



Homestead Owners Association & Court Club

NEW POLLING PLACE FOR 2010 General Election – FOR HOMESTEAD RESIDENTS

Edwards Voters: Election Day voters who previously voted at the Homestead Court Club or the Berry Creek Middle School (Precincts 4 and 29) will now vote at the new WECMRD Field House next to CMC in Edwards. Please visit www.eaglecounty.us for more election and polling place information.

Homestead Fitness News

BURN THE BIRD w/Justin: This special fitness class will be held Thanksgiving Day, November 26th, from 9:00-10:15am. Come in for a killer workout before you feast! This will be the only fitness class held on Thanksgiving day. Sign up is required, as there is only one instructor this year. Sign up will be available November 23rd at the front desk.

New Reformer Pilates Class: Athlete's Core & Stretch will be a 30 minute Reformer Pilates Class with 15 minutes of non-stop hard core abs followed by 15 minutes of deep stretching for only \$10 per class. Tuesdays and Thursdays at 9:00-9:30am and 4:00-4:30pm. To sign up please contact Deana Michonski at 970-331-6302. Limit 3 participants per class.

Ski & Snowboard Conditioning: Is going on now and will continue through November 10th. This class is held on Mondays and Wednesdays from 5:15-6:30pm. Sign up is required. Homeowners and Tenants may sign up 48 hours in advance, and non-resident members may sign up 24 hours in advance. We will take a max. of 30 participants per class. Please call the front desk to sign up.

Children's Programming News

After School Program Reminder: There is no after school program from November 24th-26th for Thanksgiving Break.

Childcare Reminder: Childcare will be closed on Thanksgiving Day. Thank you to all the parents and children who participated in Mommy & Me Swim and The Next Picasso. Thanks to you these new Homestead programs were a huge success! The last day of Mommy & Me swimming is Tuesday, November 9th. The last day of The Next Picasso is Friday, November 19th. Allison hopes to continue these programs after the holidays.

Special Club Hours for the Holidays:

Thanksgiving Day— 9:00am-12:00pm
December 5th— 6:30am-3:00pm
(Homestead's Holiday Party)
Christmas Eve—5:55am-12:00pm
Christmas Day — CLOSED
New Year's Eve — 5:55am-5:00pm
New Year's Day — 8:00am-5:00pm

Save the date:
Homestead's Holiday Party
Sunday, December 5th,
from 5:00-8:00pm

November Events

Election Day
Tuesday, November 2nd
(Please see note on back)

Daylight Savings Ends
Sunday, November 7th

Board & DRC Meeting
November 12th @ 9am

Fall Leagues End
Friday, November 19th

No After School Program
November 24th—26th

No Tennis Programs
November 22nd-26th

Thanksgiving
Thursday, November 25th
Club Hours: 9am-noon
Childcare Closed

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 Trailer Policy Reminder

With snowmobile season quickly approaching, we want to remind homeowners of the trailer storage policy:

“No Lot, streets, private streets, drives or parking areas, unless specifically designated by the Association therefore, shall be used as a parking, storage, display or accommodation area for any type of house trailer, camping trailer, boat trailer, hauling trailer, boat or accessories thereto, truck larger than a 1 ton pickup truck, or any type of motor home except as a temporary expedience for loading, delivery, emergency, etc. The same shall be stored, parked or maintained wholly within a garage area of a dwelling unit with the garage door in a closed position.”

(Architectural Standards, 2,G)

Remonov Development Application Withdrawn

The Eagle County Planning Commission Meeting scheduled for October 6, was cancelled because the PDS2288 Edwards Village Mix-Use Affordable Housing PUD has been withdrawn by the applicant. Homestead will notify residents if we hear anything else regarding this property in the future.

Board Of Directors Notes

Annual Budget Discussion: The Board is in the process of approving the 2011 budget including the reserve fund and would like to invite all homeowners to attend the November Board meeting on Friday, November 12th at 9:30 A.M. to offer input.

Nominating Committee: We will also be discussing the February General Meeting and the Nominating Committee at the November Board Meeting. There will be two Board of Directors positions opening in February of 2011. If you are interested in serving on the Board, please contact the Nominating Committee c/o Tracy Erickson at the Club or attend an upcoming Board Meeting.

Tennis News

Paddle Tennis: Free Paddle Tennis Clinic: November 20th from 2 to 3:30 – come one come all, learn the game of paddle tennis! Paddle tennis is a fun fall and winter sport played on the outdoor courts in upper Homestead. The free clinic is a great way to get started and meet other paddle players.

Paddle Tennis League: Derek is also working on putting together a group of paddle players for league play on Tuesday nights. If you are interested in playing please contact Derek asap.

It's not too late to sign up for fall tennis: There is still room available in some fall adult and children's clinics. Parents you can still sign your children up for clinics after their other fall sports end. Contact Derek to sign up. Call the front desk each week to sign up for weekly drop in clinics.

Thanksgiving Break Reminder: We would like to remind you that there will be no tennis programs for adults or children held the week of November 22nd-26th, for Thanksgiving break. Programs will resume on Monday, November 29th. **Fall Leagues Ending on Friday, November 19th.** Thank you to those who played!

USTA Tennis: Congratulations to the women's 3.5 team for winning the fall day-time league and moving onto the District playoff in Denver.

Congratulations to the women's 4.0 senior team for winning the senior league and moving onto the District playoff in Denver.

Boys High School Tennis: Congratulations to Colin Green and Stephan Sortland for winning Regional's and qualifying for State in the boy's 4 A tennis championships. We are in hopes of having a boy's high school tennis team next fall so spread the word.

Girls High School Tennis: Any high school aged girls interested in playing high school tennis for Vail Mountain School this year please contact Derek.

Swim Lessons With Allison Barr

About swim lessons: 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



November 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 11/12/10 9:00am	
8:30-9:00am		8:30-9:15am Tennis Training*\$ (Allison)			8:30-9:00am Tennis Training*\$ in Fitness Studio (Allison)	
9:00-10:30am			8:45-9:45 Spin (Heidi)			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)			
5:15-6:30pm	*Ski Conditioning (Justin, Christy, Allison)		*Ski Conditioning (Kristina, Missy, Allison)			
5:30-6:30pm	Athlete's Edge (Justin)		5:00-5:30 Abs 5:30-6:30 Horizontal Conditioning (Missy)	Yoga Sculpt (Lindsey)		
6:35-7:35pm			6:35-7:50 Vinyasa Flow (Janice)			

*Sign up is required

**Knowledge of Freestyle & Breaststroke Required

\$ Fee for class

Ski Conditioning is ending on November 10th, Athlete's Edge and Horizontal Conditioning will replace Ski Conditioning beginning on November 15th.

We hope to have Monday's Hatha Yoga back soon!



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.

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.

SKI/SNOWBOARD CONDITIONING - Join Olympic athlete Kristina Koznick, along with your favorite instructors Allison Barr, Christy Brown, Missy Lacy and Justin Songer for intense ski and snowboard specific training. This class will focus on agility, core and strength. Sign up is required. 30 people max. Call the front desk to reserve your spot!

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.



November 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			8:30-9:30am Intro to Masters Swim (Allison)				
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							
5:15-6:00pm							
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

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.



November Tennis Schedule

Court Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:15-7:15 am			Cardio Tennis*			
7:15-8:15am						Cardio Tennis*
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 & Inter- mediate 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

* Sign up is required. Please call the front desk at 970.926.1067 to sign up.

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.