



Homestead Owners Association & Court Club

July Events

Independence Day
Monday, July 4th

Please note that there will be no kids camp, no tennis programs, no swim team, and no fitness classes on July 4.

Board & DRC Meeting
Friday, July 8th @ 9am

Swim Team Session 2
Begins on July 13th

**Vail Valley Adult NTRP
Tennis Tournament**
July 15th-17th

Family Game Night
Thursday, July 28th

Jr. Tennis Tournament
August 6th-7th

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 OPEN SPACE AND PROPERTY SURROUNDING HOMESTEAD

Homestead is pleased to announce that we have entered into a memorandum of understanding with Eagle County that will save the Scudder/Webster land parcel in perpetuity as open space. For a summary of this memorandum please visit our website. You can also send us an email with questions or comments to land@homesteadcourtclub.com.

Family Outdoor Activity Night

Please join us on Thursday, July 28th from 6:30 to 8:00pm for a night of fun outdoor activities including a giant slide, waterslides, bouncy gym, and more. We will be serving refreshments and cupcakes. Don't forget to bring your swimsuit and a towel!!

Tennis News

Reminder: July 15th, 16th and 17th is the Vail Valley Adult NTRP and Open Level tournament. This is the biggest tennis event of the summer with players coming in from all over the country. You must have a current USTA number and can sign up online at the usta.com website (follow the tournaments link) using the following tournament code, 257224311. All entries must be received by Friday, July 8th. Draws will be available by 5pm on Wednesday, July 13th.

FYI – Drop In clinics require you to sign up so please call the front desk at least 24 hrs in advance for all drop in clinic. Also, please check with Derek about availability for all other adult clinics. There is still room in all junior clinics with the flexibility of weekly sign ups.

Fitness News

Please note there will be no fitness classes on Monday, July 4th.

Gentle Yoga with Wendi on Tuesdays from 12:00-1:15 has been taken off the fitness schedule for the summer and will return this fall.

New Classes for July:

Mat Pilates w/Missy on Tuesdays from 12:00-1:00pm

Intro to TRX with JP on Tuesday evenings at 5:30pm and Wednesday mornings 8:35am. Come and try this new fitness trend and get a great workout for functional strength! JP welcomes people of all fitness levels. Sign up is required.

Class time change: Please note that Missy's Thursday Mat Pilates Class time has changed, and will now start at 5:00pm (instead of 4:45pm).

Reformer Pilates: Deana is also offering three new 30 minute classes for only \$10 each this summer! Cardio Core Jumpboard (intervals of jumping and ab work on the reformer), Arms & Abs (intervals using the reformer and the chair) and Legs, Legs, Legs (intervals using the reformer and chair). Call Deana at 331-6302 for more information or to sign up.



Homestead Spraying Weeds This Month

Per State Law, Homestead staff will be spraying the open space areas for noxious weeds this month. Areas that have been treated for weeds will be dyed blue for a few days. Please keep children and pets away from the areas that are blue. Homestead will also be marking the areas with yellow flags. If you have any questions about the weed spraying please contact Tracy at the Club. Please note that Homestead does not spray for dandelions in open space or turf areas, as they are not listed as noxious weeds.

Note To Owners With Noxious Weeds:

Please be sure to treat your lawn or lot for noxious weeds this summer, per Homestead Regulations. If you have any questions or comments, please feel free to give us a call at 926-1067.

Free Injury Screenings will resume this fall

Free injury screenings by Jointworx Physical Therapy will stop for the summer and will resume in late August. In the meantime free screenings will be available at the Jointworx office by appointment. Call 569-3883 and mention you are a Homestead member.

Board Of Directors Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, June 10th, 2011 at 9:00am. In the DRC portion of the meeting three proposals were seen; preliminary plans for a new single family residence at 196 Russell Trail, preliminary plans for a new single family residence at 80 Russell Trail, and lastly a proposal for a fence at 463 Edwards Village Boulevard was approved pending a survey of the property.

New Business included approval of a new architectural review consultant to be used on a temporary basis for the two current submittals of primary residences.

Matters Pending included a discussion and neighbor comments regarding the Scudder/Webster Open Space Proposal. After the discussion the Board approved signing the Memorandum of Understanding with Eagle County.

The meeting minutes from the executive session on May 13, 2011 were approved and the meeting minutes from the regular Board of Directors meeting on May 12, 2011 were approved. The April 2011 financial report was approved by the Board.

The meeting adjourned at approximately 11:09am.

Children's Programming News



Reminder: All children's programs are cancelled on Monday, July 4th. This includes Clubhouse Kid's Camp, Swim Team, and Junior Tennis programs.

Swim Team Session 2 is beginning on July 13th and runs through August 4th. Practice days and times: Mondays and Thursdays from 9:15-10:15am, and Tuesdays and Wednesdays from 3:15-4:15pm. Allison welcomes swimmers of any age as long as they are able to swim continuously for at least one length of the pool. Price: \$95 per child per session for four days per week and \$85 per child per session for three days or less of practice per week.

Sign Up: Registration flyers are available at the front desk or on our website. Please contact Coach Allison Barr at allison@homsteadcourtclub.com if you have any questions or need additional information regarding swim team.

