



# Homestead Owners Association & Court Club

## September Events

**HCC End of Summer  
Party and BBQ**  
Saturday, September 3rd  
4:00-7:00pm

**Childcare Closed**  
9/3 & 9/5

**Labor Day**  
Monday, September 5th  
Club Hours: 6am-5pm

**Board of Directors and  
DRC Meeting**  
Friday, September 9 @ 9am

**Fall Tennis Starts**  
Monday, September 12th

**End of Summer Tennis  
Tournament**  
Saturday, September 24th

## 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 & BBQ**  
Saturday, September 3rd, 4:00-7:00pm

Please join us on Saturday, September 3rd, from 4-7pm for Homestead's Annual End Of The Summer Party & BBQ. Help us celebrate the last days of summer with a live music performance, family games, jumpy house, face painting, food & drinks, and a mechanical bull! This event is open to Homestead Homeowners and their guests. Please plan to walk or carpool to the club if you can, as limited parking will be available.

## Farewell Allison Barr

As many of you already know Allison Barr is leaving Homestead. Allison was hired as a personal trainer and group fitness instructor in 2005 and was promoted to Fitness Director in 2007. She has worked extremely hard for Homestead over the past 6 years and will be greatly missed. Allison is moving to Pittsburg, PA to attend graduate school at Chatham University and will be pursuing her PhD in psychology. We would like to thank Allison for making Homestead Fitness great over the past 6 years and also wish her the best with school and future endeavors!

## Tennis News

Thanks to everyone who participated in our annual Vail Valley Junior Satellite tournament Aug 6-7. The tournament was a huge success with 54 participants! Many thanks to our tournament sponsors: Alpine Bank, Marko's Pizzeria, Sato, Café 163, Moe's BBQ, Vin48, Roofworx, Bob's Place, One Source Documents, USTA, and Homestead!

**Congratulations to Homestead's USTA Women's 3.5 Tennis Team!** Homestead's women's USTA 3.5 tennis team placed first in the state tournament in Denver and moved on to compete at sectional playoffs in Salt Lake City, Utah on 8/19-8/21. They competed really well and placed 4th overall. Great job representing Homestead and Colorado USTA 3.5 ladies!

**Sign Up Now for Fall Tennis Programs:** Fall tennis programs begin the week of September 12th and will run for 12 weeks, with no programs the week of Nov.21-25. Sign up forms are located at the front desk.

**Round Robin Format Club Championships – Sept 24<sup>th</sup> –** All levels are welcome; sign up is on an individual basis. Play is coed and begins Saturday morning at 9:30. A round robin will be run for 3 hours with scores being kept after each round to determine the top 4 men and top 4 women. Then a ladies final, a men's final and a mixed doubles semi-final and final will be played. Finals will begin at 1:30. This format was used last year and was very well received from everyone. A barbeque will begin around 1:30 with burgers and beers. Derek might even make his world famous margaritas. Please sign up at the front desk.

**REMINDER:** Court times will be changing back to 1 hour and 15 minutes in September.

## Neighborhood Watch/ Bear Sightings

As you may or may not have noticed we have recently had a few acts of vandalism in the neighborhood. We would like to ask that everyone be a part of our "Neighborhood Watch" and notify the Eagle County Sheriff immediately if you notice any suspicious activity in your neighborhood.

We would also like to remind you that we have recently had many notifications of bear sightings in Homestead. In an effort to keep our residents (and the bears) safe please be sure to follow Eagle County laws regarding trash containers/pickup in order to discourage the bears from coming back. You may also want to keep door and windows on lower levels locked at night.

## Children's Programming News

Homestead's action packed after school program concentrating on education, fitness, and creativity will begin this fall on Tuesday, September 6th. The ASP will meet Monday through Friday from 3:00-6:00pm at the Homestead Court Club and will utilize all of the great Homestead Club facilities including parks, trails, and Homestead neighborhoods. **PRICE:** \$17 a day for Members and \$22 a day for Non-Members. **REGISTRATION:** Registration packets are available now at the front desk.

**Childcare Closed on 9/3 and 9/5:** Please note the childcare room will be closed on Saturday, September 3 for our End of Summer Party and will also be closed on Labor Day, Monday, September 5.

## Board Of Directors Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, August 12th, 2011 at 9:00am. In the DRC portion of the meeting one proposal was approved for a rooftop swamp cooler at 231 Gold Dust Road.

Member Input included one member present to discuss the 2012 election process. New Business included a request from the 3.5 Ladies Tennis Team to have a banner made congratulating them for their achievement in winning the district USTA tournament in Denver and for the HOA to match fund raising efforts for the coaches trip to sectionals in Salt Lake City, Utah.

Matters Pending included discussion regarding the Scudder/Webster Open Space Proposal. The meeting minutes from the meeting on July 8, 2011 were approved. The June 2011 financial report was approved by the Board. The meeting adjourned into executive session to discuss legal matters pertaining to the Allen Parcel at approximately 10:17am.

