

2018-19 SEASON (SEPTEMBER 29 - APRIL 27)

# SUPER SATURDAYS

Spring Schedule  
JANUARY 5 - APRIL 27

DELIVERED AT NO CHARGE TO THE COMMUNITY!

FITNESS, CHARACTER & TENNIS • All youth ages 3-18 welcome!

Individual and team  
volunteer opportunities



**DROP IN PROGRAM • NO PRE-REGISTRATION REQUIRED**  
\*Parent/Guardian signature required at registration\*





## SUPER SATURDAYS PROGRAM DELIVERED FREE OF CHARGE TO THE COMMUNITY!

InnerCity Tennis' Super Saturday Program is an amazing opportunity for Twin Cities families to bring their children, starting at age three, to engage in fast-paced physical activity and learn tennis fundamentals. Each week, staff deliver the program to an average of 250 youth alongside over 50 volunteers.

We devote our entire 12 court facility to youth – at no charge – from 4:00 to 7:00pm each Saturday between mid-September and mid-April. In addition to physical activity and tennis, youth learn about life skills such as commitment, teamwork, sportsmanship, perseverance and responsibility.

The Super Saturdays program also offers a chance to teach nutrition; we serve healthy snacks and engage in conversations about healthy choices to fuel our bodies for sports and life.

September .....	29
October .....	6, 20, 27
November.....	3, 10, 17
December .....	8, 15
January.....	5, 12, 26
February .....	2, 9, 23
March .....	2, 9, 16, 23
April.....	6, 27



### RED RUNNERS • ages 3-6 • 4:00-5:30pm

Coaches use an array of ICT's patented *Kidspeed*® learning tools and stations to teach kids the ABC's (agility, balance, coordination) of athletic development.



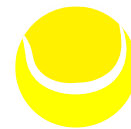
### ORANGE CRUSHERS • ages 7-10 • 4:00-5:30pm

Smaller kid-sized courts and rackets are used to assure proper development of tennis fundamentals.



### GREEN SPINNERS • ages 11-13 • 5:30-7:00pm

Tennis fundamentals are practiced on full-sized courts through a variety of fun games and drills that focus on all the strokes and strategy.



### YELLOW ACERS • ages 14-18 • 5:30-7:00pm

Drills are designed to be challenging yet fun for this skill level. Coaches focus on a specific shot or strategy, emphasizing consistency, footwork, and fitness.

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*At InnerCity Tennis, we believe that every kid needs and deserves a coach-mentor, the encouragement of a team and a welcoming community. For more than 65 years, we have offered programs that use tennis to tap into the deep potential within each child through no-fee and scholarship-eligible youth programs. Tennis is the vehicle that draws the kids in and provides a pathway to success in school and life. Our on and off court programming is designed to improve the physical health, social/emotional skills, and character of our participants, while helping to close the gap on health and educational disparities for underserved kids in Minneapolis.*

### Mission

We develop and unleash the potential of youth on and off the tennis court by engaging and serving a supportive community.

### Our Youth Programs

We offer programs to increase access to this lifelong sport in schools and neighborhood parks throughout Minneapolis, and ICT's tennis center programs give underserved youth and families the chance to try tennis in a remarkable facility. Our comprehensive programming includes everything from no-fee, one-time drop-in programs to intensive training for players with the talent and drive to become elite high school or college competitors. There is an entry point and pathway to success for each child who steps on the court.

### Kids We Serve

Each year we reach over 5,000 young people, ages 3 to 18, including at-risk kids, children of color, children from low-income families and children diagnosed on the autism spectrum. ICT attracts diverse families from all over the city, and our no-fee programs and scholarships ensure that our programs are available to all children regardless of financial circumstances.

### Engaging Our Tennis Community

Our broader tennis community of adults provide invaluable support for our youth development programs through their volunteerism, donations and partnership. Together with our staff and teaching professionals, adults who participate in ICT programming "play with purpose," in that they help provide a supportive and caring community for the youth we serve.

### Support Us

As a social enterprise, InnerCity Tennis is a non-profit, mission-focused, tax-exempt (501c3) organization that delivers both financial and social returns to further its mission. Our tennis center, together with the contributions of our generous donors, provide the critical financial support needed to deliver ICT's life-changing programs for youth. Donate online at [www.innercitytennisgive.org](http://www.innercitytennisgive.org)

## 7 CORE VALUES

RESPECT

ENTHUSIASM  
RESPONSIBILITY

INTEGRITY  
SERVICE

PERSEVERANCE  
TEAMWORK

Reed Sweatt Family Tennis Center  
4005 Nicollet Avenue | Minneapolis, MN 55409-1516  
[www.innercitytennis.org](http://www.innercitytennis.org) | [info@innercitytennis.org](mailto:info@innercitytennis.org) | 612.825.6844

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