source, it may visit regularly.

We would like to remind you of Eagle County's Wildlife Ordinance: The Eagle County Wildlife Protection and Waste Disposal Ordinance (07-001) was passed by the Board of County Commissioners in the spring of 2007. There are two main components to the ordinance, both aimed at preventing the feeding of wildlife. The first component requires that trash remain inside a garage or other locked structure at all times, except for 6 a.m. - 7 p.m. on trash day. The second major component requires that all trash, residential and commercial, be placed in a wildlife-resistant trash container when it is not inside.

Homestead requires all residents keep their garbage cans inside at all times except for trash day. Staff will be patrolling the neighborhood and issuing fines for violating these guidelines and the Wildlife Ordinance.

## August Board Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, August 13, at 9:00am.

The DRC reviewed three proposals; an addition at 29 Fremont Drive was approved, plans to re-roof and add a window at 143 Meile Lane was approved, and plans to re-roof at 658 Homestead Drive was also 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 Wednesday, September 1st at 3:00pm. The Board is urging all interested owners to attend.** The School Space Lease Committee announced that they have met with Kristin Tang of Eagle Montessori.

The minutes were approved from the July 2010 Board meeting. The June 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 10:00am.

## Homestead Tennis

**Sign up Now for Fall Tennis:** Programs begin the week of September 13th and will run for 12 weeks, with no programs the week of Nov.22-26. There are still spaces available in most clinics. Pick up a brochure at the front desk or on our website and sign up today!

**Fall Tennis Leagues:** Leagues will begin the week of September 13th.

**Club Championship Tournament for Juniors & Adults — September 25 & 26** Juniors may sign up for singles in all ages divisions for boys/girls 10's,12's,14's,16's,18's. Adults may sign up for singles and doubles in the NTRP rating format 3.0/3.5/4.0/4.5 levels for women's and men's singles and women's and men's doubles events. Entry forms will be available at the front desk beginning on September 1st.

**End of the Summer Party, BBQ & Tennis Social:** Derek will be hosting a coed round robin social on Saturday, September 4th from 2:00-4:00, followed by our annual end of summer party and BBQ from 4:00-7:00pm. Sign up for the social at the front desk.

Thanks to everyone who participated in our Vail Valley Junior Tennis Tournament. The tournament was a huge success with 87 participants! There were players from all over Colorado (Aspen, Steamboat, Glenwood, Grand Junction and all up and down the front range from Fort Collins to Colorado Springs) and participants from as far away as Iowa, Nebraska, Illinois, North Carolina, Florida and Kentucky. We had several Homestead members and Vail Valley locals play in this years event. Many of them had very good results. Congratulations to the following locals. GREAT JOB!

Colin Green – Finalist – Boys 16's

Daniel Ness – Semi-Finalist – Boys 16's

Matthew Ness – Semi-Finalist Consolation draw – Boys 16's

Daniel Ness – Winner – Boys 14's

Matthew Ness – Finalist Consolation draw – Boys 14's

William Ness – Semi-Finalist Consolation Draw – Boys 12's

Nick Boyne – participant - Boys 12's

Keegan Mullin – participant – Boys 12's

Marc Philippon –Finalist Consolation draw – Boys 10's

Layton Purchase – Winner Consolation draw – Boys 10's

Saria Zilm – Semi-Finalist – Girls 16's

Michele Philippon – participant Girls 12's

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

**REMINDER:** Court times will be changing back to 1 hour and 15 minutes in September.



# September 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)	8:30-9:30 ***Intro To Masters Swim (Allison)		Board Meeting 9/10/10 9:00am	
9:00-10:30am	**Masters Swim				**Masters Swim	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)		Washboard Abs (Missy)			
5:30-6:30pm	Athlete's Edge (Justin)		Horizontal Conditioning (Missy)	Yoga Sculpt (Lindsey)		
6:35-7:35pm	Hatha Flow Yoga (Julie)		6:35-7:50 Vinyasa Flow (Janice)			

\$ = Fee for class

\*Sign up is required

\*\*No instructor present. Different workouts will be posted on the board each week.

