

SF · FALL 2024 · ADULT TENNIS PROGRAMS

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

REGISTRATION DATES:

RED: Tuesday, 7/23 @1pm

ORANGE: Thursday, 7/25 @1pm

8-week sessions unless otherwise noted · Age 16Y+ · Ratio = players per court

Inclement Weather Policy: goldmantenniscenter.com/tennis/inclement-weather-policy · OPT IN to text/email notifications for class updates

Registration & Refund Policy: goldmantenniscenter.com/registrations-refunds

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

* No class on Thanksgiving 11/28, 7-week session

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
MON	7:1	9:00am-10:20am	8/26 - 10/14	\$326	\$359	10/21 - 12/9	\$326	\$359
MON	5:1	10:30am-11:50am	8/26 - 10/14	\$460	\$506	10/21 - 12/9	\$460	\$506
TUES	7:1	10:30am-11:50am	8/27 - 10/15	\$326	\$359	10/22 - 12/10	\$326	\$359
TUES	7:1	7:00pm-8:20pm	8/27 - 10/15	\$326	\$359	10/22 - 12/10	\$326	\$359
WED	7:1	7:00pm-8:20pm	8/28 - 10/16	\$326	\$359	10/23 - 12/11	\$326	\$359
THURS	7:1	9:00am-10:20am	8/29 - 10/17	\$326	\$359	10/24 - 12/12*	\$286	\$314
FRI	5:1	1:30pm-2:50pm	8/30 - 10/18	\$460	\$506	10/25 - 12/13	\$460	\$506
SAT	7:1	4:10pm-5:30pm	8/31 - 10/19	\$326	\$359	10/26 - 12/14	\$326	\$359
SAT	7:1	7:10pm-8:30pm	8/31 - 10/19	\$326	\$359	10/26 - 12/14	\$326	\$359

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

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MON	7:1	9:00am-10:20am	8/26 - 10/14	\$326	\$359	10/21 - 12/9	\$326	\$359
MON	5:1	10:30am-11:50am	8/26 - 10/14	\$460	\$506	10/21 - 12/9	\$460	\$506
TUES	7:1	9:00am-10:20am	8/27 - 10/15	\$326	\$359	10/22 - 12/10	\$326	\$359
WED	5:1	9:00am-10:20am	8/28 - 10/16	\$460	\$506	10/23 - 12/11	\$460	\$506
THURS	5:1	10:30am-11:50am	8/29 - 10/17	\$460	\$506	10/24 - 12/12*	\$403	\$443
FRI	7:1	1:30pm-2:50pm	8/30 - 10/18	\$326	\$359	10/25 - 12/13	\$326	\$359
SAT	7:1	4:10pm-5:30pm	8/31 - 10/19	\$326	\$359	10/26 - 12/14	\$326	\$359
SUN	7:1	5:40pm-7:00pm	9/1 - 10/20	\$326	\$359	10/27 - 12/15	\$326	\$359

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

*No class on 11/4, 7-week session | ** No class on Thanksgiving 11/28, 7-week session

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
MON	7:1	12:00pm-1:20pm	8/26 - 10/14	\$326	\$359	10/21 - 12/9*	\$286	\$314
MON	5:1	1:30pm-2:50pm	8/26 - 10/14	\$460	\$506	10/21 - 12/9*	\$403	\$443
TUES	7:1	9:00am-10:20am	8/27 - 10/15	\$326	\$359	10/22 - 12/10	\$326	\$359
THURS	7:1	9:00am-10:20am	8/29 - 10/17	\$326	\$359	10/24 - 12/12**	\$286	\$314
FRI	7:1	7:00pm-8:20pm	8/30 - 10/18	\$326	\$359	10/25 - 12/13	\$326	\$359
SAT	7:1	5:40pm-7:00pm	8/31 - 10/19	\$326	\$359	10/26 - 12/14	\$326	\$359
SUN	7:1	1:10pm-2:30pm	9/1 - 10/20	\$326	\$359	10/27 - 12/15	\$326	\$359

