

# I WOULD LIKE TO JOIN A BOWLING LEAGUE THIS SEASON AT RAB'S!

By completing this form you are showing interest in joining a fall/winter bowling league at Rab's Country Lanes. If you have any questions or concerns, please do not hesitate to contact: Nazareth Laursen, (718) 979-1600, [leagues@bowlatrabs.com](mailto:leagues@bowlatrabs.com)

Name	<input type="text"/>	Average	<input type="text"/>
Address	<input type="text"/>		
City	<input type="text"/>	State	<input type="text"/>
Zip	<input type="text"/>		
Phone #	<input type="text"/>	Email	<input type="text"/>

☐ I would like to join a team ☐ I have \_\_\_\_ # of people interested in joining ☐ I have a full team

I am available to bowl on the following day(s):

☐ Monday ☐ Friday  
☐ Tuesday ☐ Saturday  
☐ Wednesday ☐ Sunday  
☐ Thursday

At the following times:

☐ Morning (9:00 AM)  
☐ Afternoon (12:00 PM)  
☐ Early Evening (6:30 PM)  
☐ Late Evening (9:30 PM)

Type of League ☐ Men ☐ Women ☐ Mixed ☐ Family ☐ Beginner ☐ Youth

I am interested in a specific league:

The last time I bowled in a league:

☐ Never ☐ Last Season ☐ 2-5 Years ago ☐ 5+ Years ago

If you bowled in a league last season, what league(s) did you bowl in?

Teammates:

Name & Phone #  Name & Phone #

Name & Phone #  Name & Phone #

## BOWLING IS READY. WHEN YOU ARE! GET IN THE GAME FOR A LIFETIME OF MEMORIES

# JOIN A BOWLING LEAGUE



## THIS SEASON AT



### WHY?

CAMARADERIE • FUN • FITNESS • RELAXATION • PERKS

THERE'S SOMETHING FOR EVERYONE!

WOMEN • MEN • MIXED • FAMILIES • KIDS • COUPLES • SENIORS

COMPLETE THE FORM ATTACHED OR SIGN UP ONLINE AT [BOWLATRABS.COM](http://BOWLATRABS.COM)!

1600 Hylan Boulevard • Staten Island, NY • [f](https://www.facebook.com/bowlatrabs) [i](https://www.instagram.com/bowlatrabs) [@bowlatrabs](https://www.tiktok.com/@bowlatrabs)

# 2021-2022 FALL/WINTER

# BOWLING LEAGUE SCHEDULE

All full season fall leagues start after September 6th & run through May for 36 Weeks, unless noted.

## MIXED LEAGUES

DAY	TIME	BOWLERS PER TEAM	LEAGUE NAME	BOWLERS WELCOME/DETAILS
Wednesday	6:45 PM	5	MisMates	Team/Couples/Individuals
Thursday	6:30 PM	4	Thursday Night Mixed	Team/Couples/Individuals
Friday	7:00 PM	4	Friday Mixed Quartets	Team/Couples/Individuals
Friday	7:00 PM	4	Friday Bowlers	Team/Couples/Individuals
Sunday	7:00 PM	4	Donna Zajac Memorial Mixed	Team/Couples/Individuals

## VACATION MIXED LEAGUES

DAY	TIME	BOWLERS PER TEAM	LEAGUE NAME	BOWLERS WELCOME/DETAILS
Saturday	6:00 PM	4	Rab's Vacation League powered by Millennium Travel	Team/Couples/Individuals

## BEGINNER'S MIXED BOWLING LEAGUES

DAY	TIME	BOWLERS PER TEAM	LEAGUE NAME	BOWLERS WELCOME/DETAILS
Tuesday	9:30 PM	4	Splitz Co-Ed Pizza & Beer Every Week	Perfect for Beginners

## ONCE-A-MONTH MIXED LEAGUES

DAY	TIME	BOWLERS PER TEAM	LEAGUE NAME	BOWLERS WELCOME/DETAILS
Tuesday	9:30 PM	4	Boy's Nite Out	Open to all NYC Firefighters
Saturday	7:30 PM	4	Saturday Nite Out	Team/Couples/Individuals
Sunday	5:00 PM		Mediocre Bowling Association	Join at thebastinks.com

## SENIOR LEAGUES

DAY	TIME	BOWLERS PER TEAM	LEAGUE NAME	BOWLERS WELCOME/DETAILS
Monday	10:00 AM	4	Golden Oldies - 55 & Over	Team/Couples/Individuals
Tuesday & Thursday	9:30 AM		Rab's Senior Men's Club 50 & Over	No Commitment, Come Down & Join Us!

## LADIES EVENING LEAGUES

DAY	TIME	BOWLERS PER TEAM	LEAGUE NAME	BOWLERS WELCOME/DETAILS
Monday	6:00 PM	4	Colonial Funeral Home Ladies	Team/Couples/Individuals
Tuesday	6:45 PM	4	Rab's Girls	Team/Couples/Individuals

**JOIN THE EXCITEMENT TODAY!**  
Complete the application on the back or sign up at [bowlatrab.com](http://bowlatrab.com)



## LADIES DAYTIME LEAGUES

DAY	TIME	BOWLERS PER TEAM	LEAGUE NAME	BOWLERS WELCOME/DETAILS
Monday	9:30 AM	3	Manic Monday Ladies	Teams/Individuals
Tuesday	9:30 AM	3	Tuesday Early Bird Special	Teams/Individuals
Wednesday	9:30 AM	3	Wednesday Morning Fun	Teams/Individuals
Wednesday	9:30 AM	3	Early Birds	Teams/Individuals
Thursday	9:30 AM	3	Pinsetter Madames	Teams/Individuals
Thursday	11:50 AM	3	Thursday Afternoon Ladies	Teams/Individuals
Friday	9:30 AM	3	Our Lady Star of the Sea Ladies	Teams/Individuals
Friday	9:50 AM	3	Friday Morning Breakfast	Teams/Individuals

## MEN'S LEAGUES

\* Women Welcome

DAY	TIME	BOWLERS PER TEAM	LEAGUE NAME	BOWLERS WELCOME/DETAILS
Monday	8:30 PM	4	Holy Spirit	Teams/Individuals
Monday	8:30 PM	4	Rab's Scratch Draft Classic *	Bowlers are Drafted onto Teams!
Tuesday	6:45 PM	5	Fire Extinguisher Maintenance Company Rab Wilkinson Memorial Men's League	Teams/Individuals
Tuesday	9:30 PM	3	Mike Massaroli Memorial Triples *	Teams/Individuals
Wednesday	6:45 PM	5	All Pro Electric of NY Men's League	Teams/Individuals
Thursday	6:45 PM	5	R.C. American Legion McGuire Men's League	Teams/Individuals

## FAMILY LEAGUES

DAY	TIME	BOWLERS PER TEAM	LEAGUE NAME	BOWLERS WELCOME/DETAILS
Sunday	9:30 AM	4	Rab's Family Fun League	All Families Welcome!

**GET YOUR CHILD INTO ONE OF THE COUNTRY'S LARGEST YOUTH BOWLING PROGRAMS!**

**Programs for ALL AGES!**

See separate Youth Programs Flyer for additional information & program offerings.



**LEAGUE BOWLERS GET REWARDED!**

EARN CASH BACK REWARDS ON ALL PURCHASES AT RAB'S!  
GET YOUR CARD AT THE FRONT DESK TODAY.