\*\*\*Knowledge of Freestyle & Breaststroke Required

HORIZONTAL CONDITIONING — A unique and challenging way of toning your body using mainly body weight with a few props for resistance. It defines, tones and strengthens your arms, core, back, legs, abs, and improves balance and posture.

**Spin & Abs with Heidi Trueblood will return in October!!**

**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.

**INTRO TO MASTERS**— This is a group swim for swimmers looking to improve their endurance. Knowledge of freestyle & breast stroke required. Workouts will consist of 1500-2500 meters.

**BODY SHOP**— Join Christy for a full hour of weight training. This class will focus on building strength and balance while using proper form.

**HORIZONTAL CONDITIONING** — A unique and challenging way of toning your body using mainly body weight with a few props for resistance. It defines, tones and strengthens your arms, core, back, legs, abs, and improves balance and posture.

**MASTERS SWIM** - Intermediate to Advanced level swim group. Workouts will be posted on the board each week. There is no instructor present..

**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.

**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.



# September 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>							
<b>9:00-10:30am</b>	Masters Swim		8:30-9:30am Intro to Masters Swim (Allison)		Masters Swim		
<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>							
<b>3:45-4:15pm</b>							
<b>4:30-5:30pm</b>							
<b>5:30-6:30pm</b>							
<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

## September Swim Program Info:

New Swim Class: Intro to Masters Swim For the novice to intermediate swimmer who is looking for a workout to enhance endurance. Join Fitness Director Allison Barr for a new swim workout each week. Knowledge of freestyle and breaststroke is required.

Masters Swim will continue to be held on Mondays and Fridays from 9:00-10:30am. A different workout will be posted on the white board each day, however no instructor will be present. We encourage you continue coming to Masters and to use the time to have a great swim workout!



# September Tennis Schedule

Court Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:00 am						
7:00-8:15am						
8:15-9:30am						4.0+ Drop In Clinic* (8:30-9:30am)
9:30-10:45am						3.5 Drop In Clinic* (9:30-10:30am)
10:45-12:00pm	Advanced Beginner Clinic	Intermediate Clinic	Beginner Clinic	Intermediate Clinic	Intermediate Clinic	
12:00-1:15 pm	Advanced Beginner Clinic		4.0+ Drop In Clinic* (12-1pm)		3.5 Drop In Clinic* (12-1pm)	
1:15-2:30pm					Ladies 3.0-3.5 League	
2:30-3:45 pm	Mighty Mites Jr. Tennis (3:15-4:00pm)		Mighty Mites Jr. Tennis (3:15-4:00pm)		Mighty Mites Jr. Tennis (3:15-4:00pm)	
3:45-5:00 pm	Superstars Jr. Tennis (4-5pm)	Intermediate Group Jr. Tennis (4-5pm)	Superstars Jr. Tennis (4-5pm)	Intermediate Group Jr. Tennis (4-5pm)	Mighty Mites Jr. Tennis (4-5pm)	
5:00-6:15 pm	Teenager Group Jr. Tennis (5-6pm)	Junior Elite Tennis (5-6pm)	Teenager Group Jr. Tennis (5-6pm)	Junior Elite Tennis (5-6pm)	Superstars & Intermediate Jr. Tennis Groups (5-6pm)	
6:15-7:30 pm	Ladies 3.5-4.0 League	Ladies 3.0-3.5 League	Mens 3.5-4.0 League	Coed 4.5+ League		
7:30-8:45pm	Ladies 3.5-4.0 League	Ladies 3.0-3.5 League	Mens 3.5-4.0 League	Coed 4.5+ League		
8:45-10:00pm						

## Fall Tennis Program Information

\* Please call the front desk at 970.926.1067 to sign up for any “Drop In” Clinic. Member Price is \$20 per class.

Fall Tennis Clinics: September 13th—December 10th, no programs the week of Nov.22-26. There are still spaces available in some clinics. See Derek Fisher for more information. Adult Clinics-Member Price is \$210 for the 12 week session. See Derek for Junior Clinic pricing.

Fall Tennis Leagues: September 13th — November 19th. Member Price is \$25 for 10 weeks.