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

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DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
MON	7:1	12:00pm-1:20pm	8/26 - 10/14	\$326	\$359	10/21 - 12/9*	\$286	\$314
MON	5:1	1:30pm-2:50pm	8/26 - 10/14	\$460	\$506	10/21 - 12/9*	\$403	\$443
TUES	5:1	12:00pm-1:20pm	8/27 - 10/15	\$460	\$506	10/22 - 12/10	\$460	\$506
WED	7:1	9:00am-10:20am	8/28 - 10/16	\$326	\$359	10/23 - 12/11	\$326	\$359
WED	7:1	8:30pm-9:50pm	8/28 - 10/16	\$326	\$359	10/23 - 12/11	\$326	\$359
THURS	7:1	8:30pm-9:30pm	8/29 - 10/17	\$326	\$359	10/24 - 12/12**	\$286	\$314
SAT	5:1	7:10pm-8:30pm	8/31 - 10/19	\$460	\$506	10/26 - 12/14	\$460	\$506
SUN	7:1	2:40pm-4:00pm	9/1 - 10/20	\$326	\$359	10/27 - 12/15	\$326	\$359

Register online at
gtc.clubautomation.com

 **Lifetime Activities**
www.goldmantenniscenter.com

SAN FRANCISCO
RECREATION
& PARKS

SF · FALL 2024 · ADULT NTRP TENNIS

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

Registration opens Thursday, 7/25 @1pm · 8-week sessions unless otherwise noted · Age 16Y+ · Ratio = players per court

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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

* No class on Thanksgiving 11/28, 7-week session

DAY	RATIO	TIME		\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
THURS	5:1	12:00pm-1:20pm	8/29 - 10/17	\$460	\$506	10/24 - 12/12*	\$403	\$443
THURS	7:1	7:00pm-8:20pm	8/29 - 10/17	\$326	\$359	10/24 - 12/12*	\$286	\$314
FRI	5:1	9:00am-10:20am	8/30 - 10/18	\$460	\$506	10/25 - 12/13	\$460	\$506
SAT	5:1	2:40pm-4:00pm	8/31 - 10/19	\$460	\$506	10/26 - 12/14	\$460	\$506

3.5 NTRP Tennis Classes

* No class on Thanksgiving 11/28, 7-week session

DAY	RATIO	TIME		\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
TUES	5:1	1:30pm-2:50pm	8/27 - 10/15	\$460	\$506	10/22 - 12/10	\$460	\$506
THURS	5:1	12:00pm-1:20pm	8/29 - 10/17	\$460	\$506	10/24 - 12/12*	\$403	\$443
THURS	7:1	7:30pm-8:50pm	8/29 - 10/17	\$460	\$506	10/24 - 12/12*	\$286	\$314
FRI	5:1	9:00am-10:20am	8/30 - 10/18	\$460	\$506	10/25 - 12/13	\$460	\$506
SAT	5:1	2:40pm-4:00pm	8/31 - 10/19	\$460	\$506	10/26 - 12/14	\$460	\$506

4.0+ NTRP Tennis Classes

Director approval required. No online registration; Complete this form to apply for registration: <https://forms.gle/5ZKip7mmH1idRh267>

Application form for 4.0+ classes will open on Thursday, 7/25 at 1pm.

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
TUES	5:1	7:40pm-9:00pm	8/27 - 10/15	\$460	\$506	10/22 - 12/10	\$460	\$506
FRI	5:1	10:30am-11:50am	8/30 - 10/18	\$460	\$506	10/25 - 12/13	\$460	\$506
SAT	5:1	1:10pm-2:30pm	8/31 - 10/19	\$460	\$506	10/26 - 12/14	\$460	\$506

4.5+ NTRP Tennis Classes

Director approval required. No online registration; Complete this form to apply for registration: <https://forms.gle/5ZKip7mmH1idRh267>

Application form for 4.5+ classes will open on Thursday, 7/25 at 1pm.

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
TUES	5:1	7:40pm-9:00pm	8/27 - 10/15	\$460	\$506	10/22 - 12/10	\$460	\$506
FRI	5:1	10:30am-11:50am	8/30 - 10/18	\$460	\$506	10/25 - 12/13	\$460	\$506
SAT	5:1	1:10pm-2:30pm	8/31 - 10/19	\$460	\$506	10/26 - 12/14	\$460	\$506

SF · FALL 2024 · ADULT SPECIALTY TENNIS

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Registration opens Friday, 7/26 @1pm · 8-week sessions unless otherwise noted · Age 16Y+ · Ratio = players per court

