

# SF · SPRING 2025 · ADULT TENNIS CLASSES

Goldman Tennis Center · 50 Bowling Green Dr. San Francisco · Office (415) 581 - 2540

Registration Opens Thursday, Feb 20th @1pm · 6-week sessions · Age 16Y+ · Ratio = players per court

Register on CourtReserve: <https://app.courtreserve.com/Online/Portal/Index/12465>

Registration & Refund Policy: [goldmantenniscenter.com/registrations-refunds](http://goldmantenniscenter.com/registrations-refunds)

Inclement Weather Policy: [goldmantenniscenter.com/tennis/inclement-weather-policy](http://goldmantenniscenter.com/tennis/inclement-weather-policy)

OPT IN to Push / Email notifications for updates regarding class cancellations

**Beginning:** Learn the basics, play fun games, and start enjoying tennis!

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
MON	7:1	9:00am-10:20am	3/10-4/14	\$252	\$278	4/21-5/26	\$252	\$278
MON	5:1	12:00pm-1:20pm	3/10-4/14	\$356	\$391	4/21-5/26	\$356	\$391
TUES	7:1	10:30am-11:50am	3/11-4/15	\$252	\$278	4/22-5/27	\$252	\$278
WED	7:1	7:00pm-8:20pm	3/12-4/16	\$252	\$278	4/23-5/28	\$252	\$278
THURS	5:1	9:00am-10:20am	3/13-4/17	\$356	\$391	4/24-5/29	\$356	\$391
FRI	5:1	12:00pm-1:20pm	3/14-4/18	\$356	\$391	4/25-5/30	\$356	\$391
SAT	7:1	7:10pm-8:30pm	3/15-4/19	\$252	\$278	4/26-5/31	\$252	\$278
SUN	7:1	5:40pm-7:00pm	3/16-4/20	\$252	\$278	4/27-6/1	\$252	\$278

**Advanced-Beginning:** Improve your technique, consistency, and ball control through drills and point play simulations.

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
MON	7:1	9:00am-10:20am	3/10-4/14	\$252	\$278	4/21-5/26	\$252	\$278
MON	7:1	8:30pm-9:50pm	3/10-4/14	\$252	\$278	4/21-5/26	\$252	\$278
TUES	7:1	10:30am-11:50am	3/11-4/15	\$252	\$278	4/22-5/27	\$252	\$278
THURS	5:1	9:00am-10:20am	3/13-4/17	\$356	\$391	4/24-5/29	\$356	\$391
THURS	7:1	7:30pm-8:50pm	3/13-4/17	\$252	\$278	4/24-5/29	\$252	\$278
FRI	5:1	12:00pm-1:20pm	3/14-4/18	\$356	\$391	4/25-5/30	\$356	\$391
SAT	7:1	4:10pm-5:30pm	3/15-4/19	\$252	\$278	4/26-5/31	\$252	\$278
SUN	7:1	2:40pm-4:00pm	3/16-4/20	\$252	\$278	4/27-6/1	\$252	\$278
SUN	7:1	7:10pm-8:30pm	3/16-4/20	\$252	\$278	4/27-6/1	\$252	\$278

**Intermediate:** Improve stroke technique and consistency. Develop advanced movement and offensive techniques. NTRP 2.0-2.5

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
MON	7:1	1:30pm-2:50pm	3/10-4/14	\$252	\$278	4/21-5/26	\$252	\$278
TUES	7:1	9:00am-10:20am	3/11-4/15	\$252	\$278	4/22-5/27	\$252	\$278
TUES	7:1	7:00pm-8:20pm	3/11-4/15	\$252	\$278	4/22-5/27	\$252	\$278
WED	7:1	10:30am-11:50am	3/12-4/16	\$252	\$278	4/23-5/28	\$252	\$278
THURS	5:1	10:30am-11:50am	3/13-4/17	\$356	\$391	4/24-5/29	\$356	\$391
THURS	7:1	7:00pm-8:20pm	3/13-4/17	\$252	\$278	4/24-5/29	\$252	\$278
FRI	7:1	9:00am-10:20am	3/14-4/18	\$252	\$278	4/25-5/30	\$252	\$278
SAT	7:1	5:40pm-7:00pm	3/15-4/19	\$252	\$278	4/26-5/31	\$252	\$278
SUN	7:1	1:10pm-2:30pm	3/16-4/20	\$252	\$278	4/27-6/1	\$252	\$278

**Advanced:** Work on more advanced footwork, develop spin, power and depth control. NTRP 3.0+

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
MON	7:1	10:30am-11:50am	3/10-4/14	\$252	\$278	4/21-5/26	\$252	\$278
TUES	7:1	12:00pm-1:20pm	3/11-4/15	\$252	\$278	4/22-5/27	\$252	\$278
WED	5:1	9:00am-10:20am	3/12-4/16	\$356	\$391	4/23-5/28	\$356	\$391
WED	7:1	8:30pm-9:50pm	3/12-4/16	\$252	\$278	4/23-5/28	\$252	\$278
THURS	7:1	8:30pm-9:50pm	3/13-4/17	\$252	\$278	4/24-5/29	\$252	\$278
SUN	7:1	7:10pm-8:30pm	3/16-4/20	\$252	\$278	4/27-6/1	\$252	\$278

# SF · SPRING 2025 · ADULT SPECIALTY & NTRP TENNIS

Goldman Tennis Center · 50 Bowling Green Dr. San Francisco · Office (415) 581 - 2540

Registration Opens Wednesday, Feb 19th @1pm · 6-week sessions · Age 16Y+ · Ratio = players per court

Register on CourtReserve: <https://app.courtreserve.com/Online/Portal/Index/12465> · Registration & Refund Policy: [goldmantenniscenter.com/registrations-refunds](http://goldmantenniscenter.com/registrations-refunds)

Inclement Weather Policy: [goldmantenniscenter.com/tennis/inclement-weather-policy](http://goldmantenniscenter.com/tennis/inclement-weather-policy) · Opt in to Push / Email notifications to receive class updates

**Cardio Tennis:** An action-packed, fun-filled workout that gets your heart pumping and leaves the treadmill in the dust!

