

Homestead Owners Association & Court Club

November Events

Daylight Savings Ends
Sunday, November 6th

Board & DRC Meeting
November 11th @ 9am

HCC Kid's Camp
November 21st & 22nd

No After School Program
November 23rd—25th

No Tennis Programs
November 21st-26th

Thanksgiving
Thursday, November 24th
Club Hours: 8am-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

HCC's After School Program and Kids Camp

Homestead's After School Program is an action packed after school program concentrating on education, fitness, creativity and fun! This program runs every Monday-Friday from 3:00-6:00pm while school is in session. We will also be offering a special Kids Camp from 8:30-5:15pm on November 21 & 22. Registration packets for the After School and Camp are available at the front desk or on our website. Please note: There is no after school program from November 23rd-25th for Thanksgiving Break.

Childcare Reminder: Childcare will be closed on Thanksgiving Day.

Fitness News

Burn The Bird w/Justin

This special fitness class will be held Thanksgiving Day, November 24th, 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 22nd at the front desk.

Free TRX Classes at Homestead during the month of November

We are excited to announce that Homestead has purchased a new piece of equipment that will allow us to offer TRX suspension training classes throughout the winter. If you haven't had a chance to try TRX yet, now is the time! TRX suspension training is a revolutionary method of leveraged bodyweight exercise where you can perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries. Try TRX for FREE for all of November before drop in fees take effect for December! Please call the front desk to sign up for classes.

Ski Conditioning

Ski conditioning is going on now and will run through Wednesday, November 16th. Please call the front desk to sign up. Please Note: Athlete's Edge with Justin will return on Mondays at 5:30-6:30pm beginning the week of November 21st.

Fitness Schedule Changes

New Power Vinyasa Yoga Class with Ashley on Thursday mornings from 7:10-8:30am. Amie will now be teaching Mat Pilates on Tuesdays from 5:00-6:00pm. TRX class will now be held inside the group fitness studio. Please check the schedule to see changes to TRX days and times.

Special Club Hours for the Holidays:

Thanksgiving Day — 8:00am-12:00pm
December 4th— 6:30am-3:00pm (Homestead's Holiday Party)
Christmas Eve—6:30am-12:00pm
Christmas Day — CLOSED
New Year's Eve — 6:30am-5:00pm
New Year's Day — 8:00am-5:00pm

Board Of Directors Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, October 14, 2011 at 9:00am. In the DRC portion of the meeting a request from the Varecha Residence to add a construction trailer to their construction site was approved pending approval from the County to place it in the right of way.

New Business included a discussion on the general election procedures, the 2012 nominating committee, the 2012 budget, and approval of an email action taken without a meeting on July 10th, 2011. After discussion a motion was made to approve the new general election procedures, general rules, and documents policy change for the 2012 annual meeting. A motion was made to approve the email action taken without a meeting. Discussion on the 2012 budget will continue at the November Board Meeting. Please see note below regarding the nominating committee and 2012 election.

Matters Pending included discussion regarding the County purchase of the Scudder/Webster property. The meeting minutes from the meeting on September 9th, 2011 were approved. The August 2011 financial report was approved by the Board.

2012 Election and Nominating Committee: The Board would like to announce that there will be 2 Board Member openings for the 2012 election in February. If you are interested in running for the Board or are interested in being a part of the nominating committee, please attend the next Board Meeting on Friday, November 11th at 9:00am.

Tennis News

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 21st-26th, for Thanksgiving break. Programs will resume on Monday, November 28th.

Fall Tennis Programs

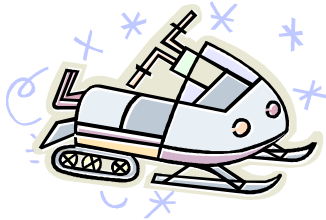
There is still room available in some fall adult and children's clinics. Parents you can still sign your children up for clinics after their other fall sports end. Contact Derek to sign up. Don't forget you can also call the front desk each week to sign up for weekly adult drop in clinics.

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. Please be courteous in Homestead's open space, parks, and neighborhoods and leash 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. If you have an issue with a neighbors pet call Eagle County Animal Control immediately (970-328-3647). For more information regarding Eagle County Animal Laws please go to 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.



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)

~ The Board thanks you for following the HOA guidelines.

Save The Date:

Homestead's Holiday Party

Sunday, December 4th

5:00-8:00pm



November Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am	Spin (Todd)	Sunrise Yoga (Beth)		Spin (Jennifer) Super Sculpt (Beth)	6:15am TRX * (JP)	
7:10-8:30am				Power Vinyasa Yoga (Ashley)		
8:35-9:35am			TRX* (JP)	Burn The Bird* Thanksgiving Day w/Justin 9:00am		8:00-9:30 Intermediate Hatha Yoga (Trinity)
9:00-10:30am			8:45-9:45am Spin (Heidi)		Anusara Inspired Yoga (Tim)	
9:15-10:15am	20/20/20 (Justin)	Body Shop (Christy)	9:45-10:15am Core (Heidi)	S.I.T (Justin)	Board Meeting 11/11/11 9:00am	
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
12:00-1:15pm		Gentle Yoga (Wendi)				
5:00-6:00pm		5:00-6:00pm Pilates Mat Class (Amie)				
5:15-6:30pm	Ski Conditioning* (thru 11/14)	6:05pm TRX* (JP)	Ski Conditioning* (thru 11/16)	5:30-6:30pm Turbo Kick (Tiffany)		
6:35-7:35pm	Hatha Flow (Lindsey)		Vinyasa Flow (Sophie)			

***Please call the front desk to sign up for classes with an asterisk* Sign up policy:** 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.

Burn The Bird w/Justin

This special fitness class will be held Thanksgiving Day, November 24th, 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 required.

Free TRX Classes at Homestead during the month of November

If you haven't had a chance to try TRX yet, now is the time! TRX suspension training is a revolutionary method of leveraged body-weight exercise where you can perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries. Try TRX for FREE for all of November before drop in fees take effect for December! Sign up required.

Ski Conditioning

Ski conditioning is going on now and will run through Wednesday, November 16th. Please call the front desk to sign up. Please

Note: Athlete's Edge with Justin will return on Mondays at 5:30-6:30pm beginning the week of November 21st.

New Class: Power Vinyasa Yoga Class with Ashley on Thursday mornings from 7:10-8:30am.

New Class: Sunrise Yoga Class with Beth on Tuesday mornings from 6:05-7:05am

New Class: Vinyasa Yoga with Sophie on Wednesday evening at 6:35pm



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.

SUNRISE YOGA — Welcome the new day with a flowing vinyasa class to energize the mind and the body.

TURBO KICK — Learn kickboxing skills choreographed to energizing music. Using no equipment, this kickboxing workout incorporates a number of upper body punches and lower body kicks.

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.

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.

VINYASA POWER YOGA – Start your morning by moving with breath in this invigorating Baptiste style yoga class. You will be encouraged to use your breath, to come into your body, to clear your mind and to discover your true power. Expect to sweat and challenge yourself with both movement and powerful, athletic postures.

WASHBOARD ABS — 30 minutes of intense abdominal and lower back training.



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						8:30-9:30am 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						

Tennis 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.**