

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

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):

☐ Monday

☐ Tuesday

☐ Wednesday

☐ Thursday

☐ Friday

☐ Saturday

☐ Sunday

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 #

LEAVES ARE FALLING,
PINS ARE CALLING!



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 @bowlatrabs

2025-2026 FALL/WINTER

BOWLING LEAGUE SCHEDULE

All full season fall leagues start after September 1st & 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	Friday Bowlers	Team/Couples/Individuals
Friday	7:00 PM	4	Friday Night Mixed Quartets	Team/Couples/Individuals
Saturday	6:00 PM	4	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 LEAGUES

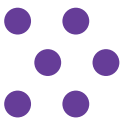
DAY	TIME	BOWLERS PER TEAM	LEAGUE NAME	BOWLERS WELCOME/DETAILS
Wednesday	9:45 PM	4	Boys Nite Out	Open to all NYC Firefighters!
Saturday	7:30 PM	4	Saturday Nite Out <i>2nd Saturday of the Month</i>	Team/Couples/Individuals
Saturday	7:30 PM	4	Rab's Monthly Bowling Bash <i>3rd Saturday of the Month</i>	Team/Couples/Individuals
Sunday	4:30 PM		Mediocre Bowling Association	Join & Learn More at: mediocrebowlingassociation.com

SENIOR LEAGUES

DAY	TIME	BOWLERS PER TEAM	LEAGUE NAME	BOWLERS WELCOME/DETAILS
Monday	9:30 AM	4	Golden Oldies <i>55 & Over</i>	Team/Couples/Individuals
Tuesday & Thursday	9:30 AM		Rab's Senior Men's Club <i>50 & Over</i>	No Commitment Come Down & Join 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	Early Birds	Teams/Individuals
Wednesday	9:30 AM	3	Wednesday AM Fun	Teams/Individuals
Wednesday	9:30 AM	3	Wednesday Morning Breakfast	Teams/Individuals
Thursday	9:30 AM	3	Pinsetter Madames	Teams/Individuals
Thursday	12 NOON	3	Thursday Afternoon Ladies	Teams/Individuals
Friday	9:30 AM	3	Friday Morning Friendship	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	Ray Laursen Memorial Scratch Draft Classic *	Bowlers are Drafted onto Teams!
Tuesday	6:25 PM	5	Fire Extinguisher Maintenance Company Rab Wilkinson Memorial Men	Teams/Individuals
Tuesday	9:30 PM	3	Mike Massaroli Memorial Triples *	Teams/Individuals
Wednesday	6:20 PM	5	KMS & United Real Estate Men	Teams/Individuals
Thursday	6:45 PM	5	Richmond County American Legion McGuire Men	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