

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 **12:00PM - 8:00PM**

Classroom Time

12:00 - 12:40 ELA & Reading
12:40 - 1:20 Social Studies
1:20 - 2:00 Restroom & Stretch Break
2:00 - 2:40 Math
2:40 - 3:20 Science
3:20 - 3:50 Cursive Writing & Reading
3:50 - 4:10 Snack Break

Afternoon- Gym

4:15 - 4:40 Group Stretch
4:40 - 5:20 Rotation 1
5:20 - 6:00 Rotation 2
6:00 - 6:40 Rotation 3
6:40 - 7:20 Rotation 4
7:20 - 8:00 Rotation 5
8:00 Parent Pick-Up

Flex Fridays **12:00PM - 8:00PM**

Classroom Time

12:00 - 1:00 Champions of Character Hour
1:00 - 1:10 Restroom & Stretch Break
1:10 - 1:50 Foreign Language: Spanish
1:50 - 2:00 Gym: Stretches
2:00 - 3:50 Electives
3:50 - 4:10 Snack Break

Afternoon- Gym

4:15 - 4:40 Group Stretch
4:40 - 5:20 Rotation 1
5:20 - 6:00 Rotation 2
6:00 - 6:40 Rotation 3
6:40 - 7:20 Rotation 4
7:20 - 8:00 Rotation 5
8:00 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)