

MVG Elite Academy

Daily Instruction Schedule

The schedule from Monday through Thursday focuses on core academics and skills in gymnastics. It is designed to be rigorous and fast-paced to develop the students into successful learners and athletes. This approach ensures that they receive a well-rounded education while also honing their gymnastics abilities. By incorporating both academics and athletics into their routine, the students can excel in both areas and build important skills such as discipline, time management, and resilience. Combined with Flex Fridays, this comprehensive schedule aims to provide the students with a strong foundation for their future success.

Monday through Thursday **8:15AM - 4:30PM**

Morning - Classroom

8:30 - 9:10 ELA & Reading
9:10 - 9:50 Social Studies
9:50 - 10:00 Restroom & Stretch Break
10:00 - 10:40 Math
10:40 - 11:20 Science
11:20 - 11:30 Restroom & Stretch Break
11:30 - 12:00 Cursive Writing & Reading

Lunch

12:00 - 12:45 Lunch/Clean Up

Afternoon- Gym

12:45 - 1:15 Group Stretch
1:15 - 2:00 Rotation 1
2:00 - 2:45 Rotation 2
2:45 - 3:00 Bathroom & Water Break
3:00 - 3:45 Rotation 3
3:45 - 4:30 Rotation 4
4:30 Parent Pick-Up

Flex Fridays **8:15AM - 4:30PM**

Morning

8:30 - 9:30 Champions of Character Hour
9:40 - 9:50 Restroom & Stretch Break
9:50 - 10:30 Foreign Language: Spanish
10:30 - 11:00 Gym: Stretches
11:00 - 12:00 Gym: Conditioning

Lunch

12:00 - 12:45 Lunch/Clean Up
12:45 - 1:00 Prepare for Specials

Afternoon

1:00 - 3:00 Special (rotates every 6 weeks)
3:00 - 4:30 Special (rotates every 6 weeks)
4:30 Parent Pick Up

On Flex Fridays, our school will offer a range of specials to enhance students' education and provide them with a well-rounded learning experience. These programs include both core routine subjects and a rotation of special topics every six weeks.

Through engaging lessons, guest speakers, field trips, and hands-on activities, the specials aim to extend learning beyond the traditional classroom setting. Students are given the opportunity to explore various subjects like art and music appreciation, marine science, sports health and science, and public service. By participating in these specials, students gain valuable knowledge and skills while also developing a love for learning outside the four walls of a classroom.

(The daily instructional schedule is subject to change slightly based on special activities, events, and course rotations)