

## YOUTH SPORTS



### YOUTH SOCCER | MARCH - JUNE

The WRS Youth Soccer league focuses on teaching the fundamentals of soccer and really focuses on teaching all players how to spread the field and use the "diamond" from when they step on the field as a Kindergarten. Whether your child is playing for the first time or has several years of experience under their belt, WRS Youth Soccer is a place where he or she can continue to become both a better soccer player and more importantly, a better person on and off the field.



### YOUTH FOOTBALL | AUGUST - OCTOBER

We continue to see our youth football league grow and improve. Why flag football? We believe this format does a great job of teaching the true fundamentals of specific positions on the football field. Kids learn how to run routes, drop back to pass, give and receive hand-offs, and pursue the ball carrier on defense--all from DAY ONE. Players have a blast, and our league instills a deep sense of accomplishment through effort and teamwork.



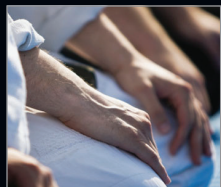
### YOUTH BASKETBALL | NOVEMBER - FEBRUARY

Our youth basketball league is the largest of our WRS programs. We are focused on teaching the fundamentals to every player whether experienced or playing for the first time. We work hard throughout the year to provide an environment that fosters healthy competition, builds character, teaches teamwork and life lessons through the game of basketball.



### YOUTH CHEER | NOVEMBER - FEBRUARY

No basketball league is complete without cheerleaders. The girls in this WRS program will learn the basic moves and motions and will put it all together to create full cheers. During both practice and the games, these young ladies come together and bond as a cheer squad to create new and long-lasting friendships.



### YOUTH MARTIAL ARTS | AUGUST - MAY

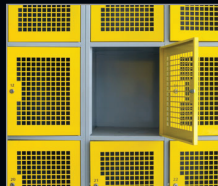
We partner with the Gospel Martial Arts Union to provide martial arts opportunities for youth and adults. As a member of the GMAU, our mission is to develop mature Christian martial artists through spiritual discipleship, mental discipline, and physical development. Youth classes are designed to be a fun environment where students are challenged physically, mentally, and spiritually. Activities include kata, kumite, scripture memorization, Bible study, and various competitions.

## ADULT SPORTS



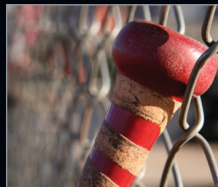
### MEN'S BASKETBALL | JANUARY - MARCH

Are you 18 or over? Love to play basketball? Then come join our WRS men's basketball league, which hits the court Sunday afternoon and evenings. All are welcome. And if the thought of a "church basketball league" leaves a sour taste - we believe this is different from what you're thinking. Wanna find out for yourself? Then come on out, It's Your Turn!



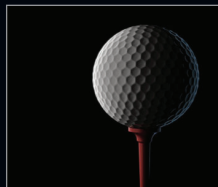
### BASKETBALL OPEN GYM | NOVEMBER - APRIL

We hold a session of Open Gym on Tuesday nights. We play a pick-up game format, and we'll keep playing 'til 10pm. It's fun, lace'em up and come on out. It's your turn!



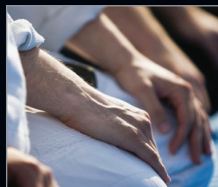
### SOFTBALL | APRIL-JUNE & JULY - OCTOBER

Oh, how dreams live big on the softball diamonds at Morse Beach Park in Noblesville. WRS fields teams to play in the public leagues put on by Hamilton County Parks & Rec. There is a variety of playing levels and divisions, and plenty of room for you to join! Let's go, It's Your Turn!



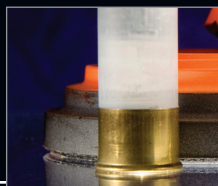
### GOLF LEAGUE | APRIL - JULY

Every Tuesday evening starting at 5:30pm, the WRS Men's Golf League tees up to compete for this year's bragging rights. Each player has an established handicap, which levels the playing field and gives all players a competitive chance. It's Your Turn, come join in the fun with a teammate, by yourself, or as a sub.



### ADULT MARTIAL ARTS | AUGUST - MAY

WRS partners with the Gospel Martial Arts Union to provide martial arts opportunities for adults. GMAU's mission is to develop mature Christian martial artists through spiritual discipleship, mental discipline, and physical development. The Adult Martial Arts class meets on Thursday evenings, directly after the youth martial arts class.



### SKEET SHOOTING | YEAR ROUND

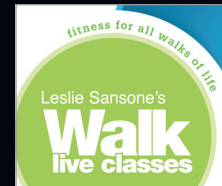
Not all sports require you to pass, dribble or hit a ball. Skeet shooting is very popular and suitable for adults of all ages. The skeet league gathers the 2nd and 4th Wednesday night at the Indiana Gun Club for shooting and fellowship. Newcomers are always welcome, no registration needed.

## ADULT WELLNESS



### ZUMBA FITNESS FOR WOMEN

Zumba® is an aerobic workout that fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class. The class is taught by a certified instructor that is passionate about Zumba®!



### WALK LIVE LOW IMPACT AEROBICS

WALK LIVE opens the doors to a better way to walk for health and weight loss by offering live indoor walking classes for ladies who have made the decision to live a more active and healthy lifestyle. The Walk Live class is taught by a passionate and dedicated Certified Walk Live Instructor.



### LITE HEARTED WOMEN'S WELLNESS

Lite Hearted is for ladies who have dedicated themselves to wellness--spiritual and physical. Every meeting includes a devotion and information on a different wellness topic. Women are encouraged to practice spiritual disciplines such as prayer and scripture reading, and physical disciplines including eating right and exercising.

# WHITE RIVER SPORTS

**BUILDING CHARACTER. BALANCING LIFE.**