

SF · FALL 2023 · ADULT TENNIS PROGRAMS

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

REGISTRATION DATES:

RED: Wednesday, July 26th at 1pm

ORANGE: Thursday, July 27th at 1pm

Sessions are 8 weeks unless otherwise noted · Adult Classes are 16Y+

Registration & Refund Policy: goldmantenniscenter.com/registrations-refunds · **OPT IN** to text/email notifications to receive updates regarding class cancellations

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

7 players per court | 7-week sessions: *No class on Mon 11/13 | **No class on Thanksgiving Day, Thurs 11/23

Day	Time	Session I	\$ Resident	\$ Non-Res	Session II	\$ Resident	\$ Non-Res
MON	9:00am-10:20am	Aug 28 - Oct 16	\$312	\$344	Oct 23 - Dec 11*	\$273	\$301
MON	8:00pm-9:20pm	Aug 28 - Oct 16	\$312	\$344	Oct 23 - Dec 11	\$312	\$344
TUES	9:00am-10:20am	Aug 29 - Oct 17	\$312	\$344	Oct 24 - Dec 12	\$312	\$344
WED	12:00pm-1:20pm	Aug 30 - Oct 18	\$312	\$344	Oct 25 - Dec 13	\$312	\$344
THURS	9:00am-10:20am	Aug 31 - Oct 19	\$312	\$344	Oct 26 - Dec 14**	\$273	\$301
SAT	6:00pm-7:20pm	Sep 2 - Oct 21	\$312	\$344	Oct 28 - Dec 16	\$312	\$344
SUN	7:30pm-8:50pm	Sep 3 - Oct 22	\$312	\$344	Oct 29 - Dec 17	\$312	\$344

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

7 players per court | 7-week sessions: *No class on Mon 11/13 | **No class on Thanksgiving Day, Thurs 11/23 | ***Class begins on Fri 11/3

Day	Time	Session I	\$ Resident	\$ Non-Res	Session II	\$ Resident	\$ Non-Res
MON	10:30am-11:50am	Aug 28 - Oct 16	\$312	\$344	Oct 23 - Dec 11*	\$273	\$301
TUES	9:00am-10:20am	Aug 29 - Oct 17	\$312	\$344	Oct 24 - Dec 12	\$312	\$344
WED	10:30am-11:50am	Aug 30 - Oct 18	\$312	\$344	Oct 25 - Dec 13	\$312	\$344
WED	8:00pm-9:20pm	Aug 30 - Oct 18	\$312	\$344	Oct 25 - Dec 13	\$312	\$344
THURS	8:00pm-9:20pm	Aug 31 - Oct 19	\$312	\$344	Oct 26 - Dec 14**	\$273	\$301
FRI	1:30pm-2:50pm	Sep 1 - Oct 20	\$312	\$344	Nov 3 - Dec 15***	\$273	\$301
SUN	7:30pm-8:50pm	Sep 3 - Oct 22	\$312	\$344	Oct 29 - Dec 17	\$312	\$344

Adult Intermediate: *Improve stroke technique, consistency and control. Develop advanced movement and offensive techniques.*

7 players per court | 7-week sessions: *No class on Mon 10/30 | **No class on Thanksgiving Day, Thurs 11/23

Day	Time	Session I	\$ Resident	\$ Non-Res	Session II	\$ Resident	\$ Non-Res
MON	12:00pm-1:20pm	Aug 28 - Oct 16	\$312	\$344	Oct 23 - Dec 11*	\$273	\$301
TUES	10:30am-11:50am	Aug 29 - Oct 17	\$312	\$344	Oct 24 - Dec 12	\$312	\$344
WED	12:00pm-1:20pm	Aug 30 - Oct 18	\$312	\$344	Oct 25 - Dec 13	\$312	\$344
THURS	10:30am-11:50am	Aug 31 - Oct 19	\$312	\$344	Oct 26 - Dec 14**	\$273	\$301
FRI	10:30am-11:50am	Sep 1 - Oct 20	\$312	\$344	Oct 27 - Dec 15	\$312	\$344
SAT	7:30pm-8:50pm	Sep 2 - Oct 21	\$312	\$344	Oct 28 - Dec 16	\$312	\$344
SUN	6:00pm-7:20pm	Sep 3 - Oct 22	\$312	\$344	Oct 29 - Dec 17	\$312	\$344

