

# 2026 SUMMER BOWLING LEAGUE SCHEDULE



SUMMER BOWLING LEAGUES START AFTER MAY 25, 2026

## 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](http://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:

<input type="checkbox"/> Monday	<input type="checkbox"/> Friday	<input type="checkbox"/> Morning (9:00 AM)
<input type="checkbox"/> Tuesday	<input type="checkbox"/> Saturday	<input type="checkbox"/> Afternoon (12:00 PM)
<input type="checkbox"/> Wednesday	<input type="checkbox"/> Sunday	<input type="checkbox"/> Early Evening (6:30 PM)
<input type="checkbox"/> Thursday		<input type="checkbox"/> 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 & #