



Homestead Owners Association & Court Club

Eagle County Commissioner Candidate Forum

Candidates for the Eagle County Commissioner race will be featured at a political forum on October 21st, hosted by the Homestead Court Club. The session will start at 7p.m. in the Group Fitness Room. Candidates will open the floor to questions from the audience.

Homestead Fitness

Ski Conditioning: Class will begin on Monday, October 4th and will continue for 6 weeks. Class will be held on Mondays and Wednesdays from 5:15-6:30pm. Sign up is required. Homeowners and their tenants may sign up 48 hours in advance, Non-resident members may sign up 24 hours in advance. 30 people max. Be prepared to go outside! Join Justin, Allison, Missy, Christy & Kristina for this intense pre-ski workout!

New Class: Gentle Yoga with Wendi Buick. Always wanted to try yoga? Recovering from an injury? Gentle Yoga with Wendi is the perfect start for you! Homestead will be offering a 6 week beginner level class emphasizing a gentler, slower paced practice. This class is free for members and is for people of all ages, sizes and fitness levels. Class will begin Wednesday, October 6th from noon-1:15 in the fitness studio. No need to sign up! Class will run until November 10th.

Spin & Abs with Heidi is back! We've separated SAS into two separate classes in case you would like to try one and not the other. A heart rate monitor is recommended for spin (but not required). Class will be on Wednesdays from 8:45-9:45 (spin) & abs will follow from 9:45-10:15.

Tennis/Training Package expires September 30th. \$95 for a 60 minute personal training session and 60 minute private tennis lesson with the instructor of your choice. Contact Allison to purchase this package before it's too late!

We would like to bid farewell to Julie Spinnato and wish her the best with her move. Her last class will be Monday, October 11th @ 6:30pm.

New Children's Programs at HCC

The Next Picasso is a new parent/child art class at Homestead for children ages 2-5 years old. Engage your child's artistic side with this six week program focusing on getting creative with painting, gluing, drawing, and having fun. This group will meet on Fridays from 11:00-11:40am beginning on October 1st and running through November 19th (with no class on 10/8 or 11/12). Cost: \$84 for members. Registration flyers with weekly art project details are available at the front desk or on our website. For more information please see Allison Barr at the Club. Minimum 6 parent/child groups.

Mommy/Daddy & Me Swimming is a new swim program at Homestead for parents and their children from 6 months-36 months. This class will help your child develop swimming readiness with water exploration activities with the objective of having fun and becoming comfortable in and around the water. This group will meet on Tuesdays from 10:35-11:00am beginning on October 4th and running through November 8th. Cost: \$72 for members. Registration flyers are available at the front desk or on our website. For more information please see Allison Barr at the Club. Minimum of 6 groups to run program.

October Events

The Next Picasso
Starts Friday, October 1st
11:00-11:40am

Mommy & Me Swim
Starts Monday, October 4th
10:35-11:00am

Remonov Proposal at Eagle County Planning
Wednesday, October 6th

Board & DRC Meeting
October 8th @ 9am

No After School Program
Monday, October 11th

Candidate Forum
Thursday, October 21 @ 7pm

No After School Program
Friday, October 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

End of Summer Party Thanks

Thank you to everyone who attended our annual end of the summer party and BBQ on Saturday, September 4th. It was our most successful ever with over 500 people attending. A special thanks to the Laughing Bones for their great music and to No Bull Entertainment for bringing "the bull"!

Childcare Reminder Regarding Flu Season

Now that school is back in session and cold and flu season is quickly approaching we would like to remind you about Homestead's policy regarding sick children.

Please be respectful of other children, staff and parents by keeping your child home with any of the following symptoms:

Cough, fever, sore throat, runny or stuffy nose, body aches, chills, fatigue, diarrhea, or vomiting.

If your child has a fever, you must wait 48 hours before they will be allowed in Homestead Childcare.

Homestead Childcare reserves the right to refuse any child with the above symptoms.

September Board Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, September 10, at 9:00am.

New Business included a proposal from Century Link to install new equipment underground on Gold Dust Drive, near the Paddle Tennis Courts. The Board approved this proposal.

Matters Pending included continuing discussion regarding the Pre School Service Space Lease, which will be discussed again at next months meeting. Followed by discussion regarding the proposed Remonov development. **The Remonov proposal will be discussed at the next Eagle County Planning Meeting on Wednesday, October 6th at 3:00pm. The Board is urging all interested owners to attend.**

The minutes were approved from the August 2010 Board meeting. The July 2010 financial report was approved.

The Directors Report included a discussion on the scheduled major repairs and improvements including new HVAC being installed right now. The meeting adjourned at approximately 9:37am.

Tennis News

We're adding a second *Tennis Training class* on Tuesday mornings from 8:30am until 9:15am. Class will focus on strengthening, power, footwork and endurance. For example, one class may work on building serve specific muscles while another will focus on agility so that you can always make it to that drop shot! Every class will have at least 15 minutes of footwork and agility. Most successful tennis players spend hours in the gym every day. It's extremely important on a fitness level as well as an injury prevention level. Class minimum is 6, class max is 15. Cost is \$72 for an 8 week session. Class will begin on Tuesday, October 5th and end on Tuesday, November 30th (no class the week of Thanksgiving). Please email Allison@homesteadcourtclub.com if you would like to sign up. We don't have flyers at the front desk. Sign up is by email (or phone call!).

Fall 2010 Swim Programs

Stroke Clinics for teens and adults! These clinics will focus on helping you improve the four main strokes: freestyle, breaststroke, backstroke and butterfly. Dates are 10/14-11/4. Member price is \$40 per person. Minimum of 4 people to run clinics. See Allison for non-member pricing.

