



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

Located throughout Ohio, Pennsylvania and Tennessee, **Buddy Up** hosts weekly 90-minute clinics including 60 minutes of professional tennis instruction and 30 minutes of fitness conditioning. BUDDY volunteers are partnered with our ATHLETES to maximize the experience. No tennis experience is required. Team T-shirt and racquet are provided.

athletes

PARTICIPATE

- Join a Team
- Improve Motor Skills
- Enhance Coordination
- Grow Emotionally
- Foster Friendships



buddies

VOLUNTEER

- Gain Personal Growth
- Make a Difference
- Connect and Give Back
- Be a Positive Role Model
- Meet New People

## Buddy Up Chicago – Are you game?

Clinics will meet every other Saturday - twice monthly starting April 12, 2014

**Heritage Tennis Club**  
7 West College Drive, Arlington Heights, IL 60004

\$15 per clinic or \$25 per month  
scholarships are available

**Join the fun and sign up!**

Contact Mary Beth Bowman at [NWChicago@BuddyUpTennis.com](mailto:NWChicago@BuddyUpTennis.com)

**[www.BuddyUpTennis.com](http://www.BuddyUpTennis.com)**