



**NEW TIME!**

## 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, with over 50 volunteers.

We devote our entire 12 court facility to youth – at no charge – from 3:30 to 6:30 pm 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 .....	28
October .....	5, 12, 19, 26
November.....	2, 16, 23
December .....	14
January.....	11, 25
February .....	1, 8, 22, 29
March .....	7, 21, 28
April.....	4, 18



**RED RUNNERS • Ages 3-6 • 3:30 - 5:00 pm**  
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.

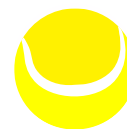


**ORANGE CRUSHERS • Ages 7-10 • 3:30 - 5:00 pm**  
Smaller kid-sized courts and rackets are used to assure proper development of tennis fundamentals.

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**GREEN SPINNERS • Ages 11-13 • 5:00 - 6:30 pm**  
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 • 5:00 - 6:30 pm**  
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.

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