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

*No class on 11/4, 7-week session

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
MON	5:1	1:30pm-2:50pm	8/26 - 10/14	\$460	\$506	10/21 - 12/9*	\$403	\$443
MON	5:1	7:40pm-8:40pm	8/26 - 10/14	\$317	\$349	10/21 - 12/9	\$317	\$349
TUES	5:1	1:30pm-2:50pm	8/27 - 10/15	\$460	\$506	10/22 - 12/10	\$460	\$506
WED	5:1	1:30pm-2:50pm	8/28 - 10/16	\$460	\$506	10/23 - 12/11	\$460	\$506
FRI	5:1	8:30pm-9:50pm	8/30 - 10/18	\$460	\$506	10/25 - 12/13	\$460	\$506
SAT	5:1	8:30pm-9:30pm	8/31 - 10/19	\$317	\$349	10/26 - 12/14	\$317	\$349
SUN	5:1	8:30pm-9:30pm	9/1 - 10/20	\$317	\$349	10/27 - 12/15	\$317	\$349

Racket Sport Mobility & Strength

*No class on 10/13, 7-week session

DAY	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
FRI	1:30pm-2:30pm	8/30 - 10/18	\$317	\$349	10/25 - 12/13	\$317	\$349
SUN	9:00am-10:00am	9/1 - 10/20*	\$278	\$306	10/27 - 12/15	\$317	\$349

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

* No class on Thanksgiving 11/28, 7-week session

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
WED	5:1	1:30pm-2:50pm	8/28 - 10/16	\$460	\$506	10/23 - 12/11	\$460	\$506
THURS	5:1	1:30pm-2:50pm	8/29 - 10/17	\$460	\$506	10/24 - 12/12*	\$403	\$443
FRI	5:1	7:00pm-8:20pm	8/30 - 10/18	\$460	\$506	10/25 - 12/13	\$460	\$506

Serve & Return: Master the art of powerful serves and precise returns with a focus on technique and strategy.

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
MON	5:1	10:30am-11:50am	8/26 - 10/14	\$460	\$506	10/21 - 12/9	\$460	\$506
MON	5:1	8:50pm-9:50pm	8/26 - 10/14	\$317	\$349	10/22 - 12/10	\$317	\$349
TUES	7:1	8:30pm-9:50pm	8/27 - 10/15	\$326	\$359	10/22 - 12/10	\$326	\$359
FRI	7:1	10:30am-11:50am	8/30 - 10/18	\$326	\$359	10/25 - 12/13	\$326	\$359
SAT	5:1	8:30pm-9:30pm	8/31 - 10/19	\$317	\$349	10/26 - 12/14	\$317	\$349

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

* No class on Thanksgiving 11/28, 7-week session

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
NEW! 55+ TUES	5:1	10:30am-11:50am	8/27 - 10/15	\$460	\$506	10/22 - 12/10	\$460	\$506
WED	7:1	10:30am-11:50am	8/28 - 10/16	\$326	\$359	10/23 - 12/11	\$326	\$359
THURS	7:1	8:30pm-9:50pm	8/30 - 10/18	\$326	\$359	10/24 - 12/12*	\$286	\$314
FRI	7:1	12:00pm-1:20pm	8/30 - 10/18	\$326	\$359	10/25 - 12/13	\$326	\$359
FRI	7:1	8:30pm-9:50pm	8/30 - 10/18	\$326	\$359	10/25 - 12/13	\$326	\$359
SUN	7:1	7:10pm-8:30pm	9/1 - 10/20	\$326	\$359	10/27 - 12/15	\$326	\$359

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

* No class on Thanksgiving 11/28 - 7-week session

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
TUES	5:1	12:00pm-1:20pm	8/27 - 10/15	\$460	\$506	10/22 - 12/10	\$460	\$506
WED	5:1	12:00pm-1:20pm	8/28 - 10/16	\$460	\$506	10/23 - 12/11	\$460	\$506
THURS	5:1	1:30pm-2:50pm	8/29 - 10/17	\$460	\$506	10/24 - 12/12*	\$403	\$443
FRI	5:1	10:30am-11:50am	8/30 - 10/18	\$460	\$506	10/25 - 12/13	\$460	\$506
SUN	5:1	8:30pm-9:30pm	9/1 - 10/20	\$317	\$349	10/27 - 12/15	\$317	\$349