

Why join a league?

We Sell Fun for a living here at Cordova Lanes, and many say the most fun is bowling in a league. Here's how leagues add fun to the bowling experience:

1. Leagues aren't groups of strangers; they're friends you haven't met yet. Joining a league means you've been adopted by a group of folks with the same interests as you!
2. Bowling is good, light aerobic exercise. As with any exercise, it's most effective when done regularly. And your fellow bowlers will be there to help when you just can't get motivated.
3. Bowling is good fellowship! And just like exercise, socializing is most effective when done regularly. Humans are social animals – exercise your mind and spirit along with your body.
4. Need a reliable professional? Bet there's someone in your league who can refer one for you.
5. Are you a reliable professional? Want more business? Let your bowling partners become your business partners.

Whether you enjoy stiff competition or a relaxed atmosphere;

Whether you have time in the morning, afternoon or evening;

Whether you're physically fit or physically challenged;

Even if your right foot is bigger than your left foot - **We have a league for You!**

Bowling is Healthy!

- * **You burn an average of 240 calories per game**
- * **Three games of bowling equals one mile of walking**
- * **You average 864 pounds of lifting in three games**
- * **Bowling helps mental focus and developing discipline**
- * **You use 134 muscles each time you roll one ball**
- * **Bowling is a weight-bearing sport – great for building bones and muscles**