

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

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"/>

<input type="checkbox"/> I would like to join a team	<input type="checkbox"/> I have ____# of people interested in joining	<input type="checkbox"/> I have a full team
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I am available to bowl on the following day(s):

<input type="checkbox"/> Monday	<input type="checkbox"/> Friday
<input type="checkbox"/> Tuesday	<input type="checkbox"/> Saturday
<input type="checkbox"/> Wednesday	<input type="checkbox"/> Sunday
<input type="checkbox"/> Thursday	

At the following times:

<input type="checkbox"/> Morning (9:00 AM)
<input type="checkbox"/> Afternoon (12:00 PM)
<input type="checkbox"/> Early Evening (6:30 PM)
<input type="checkbox"/> Late Evening (9:30 PM)

Type of League	<input type="checkbox"/> Men	<input type="checkbox"/> Women	<input type="checkbox"/> Mixed	<input type="checkbox"/> Family	<input type="checkbox"/> Beginner	<input type="checkbox"/> Youth
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I am interested in a specific league:	<input type="text"/>
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The last time I bowled in a league:

<input type="checkbox"/> Never	<input type="checkbox"/> Last Season	<input type="checkbox"/> 2-5 Years ago	<input type="checkbox"/> 5+ Years ago
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If you bowled in a league last season, what league(s) did you bowl in?

<input type="text"/>

Teammates:

Name & Phone #	<input type="text"/>	Name & Phone #	<input type="text"/>
Name & Phone #	<input type="text"/>	Name & Phone #	<input type="text"/>

FALL BACK INTO BOWLING
THE LANES ARE WAITING FOR YOU...



JOIN A BOWLING LEAGUE THIS SEASON AT RAB'S

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
1600 HYLAN BOULEVARD • STATEN ISLAND, NY • [f](#) [t](#) [i](#) [s](#) [d](#) @bowlatrabs

2023-2024 FALL/WINTER

BOWLING LEAGUE SCHEDULE

All full season fall leagues start after September 5th & run through May for 36 Weeks, unless noted.

MIXED LEAGUES

DAY	TIME	BOWLERS PER TEAM	LEAGUE NAME	BOWLERS WELCOME/DETAILS
Wednesday	12:30 PM	3	 Rab's Day Break	Team/Couples/Individuals
Wednesday	6:30 PM	5	MisMates	Team/Couples/Individuals
Thursday	6:30 PM	4	Thursday Night Mixed	Team/Couples/Individuals
Friday	7:00 PM	4	Flagship Brewery Friday Bowlers	Team/Couples/Individuals
Friday	7:00 PM	4	Friday Night Mixed Quartets	Team/Couples/Individuals
Saturday	6:00 PM	3	Fil-Am Bowling League	Team/Couples/Individuals
Sunday	7:00 PM	4	Donna Zajac Memorial Mixed	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 12 Week Sessions	Perfect for Beginners Pizza & Beer Every Week!

ONCE-A-MONTH MIXED LEAGUES

DAY	TIME	BOWLERS PER TEAM	LEAGUE NAME	BOWLERS WELCOME/DETAILS
Saturday	7:30 PM	4	Saturday Nite Out	Team/Couples/Individuals
Sunday	5:00 PM		Mediocre Bowling Association	Join & Learn More at: mediocrebowlingassociation.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 Bowl With Us!

LADIES EVENING LEAGUES

DAY	TIME	BOWLERS PER TEAM	LEAGUE NAME	BOWLERS WELCOME/DETAILS
Tuesday	6:40 PM	4	Rab's Girls	Team/Couples/Individuals



JOIN THE EXCITEMENT TODAY!

Complete the application on the back or sign up at bowlatrabs.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	9:35 AM	3	Our Lady Star of the Sea Ladies	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	3	Rab's Scratch Draft Classic *	Bowlers are Drafted onto Teams!
Tuesday	6:25 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	6:20 PM	5	KMS Realty Draper & Kramer Mortgage 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!

LEAGUE BOWLERS GET REWARDED!

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



**GET YOUR CHILD IN THE GAME WHERE NOBODY
SITS THE BENCH... BOWLING!**

Programs for ALL AGES!

See separate Youth Programs flyer for additional information & program offerings