

SF · WINTER 2024 · ADULT TENNIS PROGRAMS

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

REGISTRATION DATES: **RED: Wednesday, Oct 18th at 1pm** **ORANGE: Thursday, Oct 19th at 1pm**

Sessions are 8 weeks · Adult Classes are 16Y+

Cancelled classes due to inclement weather will be rescheduled between 2/27/24-3/10/24 at Lifetime Activities' discretion; subject to change.

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!* | 7 players per court

DAY	TIME	SESSION	\$ RESIDENT	\$ NON-RES
MON	9:00am-10:20am	Jan 8 - Feb 26	\$312	\$344
MON	8:00pm-9:20pm	Jan 8 - Feb 26	\$312	\$344
TUES	10:30am-11:50am	Jan 2 - Feb 20	\$312	\$344
WED	12:00pm-1:20pm	Jan 3 - Feb 21	\$312	\$344
THURS	9:00am-10:20am	Jan 4 - Feb 22	\$312	\$344
FRI	8:00pm-9:20pm	Jan 5 - Feb 23	\$312	\$344
SAT	4:30pm-5:50pm	Jan 6 - Feb 24	\$312	\$344
SUN	7:30pm-8:50pm	Jan 7 - Feb 25	\$312	\$344

Adult Advanced-Beginning: *Improve your technique, consistency, and ball control through drills and point play simulations.* | 7 players per court

DAY	TIME	SESSION	\$ RESIDENT	\$ NON-RES
MON	10:30am-11:50am	Jan 8 - Feb 26	\$312	\$344
TUES	9:00am-10:20am	Jan 2 - Feb 20	\$312	\$344
TUES	6:30pm-7:50pm	Jan 2 - Feb 20	\$312	\$344
WED	10:30am-11:50am	Jan 3 - Feb 21	\$312	\$344
WED	8:00pm-9:20pm	Jan 3 - Feb 21	\$312	\$344
THURS	8:00pm-9:20pm	Jan 4 - Feb 22	\$312	\$344
FRI	1:30pm-2:50pm	Jan 5 - Feb 23	\$312	\$344
SAT	7:30pm-8:50pm	Jan 6 - Feb 24	\$312	\$344
SUN	7:30pm-8:50pm	Jan 7 - Feb 25	\$312	\$344

Adult Intermediate: *Improve stroke technique, consistency and control. Develop advanced movement and offensive techniques.* | 7 players per court

DAY	TIME	SESSION	\$ RESIDENT	\$ NON-RES
MON	12:00pm-1:20pm	Jan 8 - Feb 26	\$312	\$344
TUES	9:00am-10:20am	Jan 2 - Feb 20	\$312	\$344
WED	12:00pm-1:20pm	Jan 3 - Feb 21	\$312	\$344
THURS	10:30am-11:50am	Jan 4 - Feb 22	\$312	\$344
THURS	8:00pm-9:20pm	Jan 4 - Feb 22	\$312	\$344
FRI	10:30am-11:50am	Jan 5 - Feb 23	\$312	\$344
SAT	7:30pm-8:50pm	Jan 6 - Feb 24	\$312	\$344
SUN	6:00pm-7:20pm	Jan 7 - Feb 25	\$312	\$344

Adult Advanced: *Work on more advanced footwork, develop spin, power and depth control. NTRP 3.0+* | 7 players per court

DAY	TIME	SESSION	\$ RESIDENT	\$ NON-RES
MON	1:30pm-2:50pm	Jan 8 - Feb 26	\$312	\$344
TUES	12:00pm-1:20pm	Jan 2 - Feb 20	\$312	\$344
WED	9:00am-10:20am	Jan 3 - Feb 21	\$312	\$344
WED	8:00pm-9:20pm	Jan 3 - Feb 21	\$312	\$344
FRI	8:00pm-9:20pm	Jan 5 - Feb 23	\$312	\$344
SAT	3:00pm-4:20pm	Jan 6 - Feb 24	\$312	\$344

SF · WINTER 2024 · ADULT SPECIALTY TENNIS

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Registration Opens Thursday, Oct 19th at 1pm · Sessions are 8 weeks · Adult Classes are 16Y+

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Cardio Tennis: An action-packed, fun-filled workout that gets your heart pumping and leaves the treadmill in the dust! | 5 players per court

DAY	TIME	SESSION	\$ RESIDENT	\$ NON-RES
MON	1:30pm-2:10pm	Jan 8 - Feb 26	\$240	\$264
WED	1:30pm-2:10pm	Jan 3 - Feb 21	\$240	\$264
WED	2:10pm-2:50pm	Jan 3 - Feb 21	\$240	\$264
THURS (beginners)	2:10pm-2:50pm	Jan 4 - Feb 22	\$240	\$264
THURS	1:30pm-2:10pm	Jan 4 - Feb 22	\$240	\$264
FRI	1:30pm-2:10pm	Jan 5 - Feb 23	\$240	\$264
SAT	1:30pm-2:10pm	Jan 6 - Feb 24	\$240	\$264

