

2025 SUMMER BOWLING LEAGUE SCHEDULE



SUMMER BOWLING LEAGUES START AFTER MAY 27, 2025

MIXED LEAGUES

| DAY | TIME | BOWLERS PER TEAM | LEAGUE NAME | BOWLERS WELCOME/DETAILS |
|-----------|---------|------------------|------------------------|--|
| Tuesday | 7:00 PM | 2 | Summer Doubles | Team/Couples/Individuals |
| Wednesday | 7:00 PM | 4 | Wednesday Summer Mixed | Team/Couples/Individuals |
| Thursday | 8:30 PM | 4 | Summer Splitz Mixed | Pizza & Beer Every Week Perfect for Beginners |

MEN'S LEAGUES

| DAY | TIME | BOWLERS PER TEAM | LEAGUE NAME | BOWLERS WELCOME/DETAILS |
|----------|---------|------------------|---------------------------------|-------------------------|
| Tuesday | 8:00 PM | 3 | Tuesday Knights | Team/Individuals |
| Tuesday | 9:30 PM | 2 | Mike Massaroli Memorial Doubles | Team/Individuals |
| Thursday | 7:00 PM | 4 | Summer Men | Team/Individuals |

LADIES LEAGUES

| DAY | TIME | BOWLERS PER TEAM | LEAGUE NAME | BOWLERS WELCOME/DETAILS |
|---------|---------|------------------|--------------|-------------------------|
| Tuesday | 7:00 PM | 4 | Summer Girls | Team/Individuals |

LADIES DAYTIME LEAGUES

| DAY | TIME | BOWLERS PER TEAM | LEAGUE NAME | BOWLERS WELCOME/DETAILS |
|-----------|----------|------------------|--------------------|-------------------------|
| Wednesday | 10:00 AM | 3 | Summer Early Birds | Team/Individuals |

SENIOR LEAGUES

| DAY | TIME | BOWLERS PER TEAM | LEAGUE NAME | BOWLERS WELCOME/DETAILS |
|--------------------|----------|------------------|-------------------|---------------------------------|
| Monday | 10:00 AM | 4 | Golden Oldies | 55 & Over • Couples/Individuals |
| Tuesday & Thursday | 10:00 AM | | Senior Men's Club | Come Down & Join Us! |

FAMILY LEAGUES

| DAY | TIME | BOWLERS PER TEAM | LEAGUE NAME | BOWLERS WELCOME/DETAILS |
|----------|---------|------------------|-------------------------|-------------------------------------|
| Thursday | 6:30 PM | 4 | Family Night Out | Friends+Family+Bowling = Thumbs Up! |
| Sunday | 5:00 PM | 2 | Have-A-Ball Adult/Child | Everyone gets a Bowling Ball! |

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

By completing this form you are showing interest in joining a summer 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

Complete this form or sign-up online, bowlatrabs.com today!

Name Average

Address

City State Zip

Phone # Email

☐ 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):

At the following times:

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

☐ 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 & # Name & #

Name & # Name & #