

SF • FALL 2026 • ADULT TENNIS CLASSES

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

Registration Opens Monday, July 20th @ 1pm • 8-week sessions • Age 16Y+ • Ratio = players per court

Register at: <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 1 Makeups may be scheduled during Fall 1 and the beginning of Fall 2.

Fall 2 Makeups may be scheduled during Fall 2, the makeup week (12/14–12/20), or, if necessary, on non-holiday dates from 12/21–1/3/27.

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

*No class Thanksgiving Thursday, 11/26 (7-weeks)			SESSION I			SESSION II		
DAY	RATIO	TIME	DATES	\$ RESIDENT	\$ NON-RES	DATES	\$ RESIDENT	\$ NON-RES
MON	8:1	9:00am-10:20am	8/24-10/12	\$336	\$370	10/19-12/7	\$336	\$370
MON	5:1	12:00pm-1:20pm	8/24-10/12	\$474	\$522	10/19-12/7	\$474	\$522
MON	8:1	8:30pm-9:50pm	8/24-10/12	\$336	\$370	10/19-12/7	\$336	\$370
TUES	8:1	10:30am-11:50am	8/25-10/13	\$336	\$370	10/20-12/8	\$336	\$370
THURS	8:1	9:00am-10:20am	8/27-10/15	\$336	\$370	10/22-12/10*	\$294	\$324
FRI	8:1	12:00pm-1:20pm	8/28-10/16	\$336	\$370	10/23-12/11	\$336	\$370
SAT	8:1	7:10pm-8:30pm	8/29-10/17	\$336	\$370	10/24-12/12	\$336	\$370
SUN	8:1	5:40pm-7:00pm	8/30-10/18	\$336	\$370	10/25-12/13	\$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	8/24-10/12	\$336	\$370	10/19-12/7	\$336	\$370
MON	8:1	7:00pm-8:20pm	8/24-10/12	\$336	\$370	10/19-12/7	\$336	\$370
TUES	5:1	9:00am-10:20am	8/25-10/13	\$474	\$522	10/20-12/8	\$474	\$522
TUES	5:1	10:30am-11:50am	8/25-10/13	\$474	\$522	10/20-12/8	\$474	\$522
TUES	8:1	8:30pm-9:50pm	8/25-10/13	\$336	\$370	10/20-12/8	\$336	\$370
WED	8:1	12:00pm-1:20pm	8/26-10/14	\$336	\$370	10/21-12/9	\$336	\$370
THURS	5:1	9:00am-10:20am	8/27-10/15	\$474	\$522	10/22-12/10*	\$415	\$457
THURS	8:1	8:30pm-9:50pm	8/27-10/15	\$336	\$370	10/22-12/10*	\$294	\$324
SUN	8:1	4:10pm-5:30pm	8/30-10/18	\$336	\$370	10/25-12/13	\$336	\$370

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

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

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

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SUN	8:1	7:10pm-8:30pm	8/30-10/18	\$336	\$370	10/25-12/13	\$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!

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

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

			SESSION I			SESSION II		
DAY	RATIO	TIME	DATES	\$ RESIDENT	\$ NON-RES	DATES	\$ RESIDENT	\$ NON-RES
WED	5:1	10:30am-11:50am	8/26-10/14	\$474	\$522	10/21-12/9	\$474	\$522
FRI	5:1	6:30pm-7:30pm	8/28-10/16	\$327	\$360	10/23-12/11	\$327	\$360

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

			SESSION I			SESSION II		
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TUES	5:1	1:30pm-2:50pm	8/25-10/13	\$474	\$522	10/20-12/8	\$474	\$522
FRI	5:1	10:30am-11:50am	8/28-10/16	\$474	\$522	10/23-12/11	\$474	\$522
SAT	5:1	5:40pm-7:00pm	8/29-10/17	\$474	\$522	10/24-12/12	\$474	\$522
SUN	5:1	1:10pm-2:30pm	8/30-10/18	\$474	\$522	10/25-12/13	\$474	\$522
SUN	5:1	7:10pm-8:30pm	8/30-10/18	\$474	\$522	10/25-12/13	\$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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TUES	5:1	12:00pm-1:20pm	8/25-10/13	\$474	\$522	10/20-12/8	\$474	\$522
WED	5:1	1:30pm-2:50pm	8/26-10/14	\$474	\$522	10/21-12/9	\$474	\$522
WED	5:1	7:30pm-8:30pm	8/26-10/14	\$327	\$360	10/21-12/9	\$327	\$360
THURS	5:1	1:30pm-2:50pm	8/27-10/15	\$474	\$522	10/22-12/10*	\$415	\$457
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FRI	5:1	8:30pm-9:50pm	8/28-10/16	\$474	\$522	10/23-12/11	\$474	\$522
SAT	5:1	7:10pm-8:30pm	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 7/20 @1pm): <https://www.cognitofrms.com/LifetimeActivitiesInc/SFNTRP4045ApprovalApplication>

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DAY	NTRP	RATIO	TIME	DATES	\$ RESIDENT	\$ NON-RES	DATES	\$ RESIDENT	\$ NON-RES
TUES	3.5	5:1	1:30pm-2:50pm	8/25-10/13	\$474	\$522	10/20-12/8	\$474	\$522
THURS	3.5	5:1	12:00pm-1:20pm	8/27-10/15	\$474	\$522	10/22-12/10*	\$415	\$457
FRI	3.5	8:1	7:40pm-9:00pm	8/28-10/16	\$336	\$370	10/23-12/11	\$336	\$370
SAT	3.5	8:1	2:40pm-4:00pm	8/29-10/17	\$336	\$370	10/24-12/12	\$336	\$370
FRI	4.0+ ★	5:1	10:30am-11:50am	8/28-10/16	\$474	\$522	10/23-12/11	\$474	\$522
SAT	4.0+ ★	5:1	4:10pm-5:30pm	8/29-10/17	\$474	\$522	10/24-12/12	\$474	\$522
FRI	4.5+ ★	5:1	10:30am-11:50am	8/28-10/16	\$474	\$522	10/23-12/11	\$474	\$522
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