



Everyone Bowls - No One Sits the Bench - No Cuts

Harlem 3rd, 4th, 5th Grade Bowling Program - Fall 2025

- **Two Games each week**
- **1/2 hr coaching session each week**
- **Use of Shoes & Balls**
- **School Team Shirt**
- **USBC Certification**
- **Entry into the Rockford USBC Youth City Tournament.**

Forest Hills Lanes is the home bowling center for Harlem District IESA Bowling and Harlem High School IHSA Bowling.



Bowl for your School

Loves Park - Machesney - Maple - Olson Park - Ralston - Rock Cut - Windsor

- 16 week program

- Register Wednesday Aug 20th

- Program Starts Sept. 3rd - Ends Dec 17th

- Fun Awards Banquet at end of season.

One Time Fee - Includes everything
\$175 per bowler



Forest Hills Lanes: 7742 Forest Hills Rd. - Loves Park, IL 61111
Ph:(815) 654-3900 www.foresthillslanesil.com

**In Person
Registration
Wednesday Aug 27th
Anytime from 2 pm to 8 pm
(Sign-up as a Team
or Individual)**

- Teams of 3 or 4 bowlers.

**Program Coordinator - Kelly Nimtz
815-871-5591**