

SF · FALL 2025 · ADULT TENNIS CLASSES

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

Registration Opens Wednesday, July 15th @1pm · 8-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

Inclement Weather Policy: goldmantenniscenter.com/tennis/inclement-weather-policy · **OPT IN to Push / Email** notifications for updates

Fall Session I Makeups may be scheduled throughout Fall Session I and early Fall Session II.

Fall II Makeups may run from December 15 - January 2 as needed. (Except 12/24, 12/25, 12/31, 1/1)

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

***No class on Thanksgiving 11/27 (7 weeks)**

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
MON	8:1	8:30pm-9:50pm	8/25-10/13	\$336	\$370	10/20-12/8	\$336	\$370
TUES	5:1	10:30am-11:50am	8/26-10/14	\$474	\$522	10/21-12/9	\$474	\$522
THURS	8:1	9:00am-10:20am	8/28-10/16	\$336	\$370	10/23-12/11*	\$294	\$324
FRI	5:1	12:00pm-1:20pm	8/29-10/17	\$474	\$522	10/24-12/12	\$474	\$522
SAT	8:1	7:10pm-8:30pm	8/30-10/18	\$336	\$370	10/25-12/13	\$336	\$370
SUN	8:1	5:40pm-7:00pm	8/31-10/19	\$336	\$370	10/26-12/14	\$336	\$370

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

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MON	8:1	9:00am-10:20am	8/25-10/13	\$336	\$370	10/20-12/8	\$336	\$370
MON	8:1	7:00pm-8:20pm	8/25-10/13	\$336	\$370	10/20-12/8	\$336	\$370
TUES	8:1	10:30am-11:50am	8/26-10/14	\$336	\$370	10/21-12/9	\$336	\$370
TUES	8:1	8:30pm-9:50pm	8/26-10/14	\$336	\$370	10/21-12/9	\$336	\$370
WED	5:1	12:00pm-1:20pm	8/27-10/15	\$474	\$522	10/22-12/10	\$474	\$522
THURS	5:1	9:00am-10:20am	8/28-10/16	\$474	\$522	10/23-12/11*	\$415	\$457
THURS	8:1	8:30pm-9:50pm	8/28-10/16	\$336	\$370	10/23-12/11*	\$294	\$324
SAT	8:1	7:10pm-8:30pm	8/30-10/18	\$336	\$370	10/25-12/13	\$336	\$370
SUN	8:1	4:10pm-5:30pm	8/31-10/19	\$336	\$370	10/26-12/14	\$336	\$370

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

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MON	8:1	1:30pm-2:50pm	8/25-10/13	\$336	\$370	10/20-12/8	\$336	\$370
TUES	8:1	9:00am-10:20am	8/26-10/14	\$336	\$370	10/21-12/9	\$336	\$370
TUES	8:1	7:00pm-8:20pm	8/26-10/14	\$336	\$370	10/21-12/9	\$336	\$370
WED	5:1	1:30pm-2:50pm	8/27-10/15	\$474	\$522	10/22-12/10	\$474	\$522
THURS	5:1	10:30-11:50am	8/28-10/16	\$474	\$522	10/23-12/11*	\$415	\$457
THURS	8:1	7:00pm-8:20pm	8/28-10/16	\$336	\$370	10/23-12/11*	\$294	\$324
FRI	8:1	9:00am-10:20am	8/29-10/17	\$336	\$370	10/24-12/12	\$336	\$370
SAT	8:1	5:40pm-7:00pm	8/30-10/18	\$336	\$370	10/25-12/13	\$336	\$370
SUN	8:1	2:40pm-4:00pm	8/31-10/19	\$336	\$370	10/26-12/14	\$336	\$370

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	8:1	10:30am-11:50am	8/25-10/13	\$336	\$370	10/20-12/8	\$336	\$370
TUES	8:1	12:00pm-1:20pm	8/26-10/14	\$336	\$370	10/21-12/9	\$336	\$370
WED	5:1	9:00am-10:20am	8/27-10/15	\$474	\$522	10/22-12/10	\$474	\$522
FRI	8:1	7:00pm-8:20pm	8/29-10/17	\$336	\$370	10/24-12/12	\$336	\$370
SUN	8:1	7:10pm-8:30pm	8/31-10/19	\$336	\$370	10/26-12/14	\$336	\$370