Teen Stroke Clinic: Thursdays from 4:15-5:00pm
Adult Stroke Clinic: Thursdays from 5:15-6:00pm

SWIM LESSONS ARE NOW AVAILABLE!

About swim lessons: We welcome members as well as non-members to take our swimming lessons (please see pricing below). In order to see marked improvement, we recommend coming at least 2 times per week. One time a week is great for maintenance and getting familiar with the water. Swim lessons are 30 minutes unless otherwise specified. Please email Allison Barr at Allison@homesteadcourtclub.com or call 970-926-1067 to schedule a lesson.

SWIM LESSON PRICING:

Private: \$25 for members
Semi Private: \$30 for members
Group of 3: \$35 for members

Contact Allison for non-member pricing and more information: 970-926-1067 or Allison@homesteadcourtclub.com

****We hope to have swim team up and running this winter!**



October 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	
8:30-9:00am		8:30-9:15am Tennis Training* (Allison)			8:30-9:00am Training in Fitness Studio (Allison)	
9:00-10:30am	**Masters Swim		8:45-9:45 Spin (Heidi)		**Masters Swim	8:00-9:30 Intermediate Hatha Yoga (Trinity)
9:15-10:15am	20/20/20 (Missy)	Body Shop (Christy)	9:45-10:15 Core (Heidi)	S.I.T (Justin)	9:00-10:30am Anusara Inspired Yoga (Tim)	
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
12:00-1:15pm			Gentle Yoga (Wendi)			
4:00-5:00pm						
5:15-6:30pm	*Ski Conditioning (Justin, Christy, Allison)		*Ski Conditioning (Kristina, Missy, Allison)			
5:30-6:30pm				Yoga Sculpt (Lindsey)		
6:35-7:35pm	Hatha Flow Yoga (Julie)		6:35-7:50 Vinyasa Flow (Janice)			

*Sign up is required

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

***Knowledge of Freestyle & Breaststroke Required



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.

GENTLE YOGA — Always wanted to try yoga? Recovering from an injury? Gentle Yoga with Wendi is the perfect start for you! Homestead will be offering a 6 week beginner level class emphasizing a gentler, slower paced practice. This class is free for members and is for people of all ages, sizes and fitness levels. Class will begin Wednesday, October 6th from noon-1:15 in the fitness studio. No need to sign up! Class will run until November 10th.

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.

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.

TENNIS TRAINING — Class will focus on strengthening, power, footwork and endurance. For example, one class may work on building serve specific muscles while another will focus on agility so that you can always make it to that drop shot! Every class will have at least 15 minutes of footwork and agility. Class will begin on Tuesday, October 5th and end on Tuesday, November 30th (no class the week of Thanksgiving). Please email Allison@homesteadcourtclub.com if you would like to sign up.

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.



October 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							
9:00-10:30am	Masters Swim		8:30-9:30am Intro to Masters Swim (Allison)		Masters Swim		
10:00am-1:00pm							
1:00-2:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
2:00-3:15pm							
3:15-4:15pm	After School Kids in Pool	After School Kids in Pool	After School Kids in Pool	After School Kids in Pool	After School Kids in Pool		
4:15-5:00pm		Teen Stroke Clinic		Teen Stroke Clinic			
5:15-6:00pm		Adult Stroke Clinic		Adult Stroke Clinic			
6:00-9:00pm							
9:00-10:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

Fall 2010 Swim Programs

Stroke Clinics for teens and adults! These clinics will focus on helping you improve the four main strokes: freestyle, breaststroke, backstroke and butterfly. Dates are 10/14-11/4. Member price is \$40 per person. Minimum of 4 people to run clinics. See Allison for non-member pricing. **Teen Stroke Clinic: Thursdays from 4:15-5:00pm**
Adult Stroke Clinic: Thursdays from 5:15-6:00pm

Mommy/Daddy & Me Swimming is a new swim program at Homestead for parents and their children from 6 months-36 months. This class will help your child develop swimming readiness with water exploration activities with the objective of having fun and becoming comfortable in and around the water. This group will meet on Tuesdays from 10:35-11:00am beginning on October 4th and running through November 8th. Cost: \$72 for members and \$162 for non-members. Registration flyers are available at the front desk or on our website. Minimum of 6 parent/child groups needed to run program.

SWIM LESSONS ARE NOW AVAILABLE! We welcome members as well as non-members to take our swimming lessons. In order to see marked improvement, we recommend coming at least 2 times per week. One time a week is great for maintenance and getting familiar with the water. Swim lessons are 30 minutes unless otherwise specified. Please email Allison Barr at Allison@homesteadcourtclub.com or call 970-926-1067 to schedule a lesson.

SWIM LESSON PRICING:

Private: \$25 for members
 Semi Private: \$30 for members
 Group of 3: \$35 for members

About Allison: Allison Barr has been swimming since birth and has recently dusted off her water wings! She is currently working on her Level 1 Swim Coach Certification. With a passion for teaching, Allison also holds her CHSSA coaching certification as well as her SPIN, AFAA, ACE, CPR, AED & First Aid Certifications. She has been teaching here at Homestead since 2005 & has coached two successful seasons of lacrosse at Battle Mountain High School.



October Tennis Schedule

Court Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:00 am						
7:00-8:15am						
8:15-9:30am		8:30-9:15am Tennis Training* (Allison)		8:30-9:15am Tennis Training (Allison)		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.