

SF · SPRING 2024 · ADULT TENNIS PROGRAMS

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

REGISTRATION DATES:

RED: Tuesday, Feb 13th at 1pm

YELLOW: Thursday, Feb 15th at 1pm

Sessions are 6 weeks unless otherwise noted · Age 16Y+ · Ratio = players per court

Inclement Weather Policy: goldmantenniscenter.com/tennis/rain-make-up-procedure

OPT IN to text/email notifications for updates regarding class cancellations

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

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

*No class Saturday 4/20, 5-week session

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES	SESSION 2	\$ RESIDENT	\$ NON-RES
MON	5:01	9:00-10:20am	3/11-4-15	\$345	\$380	4/22-5/27	\$345	\$380
MON	7:01	8:00-9:20pm	3/11-4-15	\$245	\$270	4/22-5/27	\$245	\$270
TUES	7:01	10:30-11:50am	3/12-4/16	\$245	\$270	4/23-5/28	\$245	\$270
THURS	5:01	9:00-10:20am	3/14-4/18	\$345	\$380	4/25-5/30	\$345	\$380
FRI	7:01	1:30-2:50pm	3/15-4/19	\$245	\$270	4/26-5/31	\$245	\$270
FRI	7:01	7:00-8:20pm	3/15-4/19	\$245	\$270	4/26-5/31	\$245	\$270
SAT	7:01	2:40-4:00pm	3/16-4/13*	\$204	\$225	4/27-6/1	\$245	\$270
SUN	7:01	7:10-8:30pm	3/17-4/21	\$245	\$270	4/28-6/2	\$245	\$270

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

*No class Saturday 4/20, 5-week session | **4 week session beginning on Friday 5/10

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES	SESSION 2	\$ RESIDENT	\$ NON-RES
MON	7:01	10:30-11:50am	3/11-4-15	\$245	\$270	4/22-5/27	\$245	\$270
TUES	5:01	9:00-10:20am	3/12-4/16	\$345	\$380	4/23-5/28	\$345	\$380
WED	7:01	10:30-11:50am	3/13-4/17	\$245	\$270	4/24-5/29	\$245	\$270
WED	7:01	8:30-9:50pm	3/13-4/17	\$245	\$270	4/24-5/29	\$245	\$270
THURS	7:01	9:00-10:20am	3/14-4/18	\$245	\$270	4/25-5/30	\$245	\$270
FRI	7:01	1:30-2:50pm	3/15-4/19	\$245	\$270	5/10-5/31**	\$163	\$180
FRI	7:01	7:00-8:20pm	3/15-4/19	\$245	\$270	4/26-5/31	\$245	\$270
SAT	7:01	2:40-4:00pm	3/16-4/13*	\$204	\$225	4/27-6/1	\$245	\$270
SUN	7:01	5:40-7:00pm	3/17-4/21	\$245	\$270	4/28-6/2	\$245	\$270

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

*No class Saturday 4/20, 5-week session | **No class Monday, 4/29, 5-week session

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES	SESSION 2	\$ RESIDENT	\$ NON-RES
MON	5:01	12:00-1:20pm	3/11-4-15	\$345	\$380	4/22-5/27**	\$288	\$317
TUES	7:01	9:00-10:20am	3/12-4/16	\$245	\$270	4/23-5/28	\$245	\$270
WED	7:01	12:00-1:20pm	3/13-4/17	\$245	\$270	4/24-5/29	\$245	\$270
WED	7:01	8:30-9:50pm	3/13-4/17	\$245	\$270	4/24-5/29	\$245	\$270
THURS	7:01	10:30-11:50am	3/14-4/18	\$245	\$270	4/25-5/30	\$245	\$270
THURS	7:01	7:00-8:20pm	3/14-4/18	\$245	\$270	4/25-5/30	\$245	\$270
SAT	7:01	5:40-7:00pm	3/16-4/13*	\$204	\$225	4/27-6/1	\$245	\$270

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

**No class Monday, 4/29, 5-week session

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES	SESSION 2	\$ RESIDENT	\$ NON-RES
MON	5:01	1:30-2:50pm	3/11-4-15	\$345	\$380	4/22-5/27**	\$288	\$317
TUES	7:01	12:00-1:20pm	3/12-4/16	\$245	\$270	4/23-5/28	\$245	\$270
TUES	7:01	7:00-8:20pm	3/12-4/16	\$245	\$270	4/23-5/28	\$245	\$270
WED	7:01	9:00-10:20am	3/13-4/17	\$245	\$270	4/24-5/29	\$245	\$270
THURS	7:01	8:30-9:50pm	3/14-4/18	\$245	\$270	4/25-5/30	\$245	\$270
SAT	7:01	7:10-8:30pm	3/16-4/13*	\$204	\$225	4/27-6/1	\$245	\$270
SUN	7:01	7:10-8:30pm	3/17-4/21	\$245	\$270	4/28-6/2	\$245	\$270

SF · SPRING 2024 · ADULT NTRP TENNIS

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

Registration Opens Thursday, Feb 15 at 1pm · Sessions are 6 weeks 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

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES	SESSION 2	\$ RESIDENT	\$ NON-RES
THURS	5:01	12:00-1:20pm	3/14-4/18	\$345	\$380	4/25-5/30	\$345	\$380
FRI	5:01	9:00-10:20am	3/15-4/19	\$345	\$380	4/26-5/31	\$345	\$380
SUN	7:01	4:10-5:30pm	3/17-4/21	\$245	\$270	4/28-6/2	\$245	\$270

