



# Homestead Owners Association & Court Club

## January Events

### Holiday Hours:

Christmas Eve  
6:30am-12:00pm

Christmas Day  
Club CLOSED

New Year's Eve  
6:30am-5:00pm

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

Winter Tennis  
Programs Begin  
Monday, January 2nd

Board & DRC Meeting  
Friday, January 13th

No After School Program  
January 2, 13 & 16

## 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 20

The Annual Homeowners Association Meeting will be held at the Homestead Court Club on Monday, February 20th, 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. If you are interested in running for the Board please attend the January Board Meeting or contact a member of the nominating committee (email addresses are available on our website). For more information on the annual meeting contact Tracy Erickson at the Club.

## Tennis News

### Reminder: Winter Tennis Clinics begin on January 2nd

There are still spaces available for both juniors and adults in our tennis clinics beginning in January. Both new and experienced players at every level can find great instruction and competition through Homestead Court Club tennis programs. We offer clinics for all ages and ability levels. For more information about the programs starting in January, please contact Derek at the Club, or visit our website, [www.homesteadcourtclub.com](http://www.homesteadcourtclub.com) to download the registration forms.

## Fitness News

### Master's Swim is back!

Erinn Hoban-Chavez will be instructing Master's Swim on Tuesdays and Thursdays from 8:30-9:45am beginning in January. Join Erinn for a structured swim workout designed to help you improve your fitness or train for specific goals. Open to all levels.

### FREE Intro to TRX Training Classes at Homestead

JP will offer free intro to TRX classes on Tuesday, January 3rd at 8:50am, and on Friday, January 6th at 7:15am. To sign up for one of the free introduction classes or any of the group TRX training classes please contact the front desk at 970-926-1067. To sign up for private or semi-private training please contact JP directly at 970-390-1898. Pricing for group training is \$12/class or \$9/class when you purchase a 10 punch pass. Please note that Homestead reserves the right to cancel classes of less than six participants. Maximum of 12 participants per class.

### Fitness Schedule Changes

Homestead's newest personal trainer, Nichole Kellerman, will be taking over Body Shop on Tuesday mornings from 9:15-10:15am.

### Holiday Fitness Challenge

Homestead Personal Trainer, Christy Brown would like to challenge you to make this season the season of body transformation! The fitness challenge will begin on January 1st and will run through March 1st. Christy will provide you with an initial and final fitness assessment, weekly meetings, weekly workouts, weekly emails with tips on nutrition, recipes, or a weekly challenge to keep you focused on making great food selections, and 20% off additional personal training. There will also be a prize for the person with the greatest transformation! For more details, or to sign up for the Fitness Challenge, please contact Christy Brown at [christylbrown@yahoo.com](mailto:christylbrown@yahoo.com) or 303-520-2963.

## Exterior Lighting Note

We have recently received complaints regarding exterior lighting being left on late at night. The Board would like to kindly ask that you follow the Homestead Standards and Guidelines:

*"The beauty of the starlit night at Homestead will be preserved by judicious use of lighting. Unnecessary use of light is prohibited in the interest of energy efficiency and maintenance of the quiet nighttime environment....Homestead also recommends that exterior lights be turned off at 10 P.M."*



## 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 two families we adopted. The families are very grateful to be "adopted" and would like to thank you for your generous donations!

## December Board Of Directors Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, December 9, 2011 at 9:00am. In the DRC portion of the meeting Ethan Moore, representing Trinity Baptist Church, presented preliminary thoughts on expansion of the church and possible PUD and zoning changes. Homestead will keep homeowners informed on this issue as more information is available.

New Business included continuing discussion on the possibility of remodeling the Club entryway. Also in New Business the Nominating Committee announced that they have two candidates interested in running for the two open seats in the 2012 election; Norm Green and Ken Marchetti have expressed interest in running. Please see note below concerning the 2012 Board election.

Matters Pending included discussion regarding the County purchase of the Scudder/Webster property. The current plan being discussed is to allow forest service access through the water tank trail. Tracy Erickson presented a letter to the Board that was sent by Eagle County to Homestead homeowners who border the property reminding them that the land has not been put into a conservation easement yet, and a request that homeowners do not cut the fence down.

The meeting minutes from the meeting on November 11th, 2011 were approved. The October 2011 financial report was approved by the Board.

The meeting adjourned into executive session at approximately 9:50am.

**2012 Board Member Election:** The Board would like to announce that there will be two Board Member openings for the 2012 election in February. If you are interested in running for the Board please attend the next Board Meeting on Friday, January 13th at 9:00am or contact a member of the nominating committee via email. The nominating committees email addresses are available on our website.

