



# Homestead Owners Association & Court Club

## January Events

### **New Year's Eve**

Friday, December 31st  
CLUB HOURS: 5:55am-5pm

### **New Year's Day**

Saturday, January 1st  
CLUB HOURS: 8am-5pm

### **Winter Tennis Begins**

Monday, January 3rd

### **Free Injury Screenings**

Every Monday in January  
5:00-6:00pm

### **Board & DRC Meeting**

January 14th @ 9am

### **Martin Luther King Jr. Day**

Monday, January 17th  
No After School Program

## **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 Meeting: February 21**

The Annual Homeowners Association Meeting will be held at the Homestead Court Club on Monday, February 21st, at 7:00pm. Information regarding the annual meeting will be sent out to all Homestead homeowners with the February Newsletter. There will be a vote for two open Board Member seats at the meeting. For more information on the meeting contact Tracy Erickson at the Club.

## **Homestead Fitness News**

**Personal Training Special: 3 Sessions for \$150** That is a savings of \$30 off the regular price. Start 2011 off right with 3 personal training sessions with the trainer of your choice. Stop by the club to purchase your sessions today! Must purchase sessions before January 31st. For new clients only. See Allison Barr for more information.

**Gentle Yoga** with Wendi is back on Tuesdays beginning in January. Always wanted to try yoga? Recovering from an injury? Gentle Yoga with Wendi is the perfect start for you! Class will begin Tuesday, January 4th from noon-1:15 in the fitness studio. All levels welcome. No need to sign up!

**Cross Train Challenge w/Allison is beginning January 5th.** There are still spots available in the 12:00-1:00pm session. Start 2011 off on the right foot with Allison's Cross Train Challenge. Email or call to sign up (Allison@homesteadcourtclub.com or 970-926-1067).

**Tennis Training Class w/Allison:** This class will focus on strengthening, power, footwork and endurance. 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 maximum is 15. Cost is \$54 for an 6 week session. Class will meet on Tuesdays from 8:30-9:15am beginning on Tuesday, January 4th and ending on Tuesday, February 8th. Please email Allison@homesteadcourtclub.com or call 970-926-1067 and ask to speak with Allison if you would like to sign up.

## **Free Injury Screenings**

Jointworx Physical Therapy will begin offering FREE injury screenings by a physical therapist. The screenings will take place on Mondays from 5-6pm in the Homestead lobby. Injury screenings are for people who may have an ache or pain but aren't sure what to do about it. Advice from the PT will help determine the most appropriate next step: rest, altered workouts, a physician referral or physical therapy. Sara Manwiller, PT, will be performing the screenings. Sara is a Homestead resident, a Physical Therapist, Certified Athletic Trainer and Certified Strength and Conditioning Specialist. Sign-up is not required, but you can call Jointworx @ 569-3883 with any questions.

## Board Of Directors Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, December 10th, 2010 at 9:00am. There were no items in the DRC portion of the meeting.

Member Input included a big thank you to Tracy Erickson and the rest of the Homestead staff for putting on another great holiday party.

New Business included a motion to change the date of the February Board Meeting from Friday, February 11th to Friday, February 18th.

Matters Pending included discussion regarding the two Board seats that will be up for election in February at the Annual Meeting. If you are interested in serving on the Board of Directors please contact the Nominating Committee c/o Tracy Erickson at the Club.

The meeting minutes from November 2010 were approved. The October 2010 financial reports were also approved by the Board.

The meeting adjourned into Executive Session at approximately 9:20am.

## Children's Programming News

**After School Program/Camp info:** There are still openings for Homestead Club-house All Day Camps on December 27-30. Contact Jillian for more details or to sign up! There will be no After School Program on Monday, January 17th for Martin Luther King Jr. Day.

**Holiday Childcare Hours:** The childcare room will be closed on the evening of 12/31 and closed all day on 1/1.

## Tennis News

**Winter Tennis Programs & Leagues** will begin the week of January 3<sup>rd</sup>, 2011. There are still spaces available in most clinics. Pick up a form at the front desk to sign up! Or see Derek Fisher at the Club for more information.

**Attention All High School Girls:** VMS is looking for high school girls who are interested in participating on their tennis team. The VMS Tennis Team is the only high school girls tennis team in the Vail Valley, you do not have to attend VMS to participate on the team. If you are interested in participating in high school tennis this spring please contact Derek Fisher (Derek@homesteadcourtclub.com or 970-926-1067) for more information. Practice will begin in February at the Homestead Court Club.

