



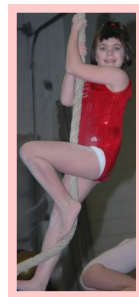
The Gold Medal Gazette

Vol. 2 Issue 5

February 2012

January 28, 2012 Parent's Night Out

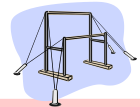
**Brestyan's
Gymnastics**
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Burlington, MA 01803
(781) 270-1100
www.brestyans.com



NEXT PARENT'S NIGHTS OUT: Saturday—April 7th—4:00-7:00

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SUMMER CAMP REGISTRATION STARTS NOW!
DISCOUNTS AVAILABLE UNTIL APRIL 1st!



Feb. 5th Level 2 & 3 Home Meet

What a day had by all! Congratulations to the very first Brestyan's Competitive Level 2 & 3 Teams who had their very first meet. It was a huge success. All of the girls looked fabulous, which is a big part of it when you're a little girl! Their hard work paid off as they performed their routines and smiled big toothless grins to the many cameras that were focused on them. All 18 Level 2 (Gold) and 21 Level 3 (Pre-Team) competed all four events for two judges getting them ready for their meets in March, April and States in May!

Special points of interest:

- SESSION 3:** January 2, 2012 through February 25, 2012

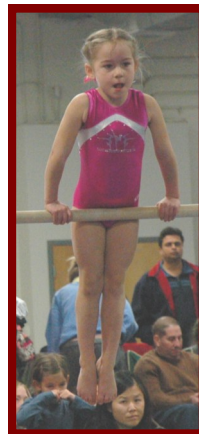




TEAM NEWS:

The Brestyan's Invitational was a huge success and many Brestyan's competitors finished in the top of their age groups and levels. Level 8 Carmen Bebbington won every event and A.A. finishing with a score of 38.35. Level 9 Lily Dean also finished first with a 37.275. Level 10 also had several placing in the A.A. with Nicole Swirlbalus getting a 34.85 and Aya Mahgoub getting a 9.425 on Vault!

On the Road to London, Aly Raisman will be competing at the AT&T American Cup on March 3rd at Madison Square Garden in New York City. Follow the meet on NBC Sports on March 3rd from 1-3pm Live!



The Level 2 & 3 Teams had their first meet on Sunday, February 5th. They all had so much fun and did a fantastic job! Watch these shining stars at Thompson's Gymnastics March 17th, Gigueres Gymnastics March 23rd and at Brestyan's on April 22nd. Their State Meet is May 5/6.

RECREATIONAL CLASS SCHEDULE:

- **Session 3—Classes will run from January 2—February 25, 2012**
- **The Gym is OPEN on February 14th and February 20th as well as February vacation week.**

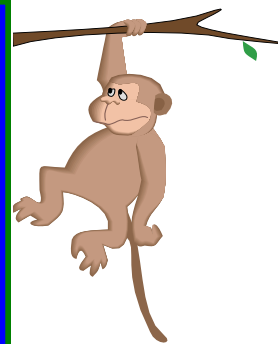
Make-Up Policies and Class Placement:

Our Make-Up Policy involves two scheduled make-ups per session you are enrolled. These make-ups are not to be carried over into a new session. Please arrange your make-ups at the front desk. Make-ups should also be done in similar level classes if possible. Just because another class fits your schedule better, it might not be a

good choice for your child. Always feel free to check with your child's instructor for the best make-up situation. If your child/family has either experienced injury or unplanned disasters, please inform us of your situation and we can help arrange a make-up option that will help you in your predicament. Class Placement is always an

issue for children who have taken time off or come from another gym. The best procedure is to have your child evaluated by the Program Director if you are unsure of the optimal class for your child. We are always looking towards the best interest of the gymnast so feel free to contact us with any questions regarding our program.

Please NO jewelry, loose fitting clothes, tights with feet, tutus or leotards with skirts, buckles, snaps or zippers, or gum in the class. This is for your child's safety. Hair should also be pulled back properly and securely.

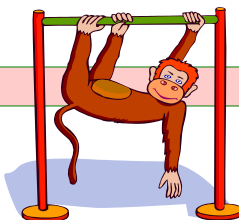


Have Your Birthday Party at BRESTYAN'S!

Come Party at Brestyan's! Have your child's birthday party with us. We supply the balloons, tables and table cloths plus endless fun. Invite up to 12 people for our flat rate fee but feel free to add more guests for a small fee for each additional child. The party will include games, gymnastics on all of the equipment plus a ton of fun in our inflatable BOUNCY HOUSE!



Come to the front desk to check for party availability and get signed up! Free T-Shirt for the birthday child and coupons for new children who would like to sign up for our recreational classes. A great way to let your gymnast have a blast on their birthday while running off all of the cake and ice cream!



What's New at BRESTYAN'S!