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

DAY	TIME	SESSION	\$ RESIDENT	\$ NON-RES
THURS	2:10pm-2:50pm	Jan 4 - Feb 22	\$240	\$264
SAT	2:10pm-2:50pm	Jan 6 - Feb 24	\$240	\$264

Specialty Shots & Strategy: Learn new strategies and specialty shots to expand your game and dominate the court! | 5 players per court

DAY	TIME	SESSION	\$ RESIDENT	\$ NON-RES
MON	10:30am-11:50am (80min)	Jan 8 - Feb 26	\$438	\$482
TUES	1:30pm-2:50pm (80min)	Jan 2 - Feb 20	\$438	\$482
FRI	2:10pm-2:50pm (40min)	Jan 5 - Feb 23	\$240	\$264
SAT	2:10pm-2:50pm (40min)	Jan 6 - Feb 24	\$240	\$264

Serve & Return: Master the art of powerful serves and precise returns with a focus on technique and strategy. | 5 players per court

DAY	TIME	SESSION	\$ RESIDENT	\$ NON-RES
MON	2:10pm-2:50pm	Jan 8 - Feb 26	\$240	\$264

Drill & Play: Groove your strokes, play point simulations, and get your reps in this action-packed class! NTRP 2.5+ | 7 players per court

7 players per court

DAY	TIME	SESSION	\$ RESIDENT	\$ NON-RES
TUES	10:30am-11:50am	Jan 2 - Feb 20	\$312	\$344
WED	9:00am-10:20am	Jan 3 - Feb 21	\$312	\$344
THURS	6:30pm-7:50pm	Jan 4 - Feb 22	\$312	\$344
FRI	12:00pm-1:20pm	Jan 5 - Feb 23	\$312	\$344
SAT	6:00pm-7:20pm	Jan 6 - Feb 24	\$312	\$344
SUN	1:30pm-2:50pm	Jan 7 - Feb 25	\$312	\$344

Live Ball & Doubles Strategy: Fast, fun doubles games that make you sweat, smile, and level up! NTRP 3.0+ | 5 players per court

DAY	TIME	SESSION	\$ RESIDENT	\$ NON-RES
TUES	12:00pm-1:20pm	Jan 2 - Feb 20	\$438	\$482
WED	1:30pm-2:50pm	Jan 3 - Feb 21	\$438	\$482
THURS	1:30pm-2:50pm	Jan 4 - Feb 22	\$438	\$482
FRI	12:00pm-1:20pm	Jan 5 - Feb 23	\$438	\$482
SAT	1:30pm-2:50pm	Jan 6 - Feb 24	\$438	\$482
SUN	1:30pm-2:50pm	Jan 7 - Feb 25	\$438	\$482

SF · WINTER 2024 · ADULT NTRP TENNIS

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Registration Opens Tuesday, Oct 17th at 1pm · Sessions are 8 weeks · Adult Classes are 16Y+

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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

5 players per court unless otherwise noted | *7 players per court

DAY	TIME	SESSION	\$ RESIDENT	\$ NON-RES
THURS	12:00pm-1:20pm	Jan 4 - Feb 22	\$438	\$482
FRI	9:00am-10:20am	Jan 5 - Feb 23	\$438	\$482
SUN*	4:30pm-5:50pm	Jan 7 - Feb 25	\$312	\$344

3.5 NTRP Tennis Classes

5 players per court unless otherwise noted | *7 players per court

DAY	TIME	SESSION	\$ RESIDENT	\$ NON-RES
TUES	1:30pm-2:50pm	Jan 2 - Feb 20	\$438	\$482
THURS	12:00pm-1:20pm	Jan 4 - Feb 22	\$438	\$482
FRI	9:00am-10:20am	Jan 5 - Feb 23	\$438	\$482
SUN*	4:30pm-5:50pm	Jan 7 - Feb 25	\$312	\$344

4.0+ NTRP Tennis Classes

5 players per court | 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 Tuesday, Oct 17th at 1pm.

DAY	TIME	SESSION	\$ RESIDENT	\$ NON-RES
TUES	8:00pm-9:20pm	Jan 2 - Feb 20	\$438	\$482
FRI	10:30am-11:50am	Jan 5 - Feb 23	\$438	\$482
SAT	1:30pm-2:50pm	Jan 6 - Feb 24	\$438	\$482

4.5+ NTRP Tennis Classes

5 players per court | 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 Tuesday, Oct 17th at 1pm.

DAY	TIME	SESSION	\$ RESIDENT	\$ NON-RES
TUES	8:00pm-9:20pm	Jan 2 - Feb 20	\$438	\$482