

# Mama Mondays

## MAMA NEEDS A BREAK BOWLING LEAGUE



### FOR WOMEN ONLY!

For NON-Serious / JUST FOR Fun Bowlers ONLY

**EVERYTHING  
★ INCLUDED ★**

Bowling, Food, Beverages,  
Team Shirts & FREE bowling ball  
for new league bowlers.



- Three games of league bowling per week.
- 4 personal size bottles of wine included for each team each week or (4) 32 oz. Rum Buckets or (2) pitchers of Beer or Margaritas or a round of mixed drinks.  
(The team chooses what they want.)

*"Cheap  
Entertainment!  
Very FUN & Social  
Bowling League"*

Each team gets to choose two  
FREE food items each week:  
Choose two from list below:

- FREE Meat, Cheese, & Cracker Plate
- FREE Platter of Boneless Wings
- FREE Pizza

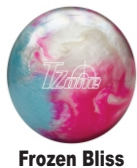
- FREE Shoe Rental.

- A fun end of league party / awards banquet.

- FREE Bowling Ball for new league bowlers.



Ocean Reef



Frozen Bliss



Caribbean  
Blue



Deep Space

**(9 pin no tap scoring)  
FUN New Scoring Format**

**9 counts as a STRIKE**



**Bowling Ball  
for new  
league bowlers**

\*A new bowler is defined as a bowler who has not bowled in a Rockford Area league in past 4 years.

**Who?**  
FOUR Women  
per team

**When?**  
Monday Nights 6:30 p.m.  
"Monday Nights just got FUN!"

**Where?**  
Forest Hills Lanes - Loves Park, IL

**How Much?**  
Only \$20 per bowler per week

**How Long?**  
Short Season - 14 weeks

**Start Date?**  
Nov. 13th, 2023

**Limited to first  
16 Teams  
to Register**

**Text 815-871-5591  
to save your team a spot.**



Text (815) 871-5591  
Phone: (815) 654-3900  
www.foresthillslanesil.com

# Looking for people who meet the following criteria:

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- 1) Must be a Woman!**
- 2) Must enjoy Food & Drinks**
- 3) Must be a Non-Serious / JUST FOR FUN bowler!**
- 4) MUST LIKE TO LAUGH AND HAVE FUN!**

Food & Beverages INCLUDED at no extra charge

## MAMA NEEDS A BREAK BOWLING LEAGUE

### League Registration Form

We are a complete team:

League Choice: Monday Night Mama Needs a Break Bowling League

We are a partial team, place us with another partial team

Bowler's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Bowler's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Bowler's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

I am an individual, place me on a team

Bowler's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**5 ways to Register: In person, online, phone, email or text.**

Forest Hills Lanes: 7742 Forest Hills Road - Loves Park IL 61111

Ph: (815) 654-3900 online at [www.foresthillslanesil.com](http://www.foresthillslanesil.com)

email: [foresthillslanes@gmail.com](mailto:foresthillslanes@gmail.com) or text registration to 815-871-5591