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

7 players per court

Day	Time	Session I	\$ Resident	\$ Non-Res	Session II	\$ Resident	\$ Non-Res
MON	1:30pm-2:50pm	Aug 28 - Oct 16	\$312	\$344	Oct 23 - Dec 11	\$312	\$344
TUES	12:00pm-1:20pm	Aug 29 - Oct 17	\$312	\$344	Oct 24 - Dec 12	\$312	\$344
WED	1:30pm-2:50pm	Aug 30 - Oct 18	\$312	\$344	Oct 25 - Dec 13	\$312	\$344
FRI	8:00pm-9:20pm	Sep 1 - Oct 20	\$312	\$344	Oct 27 - Dec 15	\$312	\$344
SAT	3:00pm-4:20pm	Sep 2 - Oct 21	\$312	\$344	Oct 28 - Dec 16	\$312	\$344

SF · FALL 2023 · ADULT SPECIALTY TENNIS

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

5 players per court | 7-week sessions: *No class on Mon 10/30 | **No class on Thanksgiving Day, Thurs 11/23 | ***Class begins Fri 11/3

Day	Time	Session I	\$ Resident	\$ Non-Res	Session II	\$ Resident	\$ Non-Res
MON (for beginners)	1:30pm-2:10pm	Aug 28 - Oct 16	\$240	\$264	Oct 23 - Dec 11*	\$210	\$231
MON	2:10pm-2:50pm	Aug 28 - Oct 16	\$240	\$264	Oct 23 - Dec 11*	\$210	\$231
THURS (for beginners)	1:30pm-2:10pm	Aug 31 - Oct 19	\$240	\$264	Oct 26 - Dec 14**	\$210	\$231
THURS	2:10pm-2:50pm	Aug 31 - Oct 19	\$240	\$264	Oct 26 - Dec 14**	\$210	\$231
FRI	1:30pm-2:10pm	Sep 1 - Oct 20	\$240	\$264	Nov 3 - Dec 15***	\$210	\$231
SAT (for beginners)	1:30pm-2:10pm	Sep 2 - Oct 21	\$240	\$264	Oct 28 - Dec 16	\$240	\$264

Racket Sport Mobility & Strength: Improve flexibility, stability, and functional strength for tennis and pickleball players.

7-week session: *No Class on Thanksgiving, Thurs 11/23

Day	Time	Session I	\$ Resident	\$ Non-Res	Session II	\$ Resident	\$ Non-Res
MON	2:10pm-2:50pm	Aug 28 - Oct 16	\$240	\$264	Oct 23 - Dec 11	\$240	\$264
THURS	2:10pm-2:50pm	Aug 31 - Oct 19	\$240	\$264	Oct 26 - Dec 14*	\$210	\$231
SAT	2:10pm-2:50pm	Sep 2 - Oct 21	\$240	\$264	Oct 28 - Dec 16	\$240	\$264

Specialty Shots & Strategy: Learn new strategies and specialty shots to expand your game and dominate the court!

5 players per court | 7-week session: *Class begins Fri 11/3

Day	Time	Session I	\$ Resident	\$ Non-Res	Session II	\$ Resident	\$ Non-Res
TUES	1:30pm-2:10pm	Aug 29 - Oct 17	\$240	\$264	Oct 24 - Dec 12	\$240	\$264
TUES	2:10pm-2:50pm	Aug 29 - Oct 17	\$240	\$264	Oct 24 - Dec 12	\$240	\$264
FRI	2:10pm-2:50pm	Sep 1 - Oct 20	\$240	\$264	Nov 3 - Dec 15*	\$210	\$231
SAT	2:10pm-2:50pm	Sep 2 - Oct 21	\$240	\$264	Oct 28 - Dec 16	\$240	\$264

Drill & Play: Groove your strokes, play point simulations, and get your reps in this action-packed class! NTRP 2.5+

7 players per court | 7-week sessions: *No class on Thanksgiving Day, Thurs 11/23 | **Class begins Fri 11/3

