

Tennis, Fitness and Fun

BUDDY UP TENNIS

Tennis, Inc.®
for Down syndrome



Join our journey!

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



Upper Valley

Fall Session

Saturdays from 11:30 am – 1:00 pm:
September: 8, 15 & 22
October: 6, 13 & 27
November: 10 & 17
December 1, 8 & 15

Location

River Valley Club
33 Morgan Drive
Lebanon, NH 03766

Cost

\$15/ Clinic or \$125 / Entire Session

Scholarship

Contact us for scholarship availability

Contact

To learn more or sign up, contact:
✉ UpperValley@BuddyUpTennis.com

What We Do:

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 & racquet provided.



Participate:

Become an **Athlete**

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



Volunteer:

Become a **Buddy**

- Make a difference
- Gain personal growth
- Connect & give back
- Meet new people
- Be a role model

Proudly affiliated with:



To become a NEW Buddy or Athlete, register at

🌐 www.BuddyUpTennis.com