## Children's Programming News

### *Children's Yoga Class*

Kids love yoga! And *Kidding Around Yoga Instructors* love kids! The benefits of yoga are amazing and endless. Studies show that it can help kids reduce stress and anxiety, improve the quality of their sleep, help develop focus and self esteem as well as build physical strength, coordination and balance! *Kidding Around Yoga* classes are designed to help teach kids compassion and mindfulness while learning traditional hatha yoga poses. *Kidding Around Yoga Instructors* carefully create a safe, fun-filled and loving environment for all kids ages 5 to 12. Your kids are invited to join Amy Archer, Certified KAY Instructor, on Thursdays from 3:30 to 4:30 starting on January 5th. There is a maximum of 10 kids per class, so please sign them up at the front desk to ensure their spot!

**After School Program Reminder:** There are still spaces in the After School Program. This fun filled program runs Monday-Friday from 3-6pm during the school year. If you would like to sign up your child, registration packets are available on our website or at the front desk. Please note there will be no after school program held on January 2nd, 13th, or 16th.

## *Holiday Party Thanks*

We would like to thank everyone who attended our Annual Holiday Party on December 4th. 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, No Bull Entertainment for bringing "the bull" and of course, Santa Claus too! The event couldn't have been such a success without you there!



# January Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am	Spin (Todd)	Sunrise Yoga (Beth)	TRX*\$ (JP)	Spin (Jennifer) Super Sculpt (Beth)	TRX*\$ (JP)	
7:10-8:30am				Power Vinyasa Yoga (Ashley)		
8:30-9:45am		Master's Swim (Erinn)			Master's Swim (Erinn)	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 (Nichole)	9:45-10:15am Core (Heidi)	S.I.T (Justin)	Board Meeting 12/9/11 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)				
5:30-6:30pm	Athletes Edge (Justin)	Spin (Joel)	Body Challenge (Missy)	5:45pm Turbo Kick (Tiffany)		
6:35-7:35pm	Hatha Flow (Lindsey)	6:15pm TRX*\$ (JP)	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.*

*\$ Indicates a fee for Class*

## **TRX Training Classes at Homestead**

JP will offer free intro to TRX classes on Tuesday, January 3rd at 8:50am, and on Friday, January 6th at 7:15am. To sign up for one of the free introduction classes or any of the group TRX training classes please contact the front desk at 970-926-1067. To sign up for private or semi-private training please contact JP directly at 970-390-1898. Pricing for group training is \$12/class or \$9/class when you purchase a 10 punch pass. Please note that Homestead reserves the right to cancel classes of less than six participants. Maximum of 12 participants per class.

## **Master's Swim is back!**

Erinn Hoban-Chavez will be instructing Master's Swim on Tuesdays and Thursdays from 8:30-9:45am beginning in January. Join Erinn for a structured swim workout designed to help you improve your fitness or train for specific goals. Open to all levels.



## 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 Nichole 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.

**MASTERS SWIM** - Join coach Erinn for a structured swim workout designed to help you improve your fitness or train for specific goals. Open to all levels.

**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. Please note there is a charge for this training 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 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.



# January 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
8:30-9:45am		Master's Swim (Erinn)			Master's Swim (Erinn)		
9:45-10:15am							
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	ASP Kids in Pool	ASP Kids in Pool	ASP Kids in Pool	ASP Kids in Pool	ASP Kids in Pool		
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

***Master's Swim is back!***

Erinn Hoban-Chavez will be instructing two Master's Swim classes per week beginning in January. Join Erinn for a structured swim workout designed to help you improve your fitness or train for specific goals. Open to all levels. Tuesdays and Thursdays from 8:30-9:45am.



# January Tennis Schedule

Court Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:15-7:15 am			Cardio Tennis*			
7:15-8:15am						Cardio Tennis*
8:30-9:30am						4.0+ Drop In Clinic*
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	3.5 Drop In Clinic*	Intermediate Clinic	10:30-11:30am 3.0 Drop In Clinic*
12:00-1:15pm	2.0-3.0 Clinic		4.0+ Drop In Clinic*			
1:15-2:30pm					Coed 3.0+ Level League	
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 Junior Elite Tennis & Teen Tennis		5:00-6:00pm Junior Elite Tennis & Teen 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+ Level League	6:00-9:00pm Ladies 3.5– Level League	6:00-9:00pm Men's 4.0– Level League	6:00-9:00pm Coed 4.5+ Level League		
7:30-8:45pm						
8:45-10:00pm						

## Winter Tennis Program Dates: January 2—March 9, 2012

### ***Reminder: Winter Tennis Clinics begin on January 2nd***

There are still spaces available for both juniors and adults in our tennis clinics beginning in January. Both new and experienced players at every level can find great instruction and competition through Homestead Court Club tennis programs. We offer clinics for all ages and ability levels. For more information about the programs starting in January, please contact Derek at the Club, or visit our website, [www.homesteadcourtclub.com](http://www.homesteadcourtclub.com) to download the registration forms.