## Fitness News

**Welcome Justin Songer, Homestead's New Fitness Director.** Justin has been a personal trainer and fitness instructor at Homestead since 2008. We are very excited to welcome him to the management team. Justin will be taking on the exciting role as Fitness Director starting on September 1st, 2011. Outside of work Justin is a taekwondo instructor and enjoys snowboarding, rafting, and anything else outdoors. We look forward to seeing more of Justin around the Club working on his great fitness ideas. If you would like to meet Justin feel free to stop by the Club during his office hour on Tuesdays from 1:00-2:00pm. If that time does not work for you give Justin a call to schedule an appointment at 970-926-1067.

### *Free Posture Assessment with Christy Brown*

Have chronic pain? Do you catch yourself slouching at the computer? Do you feel some areas of your body are tight...while others are weak? Join HCC trainer Christy Brown for a free assessment of your posture to help you answer, once and for all, these nagging questions. Posture Assessments start in September every Monday from 4-5:30pm and Tuesdays from 8-9am and by appointment if needed. Sign up required. Call the front desk at 970-926-1067. **BONUS:** at your Posture Assessment, buy three or more personal training sessions with Christy and get one FREE! Please note there will be no posture assessment on 9/12.

### *Winter Sports Cross Training*

The nights are starting to get chilly up here in the Vail Valley...meaning our long winter is fast approaching. Are you ready? Although we may not be ready for the colder weather and shorter days, we can get our bodies ready and strong for the demands we place on it all winter long. Christy Brown will be offering a 5 week long Winter Sports Cross Training Challenge every Friday from 10:30-11:30am starting September 9th. There is a 5 person minimum and the fee for the class (due Sept 9th) is only \$90. A free Body Composition will be taken the week before the session starts and the person with the best results after the 5 weeks will get a PRIZE! *Note: if you have a small group that wants to do this challenge another time/day, please contact Christy at 303.520.2963. Sign up deadline is September 7th.*

**Gentle Yoga with Wendi** is back on Tuesdays beginning in September. Always wanted to try yoga? Recovering from an injury? Gentle Yoga with Wendi is the perfect start for you! Class will begin Tuesday, September 6th, from noon-1:15 in the fitness studio. All levels welcome. No need to sign up!

**Coming Soon:** Ski Conditioning will be back in October!

# September 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)		<b>Board Meeting</b> 8/12/11 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)		
12:00-1:15pm		Gentle Yoga (Wendi)				
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\* Homestead homeowners and their tenants may reserve their space 48 hours in advance and Non-resident members may reserve their space 24 hours in advance. Please call 970-926-1067 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.

**INTRO TO TRX TRAINING** — The much talked about TRX is a total body suspension training system. By using your own body weight and vector angles the TRX system provides a well-rounded workout for the entire body. For those who like or want core work and need a quick effective workout this is it because the TRX is lots of core all the time. The class will start with the basic movements and introduction to suspension training. Once the foundation is in place individuals can advance at their own pace in class.

**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.





# September Tennis Schedule

Court Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:00 am						
7:00-8:15am						
8:15-9:30am						8:30-9:30am 4.0+ Drop In Clinic*
9:30-10:45am						9:30-10:30am 3.5+ Drop In Clinic*
10:45-12:00pm	3.0-3.5 Clinic	3.0-3.5 Clinic	2.0-3.0 Clinic	Intermediate Clinic  3.5 Drop In Clinic*		10:30-11:30am 3.0 Drop In Clinic*
12:00-1:15pm	2.0-3.0 Clinic		12:00-1:00pm 4.0+ Drop In Clinic*		12:00-1:00pm 3.0-3.5 Drop In Clinic*	
1:15-2:30pm						
2:30-3:45pm	3:15-4:00pm Mighty Mites (4-6 year olds)		3:15-4:00pm Mighty Mites (4-6 year olds)		3:15-4:00pm Mighty Mites (4-6 year olds)	
3:45-5:00pm	4:00-5:00pm Superstars (7-9 year olds)	4:00-5:00pm Intermediates (10+ year olds)	4:00-5:00pm Superstars (7-9 year olds)	4:00-5:00pm Intermediates (10+ year olds)	4:00-5:00pm Mighty Mites (4-6 year olds)	
5:00-6:15pm	5:00-6:00pm Teenagers	5:00-6:00pm Junior Elite Tennis	5:00-6:00pm Teenagers	5:00-6:00pm Junior Elite Tennis	5:00-6:00pm Superstars (7-9 year olds)  Intermediates (10+ year olds)	
6:15-7:30pm	6:00-9:00pm Mixed 3.5+ Fixed Partner League	6:00-9:00pm Ladies 3.0+ League	6:00-9:00pm Men's 4.0- League	6:00-9:00pm Coed 4.5+ League		
7:30-8:45pm						
8:45-10:00pm						

## Reminders:

**Fall Tennis Programs:** Begin the week of September 12th and will run for 12 weeks, no programs the week of Nov.21-25. Sign up flyers are available at the front desk.

**\*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. Non-Members must pay a \$10 guest fee on top of the member price.**