

BUDDY UP TENNIS®

A program by Buddy Up for Life, Inc.

LAKE NONA, ORLANDO





IMPROVE PHYSICAL FITNESS & COORDINATION. BUILD CONFIDENCE. HAVE FUN!

Buddy Up Tennis is an ongoing high-energy adaptive tennis and fitness program for children and adults with Down syndrome, ages 5+ (Athletes). We host weekly 90 minute clinics nationwide, which enable our Athletes to flourish, succeed, and reach their fullest potential in a unique environment that combines **tennis, fitness, and social activities**. Buddy volunteers are partnered with our Athletes to maximize the experience for all. No prior tennis experience is needed for Athletes or Buddies. Team shirt and racquet provided for all Athletes.

PROGRAM DETAILS

-  **FALL SESSION**
October 2, 16, 23 & 30
November 6, 13 & 20
December 4
-  **LOCATION**
USTA National
10000 USTA Blvd
Orlando, FL 32827
-  **CLINIC TIMES**
Saturday Afternoons
1:00 PM - 2:30 PM

-  **PROGRAM BREAKDOWN**
30 Minutes: Fitness Conditioning
60 Minutes: Professional Tennis Instruction

-  **BUDDY BOOTCAMP**
Required Volunteer Training:
Saturday, October 2, 11:00 AM - 1:00 PM



GET INVOLVED

BECOME AN ATHLETE

Are you registered as an Athlete?

YES: Sign Up for the Session by visiting
buddyupforlife.org/shop

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

BECOME A VOLUNTEER BUDDY

Are you registered as a Buddy?

YES: Sign Up for the Session by visiting
buddyupforlife.org/shop

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

**PROUDLY
SUPPORTED BY:**

 **Down Syndrome**
Association of Central Florida

USTA 

✉ To learn more or for questions, please contact LakeNonaTennis@bupforlife.org