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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 Thanksgiving 11/27 (7 weeks)**

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WED	5:1	9:00am-10:20am	8/27-10/15	\$474	\$522	10/22-12/10	\$474	\$522
THURS	5:1	1:30pm-2:50pm	8/28-10/16	\$474	\$522	10/23-12/11*	\$415	\$457
FRI	5:1	1:30pm-2:50pm	8/29-10/17	\$474	\$522	10/24-12/12	\$474	\$522
SAT	5:1	4:10pm-5:30pm	8/30-10/18	\$474	\$522	10/25-12/13	\$474	\$522

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
WED	5:1	10:30am-11:50am	8/27-10/15	\$474	\$522	10/22-12/10	\$474	\$522
FRI	5:1	6:30pm-7:30pm (60min)	8/29-10/17	\$327	\$360	10/24-12/12	\$327	\$360

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

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
MON	5:1	10:30am-11:50am	8/25-10/13	\$474	\$522	10/20-12/8	\$474	\$522
WED	5:1	1:30pm-2:50pm	8/27-10/15	\$474	\$522	10/22-12/10	\$474	\$522
FRI	5:1	10:30am-11:50am	8/29-10/17	\$474	\$522	10/24-12/12	\$474	\$522
FRI	5:1	8:30pm-9:50pm	8/29-10/17	\$474	\$522	10/24-12/12	\$474	\$522
SUN	5:1	7:10pm-8:30pm	8/31-10/19	\$474	\$522	10/26-12/14	\$474	\$522

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

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DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
TUES	5:1	12:00pm-1:20pm	8/26-10/14	\$474	\$522	10/21-12/9	\$474	\$522
WED	5:1	7:30pm-8:30pm	8/27-10/15	\$327	\$360	10/22-12/10	\$327	\$360
THURS	5:1	1:30pm-2:50pm	8/28-10/16	\$474	\$522	10/23-12/11*	\$415	\$457
FRI	5:1	9:00am-10:20am	8/29-10/17	\$474	\$522	10/24-12/12	\$474	\$522

NTRP Tennis Classes: Perfect for those looking to succeed at their current NTRP level or are eager to level up.

4.0+ & 4.5+ Approval Request Form (opens 7/16 @1pm): <https://www.cognitofrms.com/LifetimeActivitiesInc/NTRP4045ApprovalApplication>

***No class on Thanksgiving 11/27 (7 weeks) | ★ Director approval required**

DAY	NTRP	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
TUES	3.5	5:1	1:30pm-2:50pm	8/26-10/14	\$474	\$522	10/21-12/9	\$474	\$522
THURS	3.5	5:1	12:00pm-1:20pm	8/28-10/16	\$474	\$522	10/23-12/11*	\$415	\$457
FRI	3.5	8:1	7:40pm-9:00pm	8/29-10/17	\$336	\$370	10/24-12/12	\$336	\$370
SAT	3.5	8:1	2:40pm-4:00pm	8/30-10/18	\$336	\$370	10/25-12/13	\$336	\$370
SUN	3.5	8:1	5:40pm-7:00pm	8/31-10/19	\$336	\$370	10/26-12/14	\$336	\$370
FRI	4.0+ ★	5:1	10:30am-11:50am	8/29-10/17	\$474	\$522	10/24-12/12	\$474	\$522
SAT	4.0+ ★	5:1	4:10pm-5:30pm	8/30-10/18	\$474	\$522	10/25-12/13	\$474	\$522
FRI	4.5+ ★	5:1	10:30am-11:50am	8/29-10/17	\$474	\$522	10/24-12/12	\$474	\$522
SAT	4.5+ ★	5:1	4:10pm-5:30pm	8/30-10/18	\$474	\$522	10/25-12/13	\$474	\$522