

# BUDDY

Tennis, Inc.<sup>®</sup>

for Down syndrome



## Join our journey!

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

### What We Do:

We host weekly 90-minute clinics nationwide, which include 60 minutes of professional tennis instruction and 30 minutes of fitness conditioning. Buddy volunteers are partnered with our Athletes to maximize the experience. No experience required. Team shirt & racquet provided.



### Participate:

>> Become an Athlete

Join a team  
Improve motor skills  
Enhance coordination  
Grow emotionally  
Foster friendships



### Volunteer:

>> Become a Buddy

Make a difference  
Gain personal growth  
Connect & give back  
Meet new people  
Be a role model

## South Bend



### Spring Session

Saturdays from 10:30 am - 12:00 pm

April 14, 21 & 28

May 5, 12 & 19

### Location

South Bend Racquet Club  
4122 N Hickory Road  
Mishawaka, IN 46545

### Cost

\$15 / Clinic or \$75 / Entire Session

Proudly affiliated with:



MICHIANA  
DOWN  
SYNDROME



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www.BuddyUpTennis.com