

SF · SPRING 2026 · ADULT TENNIS CLASSES

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

Registration Opens Monday, February 9th @1pm · 6-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

Spring Session I Makeups may be scheduled during Spring I and the beginning of Spring Session II.

Spring Session II Makeups may be scheduled during Spring II and the beginning of Summer Session I.

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

* No class on Monday 4/20. Class begins Monday 4/27 (5 week session).

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
MON	5:1	9:00am-10:20am	3/9-4/13	\$356	\$391	4/20-5/25	\$356	\$391
MON	8:1	12:00pm-1:20pm	3/9-4/13	\$252	\$278	4/27-5/25*	\$210	\$232
MON	8:1	8:30pm-9:50pm	3/9-4/13	\$252	\$278	4/27-5/25*	\$210	\$232
TUES	5:1	10:30am-11:50am	3/10-4/14	\$356	\$391	4/21-5/26	\$356	\$391
WED	8:1	10:30am-11:50am	3/11-4/15	\$252	\$278	4/22-5/27	\$252	\$278
WED	8:1	7:00pm-8:20pm	3/11-4/15	\$252	\$278	4/22-5/27	\$252	\$278
THURS	8:1	9:00am-10:20am	3/12-4/16	\$252	\$278	4/23-5/28	\$252	\$278
FRI	5:1	12:00pm-1:20pm	3/13-4/17	\$356	\$391	4/24-5/29	\$356	\$391
SAT	8:1	7:10pm-8:30pm	3/14-4/18	\$252	\$278	4/25-5/30	\$252	\$278
SUN	8:1	5:40pm-7:00pm	3/15-4/19	\$252	\$278	4/26-5/31	\$252	\$278

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

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DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
MON	8:1	9:00am-10:20am	3/9-4/13	\$252	\$278	4/20-5/25	\$252	\$278
MON	8:1	7:00pm-8:20pm	3/9-4/13	\$252	\$278	4/27-5/25*	\$210	\$232
TUES	8:1	10:30am-11:50am	3/10-4/14	\$252	\$278	4/21-5/26	\$252	\$278
TUES	8:1	8:30pm-9:50pm	3/10-4/14	\$252	\$278	4/21-5/26	\$252	\$278
WED	5:1	12:00pm-1:20pm	3/11-4/15	\$356	\$391	4/22-5/27	\$356	\$391
WED	8:1	5:30pm-6:50pm	3/11-4/15	\$252	\$278	4/22-5/27	\$252	\$278
THURS	5:1	9:00am-10:20am	3/12-4/16	\$356	\$391	4/23-5/28	\$356	\$391
THURS	8:1	8:30pm-9:50pm	3/12-4/16	\$252	\$278	4/23-5/28	\$252	\$278
FRI	8:1	7:00pm-8:20pm	3/13-4/17	\$252	\$278	4/24-5/29	\$252	\$278
SAT	8:1	7:10pm-8:30pm	3/14-4/18	\$252	\$278	4/25-5/30	\$252	\$278
SUN	8:1	4:10pm-5:30pm	3/15-4/19	\$252	\$278	4/26-5/31	\$252	\$278

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	3/9-4/13	\$252	\$278	4/27-5/25*	\$210	\$232
TUES	8:1	9:00am-10:20am	3/10-4/14	\$252	\$278	4/21-5/26	\$252	\$278
TUES	8:1	5:30pm-6:50pm	3/10-4/14	\$252	\$278	4/21-5/26	\$252	\$278
TUES	8:1	7:00pm-8:20pm	3/10-4/14	\$252	\$278	4/21-5/26	\$252	\$278
WED	5:1	1:30pm-2:50pm	3/11-4/15	\$356	\$391	4/22-5/27	\$356	\$391
THURS	5:1	10:30am-11:50am	3/12-4/16	\$356	\$391	4/23-5/28	\$356	\$391
THURS	8:1	7:00pm-8:30pm	3/12-4/16	\$252	\$278	4/23-5/28	\$252	\$278
FRI	8:1	9:00am-10:20am	3/13-4/17	\$252	\$278	4/24-5/29	\$252	\$278
SAT	8:1	5:40pm-7:00pm	3/14-4/18	\$252	\$278	4/25-5/30	\$252	\$278
SUN	8:1	2:40pm-4:00pm	3/15-4/19	\$252	\$278	4/26-5/31	\$252	\$278

