



## JOIN OUR JOURNEY!

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

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 and racquet provided.



## PROGRAM DETAILS

### Location

Avalon Athletic Center at Boardman  
1223 W Western Reserve Rd.  
Youngstown, OH 44514

### Clinic Dates and Times

Saturday Mornings, 10:00AM-11:30AM  
January 11 & 25  
February 8, 22 & 29  
March 7, 14 & 28  
April 4 & 25  
May 2

### Cost

**FREE** for DSAV Members  
\$15 / Clinic or \$165 / Entire Session  
for non-DSAV Members

### Contact

To learn more or sign-up for this session, please contact  
Youngstown@BuddyUpTennis.com



### PARTICIPATE

Become an **ATHLETE**

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



### VOLUNTEER

Become a **BUDDY**

- Grow personally
- Make a difference
- Connect and give back
- Be a role model
- Meet new people



### SUPPORT

Become a **SPONSOR**

100% of charitable donations support Buddy Up Tennis, Inc. and are tax deductible. Buddy Up Tennis, Inc. is a non-profit, tax exempt 501(c)(3) organization.



PROUDLY  
PARTNERED WITH:



To learn more, please visit us online or email [Youngstown@BuddyUpTennis.com](mailto:Youngstown@BuddyUpTennis.com)

To learn more or register online, visit [www.BuddyUpTennis.com](http://www.BuddyUpTennis.com)