



Homestead Owners Association & Court Club

February Events

Valentine's Day
Monday, February 14th

Board & DRC Meeting
February 18th @ 9am

**Presidents' Day
Annual HOA Meeting**
Monday, February 21st
Meeting @ 7pm
All evening fitness
classes are cancelled on
President's Day for the
Annual Meeting.

All Day Kids Camp
February 22nd-25th

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 Homeowners General Meeting February 21, 2011

This year's meeting will be held at the Homestead Court Club on Monday, February 21st, at 7:00pm in the Group Fitness Studio. Information for the meeting has been included on a separate sheet in this mailing to all Homestead homeowners. There will be a vote for two open Board Member seats at the meeting. For more information contact Tracy Erickson at the Club.

Capital Improvement Online Survey

We want to hear from you! We invite all Homestead Homeowners to take an online survey regarding capital improvements to Homestead. Please visit www.homesteadcourtclub.com to access the survey beginning on Feb. 23.

Homestead Fitness News

Homestead Welcomes New Yoga Instructor Kristina Kuzmich! Kristina's practice began over 7 years ago in the discipline of mindful meditation while attending graduate school studying Transpersonal Counseling Psychology at Naropa University in Boulder, Colorado. She brings her deep admiration and respect for the philosophy and spirituality of yoga to class, using Sanskrit to describe the asana and sharing the parallels of yoga on the mat and in everyday life as taught by The Yoga Sutras of Patanjali. Kristina says that "breath is our constant, unbiased and non-judging" and in class she focuses on its rhythm through asana moving meditation. Her classes are playful yet attentive, emphasizing the teacher within realizing that not every day is the same and that not every day on the mat is the same either. Try Kristina's class on Tuesdays at 7:10am!

Reach Your Peak Cycling Clinic begins on Tuesday, February 1st. Master Instructor Jennifer Sage is offering a 12 week periodized and progressive cycling training program at Homestead. The goal of this program is to build an aerobic base, and then gradually work on all the elements of cycling fitness, so you can be at peak cycling fitness by June. This clinic will meet every Tuesday and Thursday from 6-7am beginning February 1 and running through April 21. Member price is \$275. Registration flyers are available at the front desk. For more information please email Jennifer@indoorcycleinstructor.com.

New Pilates Mat Class with Missy offered on Thursdays at 4:30pm

Cross Training Challenge is back by popular demand! Allison will be offering another 5 week session of cross training on Wednesdays at 10:30-11:30 am. Space is limited to 10 participants! Class will begin on March 9th and will continue through April 6th. Cost for members is \$100 for the session. Please call 970-926-1067 or email Allison to sign up or for more details: Allison@homesteadcourtclub.com

Please note that all evening fitness classes are cancelled on Monday, February 21st for Homestead's Annual HOA Meeting.

2011

Save the Date

Winter Tennis Program Dates

January 3 — March 11

Clubhouse Kids Camp

February 22 — 25

Spring Tennis Program Dates

March 14 — May 27

Clubhouse Kids Camp

April 18 — 22

Homestead's Easter Party

Saturday, April 23

Free Tennis Clinics

Saturday, May 21

Last Day of After School Program

Friday, June 3

Summer Tennis Program Dates

June 6 — August 26

Summer Camp Begins

Monday, June 13

Ice Cream Social

Thursday, June 23

Vail Valley Open Adult Tennis Tournament

July 15 — 17

Family Game Night

Thursday, July 28

Vail Valley Junior Satellite Tennis Tournament

August 6 — 7

End of Summer Party and BBQ

Saturday, September 3

Fall Tennis Program Dates

September 12 — December 9

Club Championship Tennis Tournament

Saturday, September 24

Homestead's Holiday Party

Sunday, December 4

Board Of Directors Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, January 14th, 2011 at 9:00am. In the DRC portion of the meeting one preliminary proposal was seen for a new primary residence at 196 Russell Trail.

Member Input included an announcement from member Paul Backes who stated that he is interested in running for a seat on the Board of Directors. Paul will be joining Rich Howard and Katie Demore on the ballot.

New Business included a motion to change the general rules to include an electronic communication policy and a motion to add Greg Sands and remove Paul Backes from the Nominating Committee.

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 December 2010 were approved. The November 2010 financial reports were also approved by the Board.

The meeting adjourned into Executive Session at approximately 10:16am.

Children's Programming News

Homestead After School Program Reminder: There will be no After School program the week of February 21st-25th, as Edwards Elementary School has a break that week.

All Day Camps: Jillian will be holding two weeks of special all day camps this winter and spring the week of February 22nd-25th and again the week of April 18th-22nd. To register for Homestead Clubhouse, please pick up a registration packet from the front desk, or contact Jillian at 926-1067.

Tennis News

It's not too late to sign up for winter clinics! There are still over 6 weeks left of the winter tennis session. Clinics run through March 11th. Stop by the front desk or see Derek for more information or to sign up for a clinic.

Spring Tennis Programs Begin March 14th. More information about clinics offered during the spring session will be in the March Newsletter.

Open Space Winter Rules Reminder

1. Use of Homestead Open Space, trails, and parks is reserved for Homestead Homeowners and their guests.
2. Open Space and park hours are sunrise—sunset.
3. No camping, campfires, alcohol, or glass are permitted on Homestead Open Space, trails, and parks.
4. Children under 12 years old must be accompanied by an adult.
5. Dogs must be kept on a leash at all times. Please pick up after your dog.
6. Please respect your neighbors by not parking on the sidewalk or blocking anyone in.
7. You may only park in the Open Space lots when using parks, trails, etc. There is absolutely no overnight parking.
8. The Homestead Owners Association is not responsible for lost or stolen items.
9. Use Homestead Open Space, trails, and parks at your own risk.
10. The Homestead Owners Association is not responsible for accidents in common areas.



February Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am	Spin* (Todd)		Spin* (Michelle)	Super Sculpt (Beth)	Spin* (Russ)	
7:10-8:30am	Vinyasa Flow Yoga (Janice)	Vinyasa Flow Yoga (Kristina)				
8:30-9:00am					Board Meeting 2/18/10 9:00am	8:00-9:30 Intermediate Hatha Yoga (Trinity)
9:00-10:30am			8:45-9:45 Spin (Heidi)		Anusara Inspired Yoga (Tim)	
9:15-10:15am	20/20/20 (Justin)	Body Shop (Christy)	9:45-10:15 Core (Heidi)	S.I.T (Justin)		
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
12:00-1:15pm		Gentle Yoga (Wendi)				
5:00-5:30pm	Annual HOA Meeting 2/21/10 7:00pm		Washboard Abs (Missy)	4:45-5:45pm Pilates Mat Class (Missy)		
5:30-6:30pm	Athlete's Edge (Justin)	Spin (Danielle)	Horizontal Conditioning (Missy)	5:45-7:00pm Yoga Sculpt (Lindsey)		
6:35-7:35pm	Hatha Flow (Lindsey)		6:35-7:50 Vinyasa Flow (Janice)			

Please call the front desk to sign up for classes with an asterisk 970.926.1067

Please note that all evening fitness classes are cancelled on Monday, February 21st for our Annual HOA Meeting.





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.

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.



February 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							
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				Stroke Clinic			
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

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 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.



February Tennis Schedule

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

Reminders:

Winter Tennis Programs are going on now!

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.