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
MON	5:1	1:30pm-2:50pm	3/10-4/14	\$356	\$391	4/21-5/26	\$356	\$391
WED	5:1	9:00am-10:20am	3/12-4/16	\$356	\$391	4/23-5/28	\$356	\$391
THURS	5:1	1:30pm-2:50pm	3/13-4/17	\$356	\$391	4/24-5/29	\$356	\$391
FRI	5:1	9:00am-10:20am	3/14-4/18	\$356	\$391	4/25-5/30	\$356	\$391

**Serve & Return:** Master the art of powerful serves and precise returns with a focus on technique and strategy. | \*No class Wed 4/30 (5 wks)

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
TUES	5:1	8:30pm-9:50pm	3/11-4/15	\$356	\$391	4/22-5/27	\$356	\$391
WED	5:1	12:00pm-1:20pm	3/12-4/16	\$356	\$391	4/23-5/28*	\$297	\$327
FRI	5:1	1:30pm-2:50pm	3/14-4/18	\$356	\$391	4/25-5/30	\$356	\$391
FRI	5:1	6:30pm-7:30pm	3/14-4/18	\$245	\$270	4/25-5/30	\$245	\$270
SAT	5:1	2:40pm-4:00pm	3/15-4/19	\$356	\$391	4/26-5/31	\$356	\$391

**Drill & Play:** Groove your strokes, play point simulations, and get your reps in this action-packed class! NTRP 2.5+ | \*No class Wed 4/30 (5 wks)

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
MON (55+)	5:1	10:30am-11:50pm	3/10-4/14	\$356	\$391	4/21-5/26	\$356	\$391
TUES	5:1	8:50pm-9:50pm	3/11-4/15	\$245	\$270	4/22-5/27	\$245	\$270
WED	5:1	1:30pm-2:50pm	3/12-4/16	\$356	\$391	4/23-5/28*	\$297	\$327
FRI	5:1	10:30am-11:50pm	3/14-4/18	\$356	\$391	4/25-5/30	\$356	\$391
FRI	5:1	8:30pm-9:50pm	3/14-4/18	\$356	\$391	4/25-5/30	\$356	\$391

**Live Ball & Doubles Strategy:** Fast, fun doubles games that make you sweat, smile, and level up! NTRP 3.0+

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
TUES	5:1	12:00pm-1:20pm	3/11-4/15	\$356	\$391	4/22-5/27	\$356	\$391
FRI	5:1	1:30pm-2:50pm	3/14-4/18	\$356	\$391	4/25-5/30	\$356	\$391

**Round Robin Drop-in:** Registration will open at 1pm one week in advance of each class. | \* No Round Robin Wed 4/30

DAY	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
MON	12:00pm-1:20pm	3/10-4/14	\$30 per class	\$33 per class	4/21-5/26	\$30 per class	\$33 per class
WED	1:30pm-2:50pm	3/12-4/16	\$30 per class	\$33 per class	4/23-5/28*	\$30 per class	\$33 per class

**NTRP Tennis Classes:** Perfect for those looking to succeed at their current NTRP level or are eager to level up. | ★ Director approval required

4.0+ & 4.5+ Approval Request Form (opens 2/19 @1pm): <https://www.cognitofrms.com/LifetimeActivitiesInc/NTRP4045ApprovalApplication>

DAY	NTRP	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
THURS	3.0	5:1	1:30pm-2:50pm	3/13-4/17	\$356	\$391	4/24-5/29	\$356	\$391
FRI	3.0	7:1	7:00pm-8:20pm	3/14-4/18	\$252	\$278	4/25-5/30	\$252	\$278
SUN	3.0	7:1	4:10pm-5:30pm	3/16-4/20	\$252	\$278	4/27-6/1	\$252	\$278
TUES	3.5	5:1	1:30pm-2:50pm	3/11-4/15	\$356	\$391	4/22-5/27	\$356	\$391
THURS	3.5	5:1	12:00pm-1:20pm	3/13-4/17	\$356	\$391	4/24-5/29	\$356	\$391
FRI	3.5	7:1	7:40pm-9:00pm	3/14-4/18	\$252	\$278	4/25-5/30	\$252	\$278
SAT	3.5	7:1	2:40pm-4:00pm	3/15-4/19	\$252	\$278	4/26-5/31	\$252	\$278
SUN	3.5	7:1	5:40pm-7:00pm	3/16-4/20	\$252	\$278	4/27-6/1	\$252	\$278
TUES	4.0+ ★	5:1	7:30pm-8:50pm	3/11-4/15	\$356	\$391	4/22-5/27	\$356	\$391
FRI	4.0+ ★	5:1	10:30am-11:50am	3/14-4/18	\$356	\$391	4/25-5/30	\$356	\$391
TUES	4.5+ ★	5:1	7:30pm-8:50pm	3/11-4/15	\$356	\$391	4/22-5/27	\$356	\$391
FRI	4.5+ ★	5:1	10:30am-11:50am	3/14-4/18	\$356	\$391	4/25-5/30	\$356	\$391