

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.



SESSION DATES

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



CLINIC TIMES

Saturdays
12:30 PM - 2:00 PM



LOCATION

The Meadows Country Club
Tennis Courts
3101 Longmeadow Sarasota, FL
34235



ATHLETE COST

\$35 | 8-Week Session



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

START HERE



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:**