## Friendly Reminder Concerning Homestead Pets

Homestead Owners Association has recently received some comments about our neighborhood pets. These comments were mainly regarding two issues: animal control and animal waste. Eagle County law requires that dogs be under "immediate control" which includes leashing them or keeping them within 10 feet of you and under voice control. Uncontrolled dogs have created problems for other dog owners who have their own pets leashed, for people trying to ride bicycles, or for people who are uncomfortable around unleashed pets. Uncontrolled dogs have also been known to bark excessively, which violates Homesteads noise guidelines and Eagle County Laws. Please be courteous of your neighbors by keeping your dog under your control and leashing your pet. Additionally, dogs should be cleaned up after at all times in the interest of public enjoyment of our neighborhood and public health.

Homestead Owner Association would like to suggest a reasonable balance – or at least, some balance – between the needs of a dog owner and the safety and comfort of other residents. **For member safety there are no pets allowed at any time on Homestead Court Club grounds.** For more information regarding Eagle County Animal Laws please go to [www.eaglecounty.us](http://www.eaglecounty.us) and click on the Departments link, then the Animal Services link.

Thank you for your cooperation in making Homestead a safe and "pet friendly" neighborhood.



## Adopt A Family Update

We would like to thank everyone who donated to our Adopt-A-Family this holiday season. Despite economic hardships for many, we had an overwhelming response from members wanting to help out the three families we adopted. The families are very grateful to be "adopted" and would like to thank you for your generous donations!



## Holiday Party Thanks

We would like to thank everyone who attended our Annual Holiday Party on December 5th. An extra special thanks goes out to the Justin Allison Trio for the wonderful music, Vail Catering Concepts for the food, WECMRD for their "jumpy houses" and of course, Santa Claus too! The event couldn't have been such a success without you there!

## Special Club Hours for the Holidays:

**New Year's Eve**  
5:55am-5:00pm

**New Year's Day**  
8:00am-5:00pm



# January Fitness Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>
<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)	Vinyasa Flow Yoga (Lindsey)			<b>Board Meeting 1/14/10 9:00am</b>	
<b>8:30-9:00am</b>						
<b>9:00-10:30am</b>			8:45-9:45 Spin (Heidi)			8:00-9:30 Intermediate Hatha Yoga (Trinity)
<b>9:15-10:15am</b>	<b>20/20/20 (TBD)</b>	Body Shop (Christy)	9:45-10:15 Core (Heidi)	S.I.T (Justin)	9:00-10:30am Anusara Inspired Yoga (Tim)	
<b>10:30-11:30am</b>	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
<b>12:00-1:15pm</b>		<b>Gentle Yoga (Wendi)</b>				
<b>5:00-5:30pm</b>			Washboard Abs (Missy)			
<b>5:30-6:30pm</b>	Athlete's Edge (Justin)		Horizontal Conditioning (Missy)	5:45-7:00pm Yoga Sculpt (Lindsey)		
<b>6:35-7:35pm</b>	Hatha Flow (Lindsey)		6:35-7:50 Vinyasa Flow (Janice)			

\*Sign up is required

\$ Fee for class





## 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.

**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.

**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.



# January 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>							
<b>10:00am-1:00pm</b>							
<b>1:00-2:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
<b>2:00-3:15pm</b>							
<b>3:15-4:15pm</b>	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		
<b>4:15-5:00pm</b>				Stroke Clinic			
<b>5:15-6:00pm</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

## Swim Lessons

**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](mailto: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.



# January Tennis Schedule

Court Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>6:00-7:00 am</b>			Cardio Tennis*			
<b>7:00-8:00am</b>						Cardio Tennis*
<b>8:15-9:30am</b>						4.0+ Drop In Clinic*
<b>9:30-10:45am</b>						3.5 Drop In Clinic*
<b>10:45-12:00pm</b>	Advanced Beginner Clinic		Beginner Clinic	Intermediate Clinic	Intermediate Clinic	
<b>12:00-1:15 pm</b>	Intermediate Clinic		4.0+ Drop In Clinic*		3.5 Drop In Clinic*	
<b>1:15-2:30pm</b>		Intermediate Clinic			Ladies 3.0-3.5 League	
<b>2:30-3:45 pm</b>						
<b>3:45-5:00 pm</b>	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)	
<b>5:00-6:15 pm</b>	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)	
<b>6:15-7:30 pm</b>	Mixed 3.5+ League	Ladies 3.0+ League	Mens 4.0- League	Coed 4.5+ League		
<b>7:30-8:45pm</b>	Mixed 3.5+ League	Ladies 3.0+ League	Mens 4.0- League	Coed 4.5+ League		
<b>8:45-10:00pm</b>						

## Reminders:

**Winter Tennis Programs & Leagues will begin the week of January 3rd, 2011**

There are space still available in most clinics. Sign up flyers are available on our website and at the front desk. See Derek for more information.