GYMNASTICS 101

Class names and Levels

Continuing on the topic of Brestyan's Gymnastics Recreational Program expectations, the next classes to be discussed are the Future Stars Level 2, BPT Bronze, BPT Silver and BPT Gold (Competitive Level 2 Team) Classes.

FUTURE STARS Level 2:

This is a 1 hour class that is for 4-6 year olds who have mastered the basics of the Future Stars Level 1 class. This is usually a 1 year class and they will not move to an Invitational Class or Grades 1-2-3 until they are either physically and mentally ready and have mastered all of the Futures Stars skills. The skills are harder and the expectations of the instructor are much higher in the Invitational Classes and the Grades 1-2-3 program is truly for the more mature 6 year old.

BRONZE:

This is the first level of the Invitational Program. These classes are 1 hour and designed for children who have the potential and desire to go towards the team program. The goals of the Bronze class is similar to the Future Stars Level 2 BUT the children in this program MUST be focused, have interest in going into the team program and show adequate strength and flexibility. Children in this class that lack the interest to listen and focus on the skills that are being taught will not progress rapidly or even necessarily go towards the Gold Class. It is a specially designed class that offers a more advanced introduction of gymnastics and the opportunity to move towards the team program.

SILVER:

Silver is a level where many children will spend an entire year. This class is 1 1/2 hours, once a week, and designed to gear them towards the competitive Gold level. They will need a set of required skills, strength and flexibility to reach the Gold level. On top of the requirements, they MUST be serious, focused, and ready to take on the challenges of memorizing routines and competing before they are considered for the BPT Gold Class. This summer, Brestyan's will offer another choice after Silver for the children who are not quite ready for the Gold Team so that they can continually be challenged.

GOLD (Level 2 Team):

This is the first competitive level for the team program. It still falls under the recreational class schedule but it is essentially the first level of Pre-Team. The class meets 2 times per week for an hour. The children in this level ARE focused, flexible, strong and ready to compete. It is a level of commitment for both parents and gymnasts. It is not expected that if you do Silver that your child automatically goes to Gold. Due to the nature of competitions, routines, and skills the selection process is more difficult when deciding who is ready. Transition to this class will be done in the late Spring and Summer.

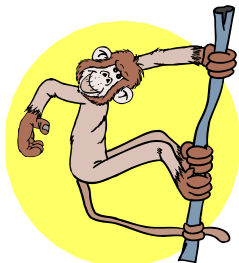
Each level has a purpose and goal and a child should not be driven to change classes just because the name is different and instead realize that mastering each class will lead towards the most desired success!



MONKEY CLUB Rope Climbers for January

Here are
the first time Rope Climbers who made it to
the top and joined the Brestyan's Monkey
Club in January!

Talia
Ava
Hannah W.
Eloise B.
Isabelle T.
Astrid
Ahara
Arianna
Rebecca



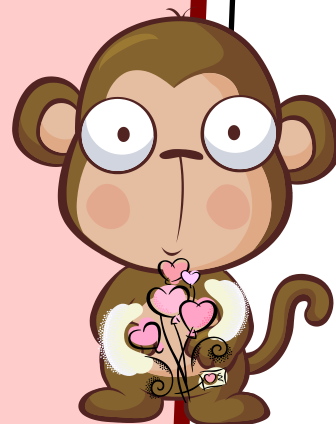
EVERYONE:

Keep looking for what Marvin is doing
each month! It is so great to see how
many entries we have in the box! If
you won a Marvin already, there will be
other options for prizes if you win
again!

JANUARY'S MARVIN WINNER IS:



Marissa Klomp
Tuesday 3:00 Silver



February 2012 - Birthdays at BRESTYAN'S:

Ruth Ferrante

Julia Gavelek

Nicole Nobles

Lucy Bergeron

Abby Kobelski

Leanna Veilleux

Kiera Doherty-Herwitz

Aiden Bolio

Meghan Costello

Angelica Loshak

Katerina Cote

Grace Wang

Indi Shapiro

Kylie Lough

Gabbi Gillis

Samantha Winn

Sophia Ventura

Camryn Duncan

Haley McMakin

McKenna Berard

Sonali Patel

Keira MacKenzie

Sophia Panighetti

Molly Murphy

Mason Paguio

Sophie

Sophia Demeo

Petra Serban

Francesca Serban

Taya Slobodchikov

Michael Kloviski

Katie Clifford

Adam Keene

Corinna Klein

Aeryn Schreiber

Marco Jagoutz-Alonso

Gavin Sparks

Jack Laverty

Mariam Toure

Zoe Albert-Jones

Kathryn Sherwood

Camryn Duncan



For more information about the gym look us up at:

www.brestyans.com

Or

Call us at (781) 270-1100

If you have any questions, pictures or ideas for the Gazette feel free to e-mail Nora at: hheusemb@yahoo.com