

# Archery, Fitness, and Sports Program with Alicia Weber



Alicia Weber, BS, CFT, CWT,  
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[AliciaWeber.com](http://AliciaWeber.com)

Archery, Fitness, Nutrition,  
Rehab, Medical Massage,  
Swimming, Multisport Coach,  
Sport Camps, Paddle Fitness,  
& Variety Act Entertainer

CALL/TEXT: 352-874-4363  
EMAIL: [AWINNINGWAY@GMAIL.COM](mailto:AWINNINGWAY@GMAIL.COM)



Bullseye at 40 meters!



**All Equipment Provided!**

**Spring Semester (13 sessions) at Montessori World School (with one free optional competition)**

**Class 1 (K thru Grade 4) 3:15 – 4:15pm on Fridays**

**Class 2 (Grade 5-8 and adults) 4:15 – 5:15pm on Fridays**

**(Beginning Jan 13 and ending May 12)**

A creative, innovative approach to archery, fitness, and sports overall development where students work as a team and as individuals. Each session will focus on different sport and fitness development including the following sports: archery, basketball, foot golf, and volleyball. The fitness development part of the program will include fun exercises and games promoting hand-eye coordination, aerobics, and strength. The program highlights contests with awards and various games to promote mental and physical growth. Become a sharp shooter and sharpen your eyesight and enhance focus. Program outcomes include improved hand-eye coordination, accuracy, reaction-time, strength, flexibility, patience, focus, endurance, concentration, attention to detail, overall sport skills, and self-esteem. These skills achieved in this program can carry over into becoming a better student and overall athlete.



Alicia Weber is a Level 2 USA Archery Instructor and a 17 time Recordsetter World Record Holder in archery fitness events. Joining this program means you are joining a winning team. This team has won the Central Florida Archery Fitness Team Championships for three consecutive championships! Joining this program also means you are a member of Alicia Weber's Archery Fitness Sports League and will be invited to exclusive events in a wide variety of sports. Join the MWS archer-athletes TODAY and become a Champion too!

**Fees and Registration: ★ Now thru January 13 program costs \$247/student for semester \*\*Each additional family member who signs up will get a discount. Contact Alicia for family discount info.**

**Contact Alicia Weber to register or for questions.**

**Call or text Alicia at 352-874-4363 or email [AWinningway@gmail.com](mailto:AWinningway@gmail.com)**

**\*Course dates: Class meets Jan 13, 20, and Feb 3, 10, 17, and 24, March 3, 10, 31, and April 14, 21, and May 5, and 12**

**\*Space Is Limited sign up soon.**