

CAPITAL RACQUET & FITNESS CENTER



**BISMARCK PARKS AND
RECREATION DISTRICT**
Est. 1927

Capital Racquet and Fitness Center

3200 N 10th St, Bismarck, ND 58503

Located just north of Century High School

701-221-6855 or 701-221-6856

We invite you to spend the day with us playing, working out, and relaxing at Capital Racquet and Fitness Center (CRFC). This Bismarck Parks and Recreation District facility is open seven days a week. Our staff is friendly and willing to make your experience with us an enjoyable one. CRFC is a welcoming family facility for all ages.

Vision

The vision of the Bismarck Parks & Recreation District is to be the leader and premier provider of public parks, programs, facilities and leisure services.

Mission

Our mission is to work with the community to provide residents and visitors the highest quality park, program, facility and event experience.

Core Values

Our core values are integrity, teamwork/cooperation, professionalism, diversity, honesty/accountability, respect and community.

HOURS OF OPERATION

Monday - Friday: 6 am -10 pm

Saturday: 7 am - 8 pm

Sunday: 10 am - 8 pm

Subject to change with seasons

*closed Christmas Day

*Look for us
on facebook!*



Bismarck Parks and Recreation District

400 East Front Ave, Bismarck ND 58504

701-222-6455 ✨ www.bisparks.org

GENERAL POLICIES

- All children 14 years old and under must be accompanied by an adult to use the weight room.
- Children may not be left unattended in the facility while a parent/guardian is using the facility.
- CRFC is an alcohol/tobacco free facility.
- CRFC is not responsible for lost or stolen items.

ACCESS

Every member is required to check in at the CRFC front desk to gain access to the building. After the fourth time a membership card is forgotten you will not be permitted to use the facility unless a new card is purchased. Replacing a lost or damaged card will cost \$5. A daily fee is required for all non-member use.

DIRECTIONS

From the North on US 83:

Take a right onto Weiss Ave. Take the first left to stay on Weiss Ave. Weiss Ave curves right and becomes 10th St.

From the West on I-94: Take Exit 159 toward US 83. Turn right onto 12 St/US 83/State St. Turn left onto Weiss St., etc.

From the East on I-94: Take Exit 159 toward US 83. Turn left onto State St/12th St. Turn left onto Weiss Ave. etc.



COURT SPORTS

RACQUETBALL/WALLYBALL

- Five courts
- Complimentary equipment provided at the front desk
- Court reservations may be made seven days in advance by Gold members and two days in advance by Silver and Non-members.

RACQUETBALL/WALLYBALL LEAGUES

Leagues are free to all members. Ask at the front desk for dates, more information or to register.

Non-Member League Rates:

- Racquetball: \$64 (8 weeks)
- Wallyball: \$25 per person (8 weeks)

RACQUETBALL LESSONS

Racquetball lessons are taught by local players with 10+ years of experience in working with children and adults. Ask at the front desk for dates, times, more information or to register.

- Youth Lessons (Thursday evenings)
Member: \$10
Non-Member: \$15
- Adult Lessons (Monday evenings)
Member: \$25
Non-Member: \$30



TENNIS COURTS

Four tennis courts and complimentary equipment are provided for lessons and play. Ball machines and ball hoppers are available for rent. Courts are available for reservations for Gold Members seven days in advance and two days in advance for Silver and Non-Members.



TENNIS LESSONS

Lessons are taught by a USPTA Level One Certified Teaching Professional. All assistant teaching instructors are also certified through the United States Tennis Association (USTA), PRT or USPTA. Indoor Tennis Lessons run for six weeks per session. Ask at the front desk for dates, times, more information, or to register or call 701-221-6855. All lesson rates are based on one day a week. Lessons are held Monday through Thursday pending class sizes.

Youth Tennis Lessons

- Tiny Tots
- Netters
- Short Courters
- Ralleyers
- Aces/Baseliners
- JV/Varsity Drills

Adult Tennis Lessons

- 6-3-1 Beginner
- Advanced Beginner/Intermediate
- Adult Power Drills (1 hour)
- Adult Power Drills Punchcard

Group Tennis Lessons

- Private
- Semi-Private
- Group of 3
- Group of 4
- Group of 5
- Hitting Lesson



SPECIAL FEATURES

FITNESS CENTER

The weight room and cardio equipment are located on the upper level of CRFC. Featured equipment includes Magnum weight equipment and Precor, Life Fitness and Stairmaster cardio equipment. Flatscreen TV's are located in easy viewing distance throughout the cardio area.



BOOTCAMP

A fun, group workout designed to blast calories away! This is a challenging, creative workout sure to keep you involved and in great shape. A new session begins the first week of every month. Ask for more information or sign up at the CRFC front desk or online at www.bisparks.org.

PRO SHOP

A Pro Shop is available in our lobby with healthy snacks along with merchandise. We also have a full line of Prince tennis racquets available for purchase or demo. Racquet stringing is available and is done by a certified professional on our staff.

