

SF · WINTER 2025 · ADULT TENNIS CLASSES

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

Registration Opens Friday, Nov 1st @1pm · 8-week session · Age 16Y+ · Ratio = players per court

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

Inclement Weather Policy: goldmantenniscenter.com/tennis/inclement-weather-policy

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

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

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES
MON	7:1	10:00am-11:20am	1/6-2/24	\$336	\$370
TUES	7:1	11:30am-12:50pm	1/7-2/25	\$336	\$370
TUES	7:1	7:00pm-8:20pm	1/7-2/25	\$336	\$370
THURS	5:1	10:00am-11:20am	1/9-2/27	\$474	\$522
FRI	7:1	1:00pm-2:20pm	1/10-2/28	\$336	\$370
SAT	7:1	7:10pm-8:30pm	1/4-2/22	\$336	\$370

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

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES
MON	7:1	10:00am-11:20am	1/6-2/24	\$336	\$370
MON	7:1	8:30pm-9:50pm	1/6-2/24	\$336	\$370
TUES	7:1	11:30am-12:50pm	1/7-2/25	\$336	\$370
WED	7:1	7:00pm-8:20pm	1/8-2/26	\$336	\$370
THURS	5:1	10:00am-11:20am	1/9-2/27	\$474	\$522
SAT	7:1	4:10pm-5:30pm	1/4-2/22	\$336	\$370
SUN	7:1	5:40pm-7:00pm	1/5-2/23	\$336	\$370

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

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES
MON	7:1	2:30pm-3:50pm	1/6-2/24	\$336	\$370
TUES	7:1	10:00am-11:20am	1/7-2/25	\$336	\$370
WED	7:1	10:30am-11:50am	1/8-2/26	\$336	\$370
THURS	5:1	11:30am-12:50pm	1/9-2/27	\$474	\$522
THURS	7:1	7:00pm-8:20pm	1/9-2/27	\$336	\$370
SAT	7:1	5:40pm-7:00pm	1/4-2/22	\$336	\$370
SUN	7:1	1:10pm-2:30pm	1/5-2/23	\$336	\$370

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

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES
MON	7:1	11:30am-12:50pm	1/6-2/24	\$336	\$370
TUES	5:1	1:00pm-2:20pm	1/7-2/25	\$474	\$522
WED	7:1	8:30pm-9:50pm	1/8-2/26	\$336	\$370
THURS	7:1	8:30pm-9:50pm	1/9-2/27	\$336	\$370
FRI	5:1	10:00am-11:20am	1/10-2/28	\$474	\$522
FRI	7:1	2:30pm-3:50pm	1/10-2/28	\$336	\$370
SUN	7:1	2:40pm-4:00pm	1/5-2/23	\$336	\$370

SF · WINTER 2025 · ADULT SPECIALTY & NTRP TENNIS

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

Registration Opens Wednesday, Oct 30th @1pm · 8-week session · Age 16Y+ · Ratio = players per court

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

Inclement Weather Policy: goldmantenniscenter.com/tennis/increment-weather-policy · Opt in to Push / Email notifications to receive class updates

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

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES
MON	5:1	1:00pm-2:20pm	1/6-2/24	\$474	\$522
WED	5:1	10:30am-11:50am	1/8-2/26	\$474	\$522
THURS	5:1	2:30pm-3:50pm	1/9-2/27	\$474	\$522
FRI	5:1	10:00am-11:20am	1/10-2/28	\$474	\$522
FRI	5:1	6:30pm-7:30pm	1/10-2/28	\$327	\$360
SUN	5:1	7:10pm-8:30pm	1/5-2/23	\$474	\$522

Racket Sport Mobility & Strength

DAY	TIME	SESSION	\$ RESIDENT	\$ NON-RES
SUN	10:10am-11:10am	1/5-2/23	\$327	\$360

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
MON	5:1	11:30am-12:50pm	1/6-2/24	\$474	\$522
TUES	5:1	8:30pm-9:50pm	1/7-2/25	\$474	\$522
WED	5:1	12:00pm-1:20pm	1/8-2/26	\$474	\$522
THURS	5:1	1:00pm-2:20pm	1/9-2/27	\$474	\$522
FRI	5:1	2:30pm-3:50pm	1/10-2/28	\$474	\$522
FRI	5:1	6:30pm-7:30pm	1/10-2/28	\$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	\$ RESIDENT	\$ NON-RES
NEW! 55+ MON	5:1	1:00pm-2:20pm	1/6-2/24	\$474	\$522
TUES	5:1	8:50pm-9:50pm	1/7-2/25	\$327	\$360
WED	5:1	1:30pm-2:50pm	1/8-2/26	\$474	\$522
THURS	5:1	7:30pm-8:50pm	1/9-2/27	\$474	\$522
FRI	5:1	11:30am-12:50pm	1/10-2/28	\$474	\$522
SUN	5:1	7:10pm-8:30pm	1/5-2/23	\$474	\$522

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

DAY	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES
TUES	5:1	1:00pm-2:20pm	1/7-2/25	\$474	\$522
FRI	5:1	1:00pm-2:20pm	1/10-2/28	\$474	\$522
FRI	5:1	7:40pm-9:00pm	1/10-2/28	\$474	\$522

NTRP Tennis Classes: Perfect for those looking to succeed at their current NTRP level or are eager to level up. | ★ Director approval required

DAY	NTRP	RATIO	TIME	SESSION	\$ RESIDENT	\$ NON-RES
TUES	3.0	5:1	2:30pm-3:50pm	1/7-2/25	\$474	\$522
THURS	3.0	5:1	2:30pm-3:50pm	1/9-2/27	\$474	\$522
SAT	3.0	7:1	2:40pm-4:00pm	1/4-2/22	\$336	\$370
TUES	3.5	5:1	2:30pm-3:50pm	1/7-2/25	\$474	\$522
THURS	3.5	5:1	1:00pm-2:20pm	1/9-2/27	\$474	\$522
FRI	3.5	7:1	7:40pm-9:00pm	1/10-2/28	\$336	\$370
SUN	3.5	7:1	4:10pm-5:30pm	1/5-2/23	\$336	\$370
TUES	4.0+ ★	5:1	7:30pm-8:50pm	1/7-2/25	\$474	\$522
SAT	4.0+ ★	5:1	2:40pm-4:00pm	1/4-2/22	\$474	\$522
TUES	4.5+ ★	5:1	7:30pm-8:50pm	1/7-2/25	\$474	\$522
SAT	4.5+ ★	5:1	2:40pm-4:00pm	1/4-2/22	\$474	\$522