

Reasons to Bowl in a League

Lets Face it, League Bowling is Awesome. It is a popular recreational sport – and if you're not a league bowler, chances are you know one (even if you don't think you do). League bowling has given many people many hours of happiness and frustration since its creation. Waterdown Lanes has leagues available for all types of bowlers.

Here are 10 reasons why you should Join a Bowling League!

1.) The Characters

League bowling brings out some of the most colorful interesting fun personalities in the world! You have no idea these people are in your community until you join a bowling league. From Unbelievably talented bowlers to inexplicably charismatic humans, you get a cross-section of society you didn't realize existed.

2.) Camaraderie

Typically, you'll find the word "camaraderie" thrown around in team sports, particularly hockey. People past their primes play the games so they can relive the locker-room banter and hilarity. Bowling is no different (except it all happens in the stinky bowling alley rather than the stinky locker room). Bowling leagues, especially with your friends (or strangers who will become your friends), are great ways to spend a few hours a week.

3.) FUN

Bowling is a great way to have a weekly date with your significant other, or your family. Bowling is also a great way to have one day a week without your significant other, or your family ☺ Bowling is Social in Nature and is fun. Whether league bowling or not, it's a good time to bowl. Joining a league keeps you accountable to yourself - you're going to bowl at least once a week. There is something for everyone, so nobody should feel they are not good enough to try.

4.) Money

Small-time gambling is acceptable in most bowling leagues. Often, half your league fees go toward your bowling and the other half goes toward the prize fund. At the end of the season, you and your team will receive prize money based on where you finish. Depending on your League, Individual prizes are usually up for grabs, too.

5.) Fitness

WHAT?!? You can get fit by bowling? Common perception and stereotypes would suggest you can't. And if bowling once a week is the only bit of exercise you get, then don't expect a sculpted physique by the end of the season. Still, repeatedly hurling a heavy sphere requires strength and endurance, and you can burn a significant number of calories while bowling.

6.) Pizza

That is right Folks, Waterdown lanes has DELICIOUS Pizza!! We also have an extensive menu full of Chicken or Beef Hot Dogs, 5 Pin Poutine, Crispy Fries, Nachos...the mouth watering list goes on and on. It does counteract the exercise point but life is all about balance. Plus, many bowling leagues will help you relive your childhood pizza parties by giving you adult pizza parties.

7.) Leagues don't judge

Leagues are organized with various numbers of teams consisting of all men, all women, all youth, All seniors, as well as combinations of men and women, youth and adult. Leagues consist of people of all age groups, all walks of life, and all levels of athletic skills. League bowling has a more equal form of competition because of its handicap system. An inexperienced bowler may compete with a bowler of more experience and skill and still have a chance to win. The leagues meet on a regularly scheduled basis, normally once a week, to compete against each other as teams. Some compete for prize money, some for trophies, but all of them compete for the fun and enjoyment of bowling.

8.) Cash Incentive

League members can earn \$20.00 CASH for each new bowler that they bring to join their bowling league for the season. Waterdown Lanes offers its extremely successful 'Bring A Friend' Cash Incentive to every member in your league.

- The 'Bring A Friend' Cash Incentive is paid according to the following criteria:
- The new bowler could not have bowled in a league at Waterdown Lanes in the previous season
- League members will receive \$10.00 CASH for each new bowler they bring to join a league. This is paid after the new bowler has bowled 2 weeks in the league
- League members will receive the remaining \$10.00 CASH at the end of the season for each new bowler that they brought to join the league, providing that both the bowler and the new bowler have completed the full league season at Waterdown Lanes
- League secretaries are required to complete a 'Bring A Friend' Incentive form when each new bowler is brought to join your league
- 'Bring A Friend' Incentive forms must be submitted to one of our staff members on or before November 30th, 2013. A signed copy is returned to the league secretary
- League secretaries are required to submit a list of 'Bring A Friend' participants to the Manager of Waterdown Lanes no later than the second last week of bowling so that the remaining \$10.00 CASH 'Bring A Friend' Incentive can be paid to the applicable league bowlers.

9.) Relaxation

Except on the nights during which you're bowling so poorly you find yourself doing anything but relaxing, the sport can give you a nice respite from the work day or work week. Show up, relax, hang out with a few friends, throw a few frames, and have fun.

10.) Status

"Yeah. I bowl." You'll be amazed by how many people are impressed when they find out you bowl in a league. It's awesome....

How Do Bowling Leagues Work?

There are many different kinds of bowling leagues. Adult and youth bowling to mixed leagues for both sexes. You can enroll into Waterdown Lanes Bowling leagues anytime, just give us your name and contact information and we will be sure to put you in touch with one of our League executives. Adult bowling leagues usually consist of 4-5 members and youth bowling is made up of teams of 3-4 players. A bowling league usually has 3 games with the entire game taking around 2.5 hours to play from start to finish. Many bowling leagues play for winning trophies or other awards

and many leagues also play to raise money for *funding projects* or for *charity*, making bowling not only competitive and fun but also a rewarding experience.

We all know how important it is to keep active. In an era of rising obesity in adults and children alike, keeping active is more important now than ever. How do you convince your kids to leave their favourite TV show and stop playing video games to go exercise? You've got to mix fun and activity together to get them excited. Here's where bowling leagues come in. Bowling leagues are a great way to keep your kids active and help them interact, socialize and make new friends.

But **bowling leagues** are not just for kids. If you are a beginner or an experienced bowler, joining a bowling league can be an exciting experience. Bowling is a sport that has a low learning curve and allows you to meet different people and give you much-needed relaxation really helping you unwind from daily stresses. It also offers an element of competition making it a *satisfying team sport* to strive to get better at.

Join A Bowling League Today!

We have bowling leagues for both adults and children. For kids, games are held once a week where your child gets to bowl two - three games and interact with other kids. This is a great way for your child to get out of the house, get active and have fun all at once. Call us to sign up your child for a league today!

By joining an adult league you get to connect with old friends and meet new acquaintances every week. If you've been wanting to do something with a group of friends that everyone can participate in then bowling leagues are perfect for you. Put on your bowling shoes and call us to confirm your spot!

To sign up to a bowling league or check out rates and times simply call us at (905) 689-4782.

If you want **fun, exercise, competition** and **socializing** all in one (without breaking your wallet) bowling leagues are your definite answer – guaranteed!

Hope to see you all this Season!!!