BUDDY UP TENNIS®

A program by Buddy Up for Life, Inc.

SARASOTA FLORIDA

Buddy Up Tennis is a 90-minute tennis and fitness program specifically created for individuals with Down syndrome, our Athletes. Buddy volunteers are partnered with Athletes to provide support, reinforce instruction, and develop friendships.

No tennis experience required. Team t-shirt provided.

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SESSION DATES

Sept 28 Oct 5, 12 Nov 2, 9, 16, 23 Dec 7

CLINIC

CLINIC TIMES Saturdays

12:30 PM - 2:00 PM

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LOCATION

The Meadows Country Club Tennis Courts

3101 Longmeadow Sarasota, FL

34235

ATHLETE COST

\$35 | 8-Week Session

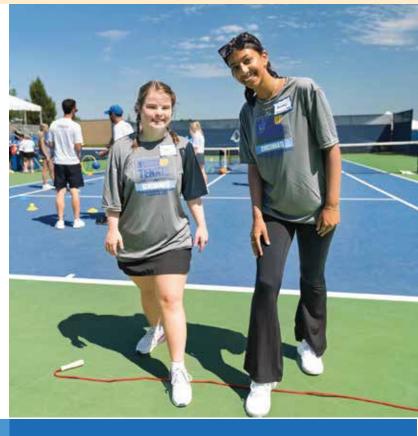
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BUDDY BOOT CAMP Required volunteer training: Saturday, September 28 11:30 AM - 12:30 PM



PROGRAM BREAKDOWN 30-minutes: Fitness conditioning 60-minutes: Professional tennis

instruction



ATHLETES (AGES 5+)

- Improve hand-eye coordination, motor planning, and balance
- Have fun and make new friends
- Learn a new sport and become part of a team
- Create a healthy lifestyle

BECOME AN ATHLETE

Are you already registered as an Athlete?

YES: Sign up and pay for the session by visiting buddyupforlife.org/shop

NO: Register to become an Athlete by visiting buddyupforlife.org/become-an-Athlete



BUDDIES (AGES 14+)

- Give back to the community
- Have fun and make new friends
- Strengthen your resume
- Earn service hours

BECOME A BUDDY VOLUNTEER

Are you already registered as a Buddy?

YES: Contact your local Coordinator for the SignUpGenius link

NO: Register to become a Buddy by visiting buddyupforlife.org/become-a-Buddy

PROUDLY PARTNERED WITH:



