



TENNIS



FITNESS



FUN

TENNIS + FITNESS + FUN

Dallas@BuddyUpTennis.com

www.BuddyUpTennis.com



Join our journey!

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

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 and racquet provided.

Spring Session

March 24, & 31
April 7, 14, & 28
May 5, 19, & 26

Clinic times

3:00 PM - 4:30 PM

Location

Life Time Tennis
7090 Preston Road
Plano, Texas 75024

Bootcamp

Required Buddy Training
March 24, 1:00 PM - 3:00 PM

Cost

\$15 / Clinic
\$100 / Spring Session
Scholarships available

Contact

To learn more or sign-up for this session, please contact Dallas@BuddyUpTennis.com



Participate

► Become an **Athlete**

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



Volunteer

► Become a **Buddy**

Give back to others
Make a difference
Grow as an individual
Meet new people
Be a role model



Donate

► Become a **Sponsor**

100% of charitable donations support Buddy Up Tennis, Inc. and are tax deductible. Buddy Up Tennis, Inc. is a non-profit, tax exempt 501(c)(3) organization.

To become a NEW Athlete or Buddy, register at:

www.BuddyUpTennis.com

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DOWN SYNDROME GUILD
OF DALLAS