Day	Time	Session I	\$ Resident	\$ Non-Res	Session II	\$ Resident	\$ Non-Res
WED	9:00am-10:20am	Aug 30 - Oct 18	\$312	\$344	Oct 25 - Dec 13	\$312	\$344
THURS	6:30pm-7:50pm	Aug 31 - Oct 19	\$312	\$344	Oct 26 - Dec 14*	\$273	\$301
FRI	12:00pm-1:20pm	Sep 1 - Oct 20	\$312	\$344	Nov 3 - Dec 15*	\$273	\$301
SAT	4:30pm-5:50pm	Sep 2 - Oct 21	\$312	\$344	Oct 28 - Dec 16	\$312	\$344
SUN	1:30pm-2:50pm	Sep 3 - Oct 22	\$312	\$344	Oct 29 - Dec 17	\$312	\$344

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

5 players per court | 7-week session: *No Class on Thanksgiving, Thurs 11/23

Day	Time	Session I	\$ Resident	\$ Non-Res	Session II	\$ Resident	\$ Non-Res
TUES	12:00pm-1:20pm	Aug 29 - Oct 17	\$438	\$482	Oct 24 - Dec 12	\$438	\$482
THURS	1:30pm-2:50pm	Aug 31 - Oct 19	\$438	\$482	Oct 26 - Dec 14*	\$384	\$423
SAT	1:30pm-2:50pm	Sep 2 - Oct 21	\$438	\$482	Oct 28 - Dec 16	\$438	\$482
SUN	1:30pm-2:50pm	Sep 3 - Oct 22	\$438	\$482	Oct 29 - Dec 17	\$438	\$482

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Do you want to take your tennis game to the next level? Our Adult NTRP program is perfect for those looking to succeed at their current National Tennis Rating Program (NTRP) level or are eager to move up to a higher level. With a focus on exercises designed to develop an all-court game, our coaches will give you the skills needed to get more wins and level up! Fast paced drills, doubles strategy and point play simulations are featured in all classes and will have you coming back for more.

To avoid class interruption, be sure to sign up for your current NTRP level.

3.0 NTRP Tennis Classes

5 players per court unless otherwise noted / 7-week session: *No Class on Thanksgiving, Thurs 11/23

Day	Time	Session I	\$ Resident	\$ Non-Res	Session II	\$ Resident	\$ Non-Res
THURS	12:00pm-1:20pm	Aug 31 - Oct 19	\$438	\$482	Oct 26 - Dec 14*	\$384	\$423
FRI	9:00am-10:20am	Sep 1 - Oct 20	\$438	\$482	Oct 27 - Dec 15	\$438	\$482
SUN (7 players per court)	4:30pm-5:50pm	Sep 3 - Oct 22	\$312	\$344	Oct 29 - Dec 17	\$312	\$344

3.5 NTRP Tennis Classes

5 players per court unless otherwise noted / 7-week session: *No Class on Thanksgiving, Thurs 11/23

Day	Time	Session I	\$ Resident	\$ Non-Res	Session II	\$ Resident	\$ Non-Res
TUES	1:30pm-2:50pm	Aug 29 - Oct 17	\$438	\$482	Oct 24 - Dec 12	\$438	\$482
THURS	12:00pm-1:20pm	Aug 31 - Oct 19	\$438	\$482	Oct 26 - Dec 14*	\$384	\$423
FRI	9:00am-10:20am	Sep 1 - Oct 20	\$438	\$482	Oct 27 - Dec 15	\$438	\$482
SUN (7 players per court)	4:30pm-5:50pm	Sep 3 - Oct 22	\$312	\$344	Oct 29 - Dec 17	\$312	\$344

4.0 NTRP Tennis Classes

5 players per court / Director approval required. Not available for online registration; Complete this form to apply for registration: <https://forms.gle/5ZKip7mmH1idRh267>

Day	Time	Session I	\$ Resident	\$ Non-Res	Session II	\$ Resident	\$ Non-Res
TUES	8:00pm-9:20pm	Aug 29 - Oct 17	\$438	\$482	Oct 24 - Dec 12	\$438	\$482
FRI	10:30am-11:50am	Sep 1 - Oct 20	\$438	\$482	Oct 27 - Dec 15	\$438	\$482

4.5+ NTRP Tennis Classes

5 players per court / Director approval required. Not available for online registration; Complete this form to apply for registration: <https://forms.gle/5ZKip7mmH1idRh267>

Day	Time	Session I	\$ Resident	\$ Non-Res	Session II	\$ Resident	\$ Non-Res
TUES	8:00pm-9:20pm	Aug 29 - Oct 17	\$438	\$482	Oct 24 - Dec 12	\$438	\$482