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	3/9-4/13	\$252	\$278	4/20-5/25	\$252	\$278
TUES	8:1	12:00pm-1:20pm	3/10-4/14	\$252	\$278	4/21-5/26	\$252	\$278
WED	5:1	9:00am-10:20am	3/11-4/15	\$356	\$391	4/22-5/27	\$356	\$391
FRI	5:1	1:30pm-2:50pm	3/13-4/17	\$356	\$391	4/24-5/29	\$356	\$391
SAT	8:1	5:40pm-7:00pm	3/14-4/18	\$252	\$278	4/25-5/30	\$252	\$278
SUN	8:1	7:10pm-8:30pm	3/15-4/19	\$252	\$278	4/26-5/31	\$252	\$278

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Spring Session II Makeups may be scheduled during Spring 2 and the beginning of Summer Session I.

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

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
WED	5:1	9:00am-10:20am	3/11-4/15	\$356	\$391	4/22-5/27	\$356	\$391
THURS	5:1	1:30pm-2:50pm	3/12-4/16	\$356	\$391	4/23-5/28	\$356	\$391
FRI	5:1	12:00pm-1:20pm	3/13-4/17	\$356	\$391	4/24-5/29	\$356	\$391
SAT	5:1	4:10pm-5:30pm	3/14-4/18	\$356	\$391	4/25-5/30	\$356	\$391

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	3/11-4/15	\$356	\$391	4/22-5/27	\$356	\$391
FRI	5:1	6:30pm-7:30pm (60min)	3/13-4/17	\$245	\$270	4/24-5/29	\$245	\$270

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	3/9-4/13	\$356	\$391	4/20-5/25	\$356	\$391
WED	5:1	1:30pm-2:50pm	3/11-4/15	\$356	\$391	4/22-5/27	\$356	\$391
FRI	5:1	10:30am-11:50am	3/13-4/17	\$356	\$391	4/24-5/29	\$356	\$391
FRI	5:1	8:30pm-9:50pm	3/13-4/17	\$356	\$391	4/24-5/29	\$356	\$391
SAT	5:1	2:40pm-4:00pm	3/14-4/18	\$356	\$391	4/25-5/30	\$356	\$391
SUN	5:1	7:10pm-8:30pm	3/15-4/19	\$356	\$391	4/26-5/31	\$356	\$391

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

DAY	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
TUES	5:1	12:00pm-1:20pm	3/10-4/14	\$356	\$391	4/21-5/26	\$356	\$391
WED	5:1	7:30pm-8:30pm (60min)	3/11-4/15	\$245	\$270	4/22-5/27	\$245	\$270
THURS	5:1	1:30pm-2:50pm	3/12-4/16	\$356	\$391	4/23-5/28	\$356	\$391
FRI	5:1	9:00am-10:20am	3/13-4/17	\$356	\$391	4/24-5/29	\$356	\$391

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 2/9 @1pm): <https://www.cognitoforms.com/LifetimeActivitiesInc/SFNTRP4045ApprovalApplication>

DAY	NTRP	RATIO	TIME	SESSION I	\$ RESIDENT	\$ NON-RES	SESSION II	\$ RESIDENT	\$ NON-RES
TUES	3.5	5:1	1:30pm-2:50pm	3/10-4/14	\$356	\$391	4/21-5/26	\$356	\$391
THURS	3.5	5:1	12:00pm-1:20pm	3/12-4/16	\$356	\$391	4/23-5/28	\$356	\$391
FRI	3.5	8:1	7:40pm-9:00pm	3/13-4/17	\$252	\$278	4/24-5/29	\$252	\$278
SAT	3.5	8:1	2:40pm-4:00pm	3/14-4/18	\$252	\$278	4/25-5/30	\$252	\$278
SUN	3.5	8:1	5:40pm-7:00pm	3/15-4/19	\$252	\$278	4/26-5/31	\$252	\$278
FRI	4.0+ ★	5:1	10:30am-11:50am	3/13-4/17	\$356	\$391	4/24-5/29	\$356	\$391
SAT	4.0+ ★	5:1	4:10pm-5:30pm	3/14-4/18	\$356	\$391	4/25-5/30	\$356	\$391
FRI	4.5+ ★	5:1	10:30am-11:50am	3/13-4/17	\$356	\$391	4/24-5/29	\$356	\$391
SAT	4.5+ ★	5:1	4:10pm-5:30pm	3/14-4/18	\$356	\$391	4/25-5/30	\$356	\$391