

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.



SESSION DATES

Sept 22, 29
Oct 6, 13, 27
Nov 3, 10, 17



CLINIC TIMES

Sundays
3:00 PM - 4:30 PM



LOCATION

The Episcopal School of Dallas
4100 Merrell Rd
Dallas, TX 75229



ATHLETE COST

\$120 | 8-Week Session, online payment available
\$20 | clinic, cash or check only



BUDDY BOOT CAMP

Required volunteer training:
Sunday, September 22,
1:30 PM - 3:00 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

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WITH:**

