

SF · WINTER 2026 · ADULT TENNIS CLASSES

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

Registration Opens Tuesday, October 28th @1pm · 8-week session · Age 16Y+ · Ratio = players per court

Register on CourtReserve: <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

Winter Makeups may be scheduled during the Winter session, the Winter Makeup Period on March 1-9, or the beginning of Spring 1.

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

DAY	RATIO	TIME	WINTER SESSION	\$ RESIDENT	\$ NON-RES
MON	8:1	11:30am-12:50pm	1/5-2/23	\$336	\$370
MON	8:1	8:30pm-9:50pm	1/5-2/23	\$336	\$370
TUES	5:1	10:00am-11:20am	1/6-2/24	\$474	\$522
WED	5:1	10:30am-11:50am	1/7-2/25	\$474	\$522
THURS	5:1	11:30am-12:50pm	1/8-2/26	\$474	\$522
FRI	8:1	11:30am-12:50pm	1/9-2/27	\$336	\$370
SAT	8:1	7:10pm-8:30pm	1/3-2/21	\$336	\$370
SUN	8:1	5:40pm-7:00pm	1/4-2/22	\$336	\$370

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

DAY	RATIO	TIME	WINTER SESSION	\$ RESIDENT	\$ NON-RES
MON	8:1	10:00am-11:20am	1/5-2/23	\$336	\$370
MON	8:1	7:00pm-8:20pm	1/5-2/23	\$336	\$370
TUES	8:1	10:00am-11:20am	1/6-2/24	\$336	\$370
TUES	8:1	8:30pm-9:50pm	1/6-2/24	\$336	\$370
WED	8:1	12:00pm-1:20pm	1/7-2/25	\$336	\$370
THURS	5:1	10:00am-11:20am	1/8-2/26	\$474	\$522
THURS	8:1	8:30pm-9:50pm	1/8-2/26	\$336	\$370
FRI	8:1	2:30pm-3:50pm	1/9-2/27	\$336	\$370
SAT	8:1	7:10pm-8:30pm	1/3-2/21	\$336	\$370
SUN	8:1	4:10pm-5:30pm	1/4-2/22	\$336	\$370

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

DAY	RATIO	TIME	WINTER SESSION	\$ RESIDENT	\$ NON-RES
MON	8:1	1:00pm-2:20pm	1/5-2/23	\$336	\$370
TUES	8:1	2:30pm-3:50pm	1/6-2/24	\$336	\$370
TUES	8:1	7:00pm-8:20pm	1/6-2/24	\$336	\$370
WED	5:1	1:30pm-2:50pm	1/7-2/25	\$474	\$522
WED	8:1	7:00pm-8:20pm	1/7-2/25	\$336	\$370
THURS	8:1	10:00am-11:20am	1/8-2/26	\$336	\$370
THURS	8:1	7:00pm-8:20pm	1/8-2/26	\$336	\$370
SAT	8:1	5:40pm-7:00pm	1/3-2/21	\$336	\$370
SUN	8:1	2:40pm-4:00pm	1/4-2/22	\$336	\$370

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

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

SF · WINTER 2026 · ADULT SPECIALTY & NTRP TENNIS

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

Registration Opens Tuesday, October 28th @1pm · 8-week session · Age 16Y+ · Ratio = players per court

Register on CourtReserve: <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 to receive class updates

Winter Makeups may be scheduled during the Winter session, the Winter Makeup Period on March 1-9, or the beginning of Spring 1.

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

DAY	RATIO	TIME	WINTER SESSION	\$ RESIDENT	\$ NON-RES
MON	5:1	1:00pm-2:20pm	1/5-2/23	\$474	\$522
WED	5:1	10:30am-11:50am	1/7-2/25	\$474	\$522
THURS	5:1	1:00pm-2:20pm	1/8-2/26	\$474	\$522
FRI	5:1	1:00pm-2:20pm	1/9-2/27	\$474	\$522

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

DAY	RATIO	TIME	WINTER SESSION	\$ RESIDENT	\$ NON-RES
FRI	5:1	2:30pm-3:50pm	1/9-2/27	\$474	\$522
FRI	5:1	6:30pm-7:30pm (60min)	1/9-2/27	\$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	WINTER SESSION	\$ RESIDENT	\$ NON-RES
MON	5:1	10:00am-11:20am	1/5-2/23	\$474	\$522
TUES	5:1	2:30pm-3:50pm	1/6-2/24	\$474	\$522
WED	5:1	1:30pm-2:50pm	1/7-2/25	\$474	\$522
THURS	5:1	2:30pm-3:50pm	1/8-2/26	\$474	\$522
SUN	5:1	7:10pm-8:30pm	1/4-2/22	\$474	\$522

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

DAY	RATIO	TIME	WINTER SESSION	\$ RESIDENT	\$ NON-RES
MON	5:1	2:30pm-3:50pm	1/5-2/23	\$474	\$522
TUES	5:1	11:30am-12:50pm	1/6-2/24	\$474	\$522
WED	5:1	7:30pm-8:30pm (60min)	1/7-2/25	\$327	\$360
THURS	5:1	1:00pm-2:20pm	1/8-2/26	\$474	\$522
FRI	5:1	11:30am-12:50pm	1/9-2/27	\$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 | 4.0+ & 4.5+ Approval Request Form: <https://www.cognitofrms.com/LifetimeActivitiesInc/SFNTRP4045ApprovalApplication>

DAY	NTRP	RATIO	TIME	WINTER SESSION	\$ RESIDENT	\$ NON-RES
TUES	3.5	5:1	1:00pm-2:20pm	1/6-2/24	\$474	\$522
THURS	3.5	5:1	11:30am-12:50pm	1/8-2/26	\$474	\$522
FRI	3.5	8:1	7:40pm-9:00pm	1/9-2/27	\$336	\$370
SAT	3.5	8:1	2:40pm-4:00pm	1/3-2/21	\$336	\$370
SUN	3.5	8:1	5:40pm-7:00pm	1/4-2/22	\$336	\$370
FRI	4.0+ ★	5:1	10:00am-11:20am	1/9-2/27	\$474	\$522
SAT	4.0+ ★	5:1	4:10pm-5:30pm	1/3-2/21	\$474	\$522
FRI	4.5+ ★	5:1	10:00am-11:20am	1/9-2/27	\$474	\$522
SAT	4.5+ ★	5:1	4:10pm-5:30pm	1/3-2/21	\$474	\$522