HCC Children's Policy Reminders

- All children under the age of 12 must be supervised by an adult at all times. An adult is considered 16 or older. If your child is under 12 and in a Homestead Program, please drop them off and pick them up with the instructor.
- All children over the age of 12 must have their own membership number to enter the club by themselves. (If you have a child over the age of 12 and they do not have a membership number please fill out a membership change form.)
- Children over the age of 12 are allowed to use the following club amenities without parental supervision: pool, hot tub, racquetball court, squash court, and tennis courts.
- Children over the age of 14 can use the weight room and cardiovascular area once they have been certified by the Fitness Staff.
- Children may not add individuals to the guest list. Eagle County resident guests must pay the \$5 children's guest fee.
- If you have any additional questions about Homestead's Children's Policies please refer to our Membership Guidelines.



July Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am	Spin (Todd)			Spin (Jennifer) Super Sculpt (Beth)		
7:10-8:30am		Vinyasa Flow Yoga (Kristina)				
8:35-9:35am			8:35am Intro to TRX* (JP)		Board Meeting 7/8/11 9:00am	8:00-9:30 Intermediate Hatha Yoga (Trinity)
9:00-10:30am					Anusara Inspired Yoga (Tim)	
9:15-10:15am	20/20/20 (Justin)	Body Shop (Christy)		S.I.T (Justin)		
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
12:00-1:00pm		Pilates Mat Class (Missy)				
5:00-5:30pm			Washboard Abs (Missy)	5:00-6:00pm Pilates Mat Class (Missy)		
5:30-6:30pm	Athlete's Edge (Justin)	Intro to TRX* (JP)	Horizontal Conditioning (Missy)			
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 there will be no fitness classes on Monday, July 4th.

Gentle Yoga with Wendi on Tuesdays from 12:00-1:15 has been taken off the fitness schedule for the summer and will return this fall. In the meantime check out the newest additions to our fitness schedule; Mat Pilates w/Missy on Tuesdays from 12:00-1:00pm and Intro to TRX with JP on Tuesday evenings at 5:30pm and Wednesday mornings 8:35am. Come and try this new fitness trend and get a great workout for functional strength! JP welcomes people of all fitness levels. Sign up is required. Homestead homeowners and tenants may sign up 48 hours in advance, and non-resident members may sign up 24 hours in advance.

Class time change: Please note that Missy's Thursday Mat Pilates Class time has changed, and will now start at 5:00pm (instead of 4:45pm).

Reformer Pilates: Deana is also offering three new 30 minute classes for only \$10 each this summer! Cardio Core Jumpboard (intervals of jumping and ab work on the reformer), Arms & Abs (intervals using the reformer and the chair) and Legs, Legs, Legs (intervals using the reformer and chair). Call Deana at 331-6302 for more information or to sign up.



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.

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.

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.

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.



July 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
8:00-9:15am							
9:15-10:15am	Swim Team			Swim Team			
10:15am-1:00pm							
1:00-2:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
2:00-3:15pm							
3:15-4:15pm		Swim Team	Swim Team				
4:20-5:20pm							
5:20-6:00pm							
6:00-9:00pm							
9:00-10:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

Summer Swim Team: Session 2 dates are July 13th-August 4th. Practice dates and times are as follows: Mondays and Thursdays from 9:15-10:15, and Tuesdays and Wednesdays from 3:15-4:15pm. Allison welcomes swimmers of any age as long as they are able to swim continuously for at least one length of the pool (25 yards). Price: \$95 per child per session for four days per week and \$85 per child per session for three days or less of practice per week. **Sign Up:** Registration flyers are available at the front desk or on our website. Please contact Coach Allison Barr at allison@homsteadcourtclub.com if you have any questions or need additional information regarding swim team.



July Tennis Schedule

Court Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:00 am						
7:00-8:30am						
8:30-10:00am	Women's 3.0-4.0 League Play					8:30-9:30am 4.0+ Drop In Clinic*
10:00-11:30am	Advanced Beginner Clinic 10:00-11:00am Mighty Mites	3.0-3.5 Clinic 10:00-11:00am Mighty Mites	10:00-11:00am Mighty Mites	10:00-11:00am Mighty Mites		9:30-10:30am 3.5-4.0 Drop In Clinic*
11:30-1:00pm	11:00-12:00 Superstars	11:00-12:00 Superstars	4.0+ Drop In Clinic* 11:00-12:00	11:00-12:00 Superstars	3.0-3.5 Drop In Clinic*	10:30-11:30am 3.0 Drop In Clinic*
1:00-2:30pm	Intermediate Junior Clinic	Intermediate Junior Clinic	Intermediate Junior Clinic	Intermediate Junior Clinic		
2:30-4:00pm	High School Tennis JET Tennis	High School Tennis	High School Tennis	High School Tennis		
4:00-5:30pm	4:00-5:00 Mighty Mites	4:00-5:00 Mighty Mites	4:00-5:00 Mighty Mites	4:00-5:00 Mighty Mites		
5:30-7:00pm				3.5+ Drop In Clinic*		
7:00-8:30pm						
8:30-10:00pm						

Reminders:

Summer tennis programs are beginning the week of June 6th. To register for any of Homestead's summer tennis programs, please fill out a registration flyer, which is available at the front desk, or on our website: www.homesteadcourtclub.com.

*To sign up for a drop in clinic please call 970-926-1067. Member price is \$20 for one hour drop in clinics and \$25 for 1.5 hour drop in clinics.