

BUDDY TENNIS



Buddy Up Tennis is a high-energy adaptive tennis and fitness program for children and young adults with **Down syndrome**.

Located throughout the United States, **Buddy Up Tennis** hosts weekly 90-minute clinics including 60 minutes of professional tennis instruction and 30 minutes of fitness conditioning. BUDDY volunteers are partnered with our ATHLETES to maximize the experience.

No tennis experience is required.
Team T-shirt and racquet are provided.

— ATHLETES — *participate*

Join a Team • Improve Motor Skills
Enhance Coordination • Grow Emotionally
Foster Friendships

— BUDDIES — *volunteer*

Gain Personal Growth • Make a Difference
Connect and Give Back • Meet New People
Be a Positive Role Model

Clinics meet on the following
Saturdays from 10:30am - 12:00pm

September 10, 17 & 24 • October 1, 15, 22 & 29
November 12 & 19 • December 3, 10 & 17

South Bend Racquet Club

4122 N. Hickory Road / Mishawaka, IN 46545

\$15 per clinic • \$40 for 3 clinics • \$165 per session

Contact us at SouthBend@BuddyUpTennis.com

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www.BuddyUpTennis.com

Buddy Up Tennis, Inc. is a Section 501(c)(3) charitable organization.
100% of your tax-deductible contribution goes to funding our program.