3.5 NTRP Tennis Classes

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES	SESSION 2	\$ RESIDENT	\$ NON-RES
TUES	5:01	1:30-2:50pm	3/12-4/16	\$345	\$380	4/23-5/28	\$345	\$380
THURS	5:01	12:00-1:20pm	3/14-4/18	\$345	\$380	4/25-5/30	\$345	\$380
FRI	5:01	9:00-10:20am	3/15-4/19	\$345	\$380	4/26-5/31	\$345	\$380
SUN	7:01	4:10-5:30pm	3/17-4/21	\$245	\$270	4/28-6/2	\$245	\$270

4.0+ NTRP Tennis Classes

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

Application form for 4.0+ classes will open on Thursday 2/15 a 1pm. | *No class Saturday 4/20, 5-week session

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES	SESSION 2	\$ RESIDENT	\$ NON-RES
TUES	5:01	8:30-9:50pm	3/12-4/16	\$345	\$380	4/23-5/28	\$345	\$380
FRI	5:01	10:30-11:50am	3/15-4/19	\$345	\$380	4/26-5/31	\$345	\$380
SAT	5:01	1:10-2:30pm	3/16-4/13*	\$288	\$317	4/27-6/1	\$345	\$380

4.5+ NTRP Tennis Classes

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

Application form for 4.5+ classes will open on Thursday 2/15 a 1pm. | *No class Saturday 4/20, 5-week session

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES	SESSION 2	\$ RESIDENT	\$ NON-RES
TUES	5:01	8:30-9:50pm	3/12-4/16	\$345	\$380	4/23-5/28	\$345	\$380
SAT	5:01	1:10-2:30pm	3/16-4/13*	\$288	\$317	4/27-6/1	\$345	\$380

SF · SPRING 2024 · ADULT SPECIALTY TENNIS

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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 Saturday 4/20, 5-week session | ** No class on Monday 4/29, 5-week session

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES	SESSION 2	\$ RESIDENT	\$ NON-RES
MON	7:01	1:30-2:50pm	3/11-4-15	\$245	\$270	4/22-5/27**	\$204	\$225
WED	5:01	7:30-8:30pm	3/13-4/17	\$238	\$262	4/24-5/29	\$238	\$262
THURS	7:01	1:30-2:50pm	3/14-4/18	\$245	\$270	4/25-5/30	\$245	\$270
THURS	5:01	7:20-8:20pm	3/14-4/18	\$238	\$262	4/25-5/30	\$238	\$262
FRI	5:01	8:30-9:30pm	3/15-4/19	\$238	\$262	4/26-5/31	\$238	\$262
SAT	5:01	8:30-9:30pm	3/16-4/13*	\$198	\$218	4/27-6/1	\$238	\$262
SUN	5:01	8:30-9:30pm	3/17-4/21	\$238	\$262	4/28-6/2	\$238	\$262

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

* No class on Saturday 4/20, 5-week session

DAY	TIME	SESSION	\$ RESIDENT	\$ NON-RES	SESSION 2	\$ RESIDENT	\$ NON-RES
FRI	1:20-2:20pm	3/15-4/19	\$238	\$262	4/26-5/31	\$238	\$262
SAT	12:00-1:00pm	3/16-4/13*	\$198	\$218	4/27-6/1	\$238	\$262
SUN	1:30-2:30pm	3/17-4/21	\$238	\$262	4/28-6/2	\$238	\$262

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

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES	SESSION 2	\$ RESIDENT	\$ NON-RES
TUES	5:01	1:30-2:50pm	3/12-4/16	\$345	\$380	4/23-5/28	\$345	\$380
WED	5:01	1:30-2:50pm	3/13-4/17	\$345	\$380	4/24-5/29	\$345	\$380
SUN	7:01	2:40-4:00pm	3/13-4/17	\$245	\$270	4/24-5/29	\$245	\$270

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

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES	SESSION 2	\$ RESIDENT	\$ NON-RES
MON	5:01	10:30-11:50am	3/11-4-15	\$345	\$380	4/22-5/27	\$345	\$380
TUES	7:01	7:20-8:20pm	3/12-4/16	\$184	\$203	4/23-5/28	\$184	\$203
FRI	5:01	8:30-9:30pm	3/15-4/19	\$238	\$262	4/26-5/31	\$238	\$262
SUN	5:01	8:30-9:30pm	3/17-4/21	\$238	\$262	4/28-6/2	\$238	\$262

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

* No class on Saturday 4/20, 5-week session | ** 4 week session beginning on Friday 5/10

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TUES	7:01	10:30-11:50am	3/12-4/16	\$245	\$270	4/23-5/28	\$245	\$270
WED	5:01	9:00-10:20am	3/13-4/17	\$345	\$380	4/24-5/29	\$345	\$380
FRI	7:01	12:00-1:20pm	3/15-4/19	\$245	\$270	5/10-5/31**	\$163	\$180
SAT	7:01	4:10-5:30pm	3/16-4/13*	\$204	\$225	4/27-6/1	\$245	\$270
SUN	7:01	2:40-4:00pm	3/17-4/21	\$245	\$270	4/28-6/2	\$245	\$270

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

* No class on Saturday 4/20, 5-week session

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES	SESSION 2	\$ RESIDENT	\$ NON-RES
TUES	5:01	12:00-1:20pm	3/12-4/16	\$345	\$380	4/23-5/28	\$345	\$380
WED	5:01	1:30-2:50pm	3/13-4/17	\$345	\$380	4/24-5/29	\$345	\$380
THURS	5:01	1:30-2:50pm	3/14-4/18	\$345	\$380	4/25-5/30	\$345	\$380
FRI	5:01	10:30-11:50am	3/15-4/19	\$345	\$380	4/26-5/31	\$345	\$380
SAT	5:01	8:30-9:30pm	3/16-4/13*	\$198	\$218	4/27-6/1	\$238	\$262