INDOOR WALKING & RUNNING TRACK

(1/9 mile)

A two-lane indoor track is located above the tennis courts.

BISMARCK GYMNASTICS ACADEMY

The Bismarck Gymnastics Academy is located on the west side of Capital Racquet & Fitness Center. The Bismarck Gymnastics Academy offers a variety of classes for all ages and ability levels. Check out what they have to offer by visiting their website, www.bismarckgymnastics.com or call 701-258-8956 for more information.

KIDZONE

Kidzone is our brand new childcare area. It is guaranteed for hours of fun! This area is open and staffed by a CRFC employee at the following times:

Monday -Thursday: 4pm-8pm
Friday: 4pm-7pm



FACILITY/GROUP RESERVATIONS

The facility may be reserved for special events and tournaments.

Please contact the Facility Specialist at 701-221-6855 for more information and rates.

EXTRA AMENITIES:

Complimentary coffee and popcorn are available to our members and guests everyday. Free wireless internet is available in the lobby for all our guests.

PERSONAL TRAINING

Our personal trainers are NETA and FitTour certified. Programs consist of cardiovascular exercise, and weight training individualized to each person. This service is available to members and non-members.

BODY COMPOSITION TESTING

Body Composition testing is a great way to see how your body is responding to your fitness routine and diet. A certified personal trainer will conduct the test and answer your questions on how to improve your overall health and increase your results.

Body Comp Test (one time): \$10
Body Comp Package (5x): \$40

GROUP FITNESS

Group Fitness classes are included in the membership fees. All of our instructors are certified and trained through an accredited organization for group exercise. Classes offered at CRFC:

- Cardio Tennis
- Pilates
- Stretch/Yoga
- Group Cycling
- Trim-n-Tone
- Cardio/Muscle Mix
- Butts-n-Guts
- Kids Fitness

Dual Membership

When you purchase a membership at either Capital Racquet and Fitness Center (CRFC) or BSC Aquatic and Wellness Center (BSC AWC), the membership will be a dual membership for both facilities.

Membership at CRFC includes use of the weight room, group fitness classes, racquetball, wallyball, track, sauna, Jacuzzi and racquetball and wallyball league play.

Membership at the BSC AWC includes the wellness center, group fitness classes, pools, swimming lessons and pool group exercise classes.

Age:	Fees:
12 & under (swimming pools only)	\$15/mo.
Student (ages 13 - 18 or with college ID)*	\$40/mo.
Adult (ages 19-64)	\$50/mo.
Household**	\$75/mo.
Senior (ages 65+)	\$42.50/mo.
** A Household is up to two adults and their dependant children high school age and under including any children under their care.	

Other Rates at BSC Aquatic & Wellness Center

Locker Rental	Birthday Pool Party Packages: \$65	Room Rentals at AWC		
6 months	\$50	• 10 guest passes	Rooms 1,2, or 3	\$20/hr
12 months	\$85	• 2 hrs of room use	Two Rooms	\$30/hr
Lock	\$1/day	• Birthday child receives free shirt	Three Rooms	\$40/hr
			Fitness Studio	\$30/hr

Daily Rates for non-members

12 & under	\$4
Student (ages 13-18 or with college ID)	\$5
Adult (ages 19 - 20)	\$6
Household**	\$25 max.
Senior (ages 65 +)	\$5
Daily Admission Coupon Book (12 passes)	\$65
Playground: \$1 per child	

Capital Racquet & Fitness Center Tennis Package Options

Both Silver and Gold Packages are dual memberships.

Gold Membership: Gold memberships include two hours of tennis per day. Gold member's court time does not cover other tennis players on the court. Tennis court reservations can be made up to seven days in advance and reduced rates are available on tennis leagues and lessons.

Silver Membership: Tennis court time and tennis leagues and lessons are available at reduced rates. Tennis court reservations may be made up to two days in advance. Silver Membership rates are the same as the above dual membership rates.

Gold Package Rates

Age:	Fees:
12 & under	\$55/mo.
Student (ages 13 - 18 or with college ID)	\$80/mo.
Adult (ages 19 - 64)	\$100/mo.
Household**	\$150/mo.
Senior (ages 65+)	\$92.50/mo.

Silver Package Rates

Student (ages 13 - 18 or with college ID)*	\$40/mo.
Adult (ages 19-64)	\$50/mo.
Household**	\$75/mo.
Senior (ages 65+)	\$42.50/mo.

Discount Package Options

Corporate Discounts

5-10 employees (10%), 11+ employees (20%)

Add or buy discounted rates of 10% for \$200 annually, or 20% for \$400 annually. Ask at the front desk for details or to find out if you are eligible.

Fitness Reimbursement Program

Adult up to \$20; Family up to \$40

Ask at the front desk for details or to find out if you are eligible through your health insurance program.

Other Rates at Capital Racquet & Fitness Center

Tennis Rates at CRFC

Tennis Coupon Book	Member: \$50
	Non-Member: \$96
Includes 12, 1.5 hour tennis court passes	

Prices are subject to change.