



THE LANE

Lanes - The playing field for bowling consisting of an approach, pins and targets.

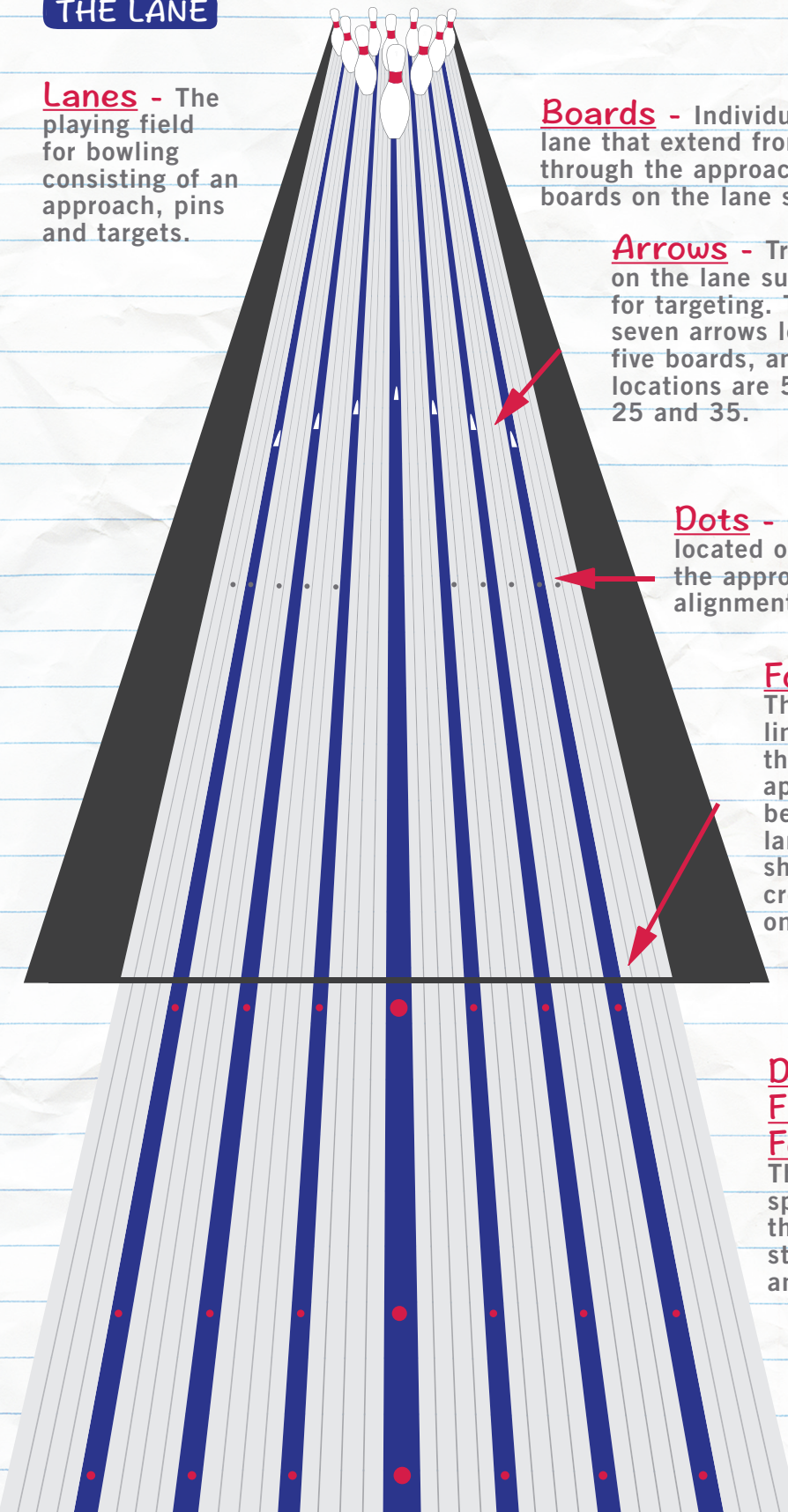
Boards - Individual lines on the lane that extend from the pins back through the approach. There are 39 boards on the lane surface.

Arrows - Triangular marks on the lane surface used for targeting. There are seven arrows located every five boards, and the board locations are 5, 10, 15, 20, 25 and 35.

Dots - Circular targets located on the lane and the approach used for alignment.

Foul Line - Thick black line located at the end of the approach and beginning of the lane. Bowlers should never cross the foul line onto the lane.

Distance From The Foul Line - The length of space between the bowler's starting position and foul line.



Approach - The area immediately in front of the lane before the foul line measuring at least 15 feet in length.



KEYWORDS

Front Desk - The front desk is the control center for everything. This is where you get a lane, shoes and any assistance while visiting the bowling center.

Concourse - The large open space for bowlers to prepare or gather during bowling. Typically located between the settee and entrance or walkway.

Settee - The seating area next to the lanes for players to prepare before bowling.

Ball Return - Device for returning the ball to the bowlers.

Shoes - You'll need a specific pair of bowling shoes to play the game. These are designed with custom leather or synthetic soles for sliding on the approach.

Bowling Ball - Used for knocking down the pins. They weigh up to 16 pounds and come in many varieties. House balls are provided for bowlers who do not have their own. Buying a personal ball and having it custom-fit can quickly improve your game.



1 WEEK 1

BOWLER GUIDE

STARTING POSITION

The bowler's beginning stance with their ball on the approach. To find your starting position on the approach, walk up to the foul line, turn around and face the bowlers' area with your heels about 2 inches in front of the foul line. Take 4.5 good-sized steps; on the last step, pivot on your toe. This will be your starting distance from the foul line. Adjust as needed. Use the dots on the approach as a guide for moving left or right on the approach.

WARM UP

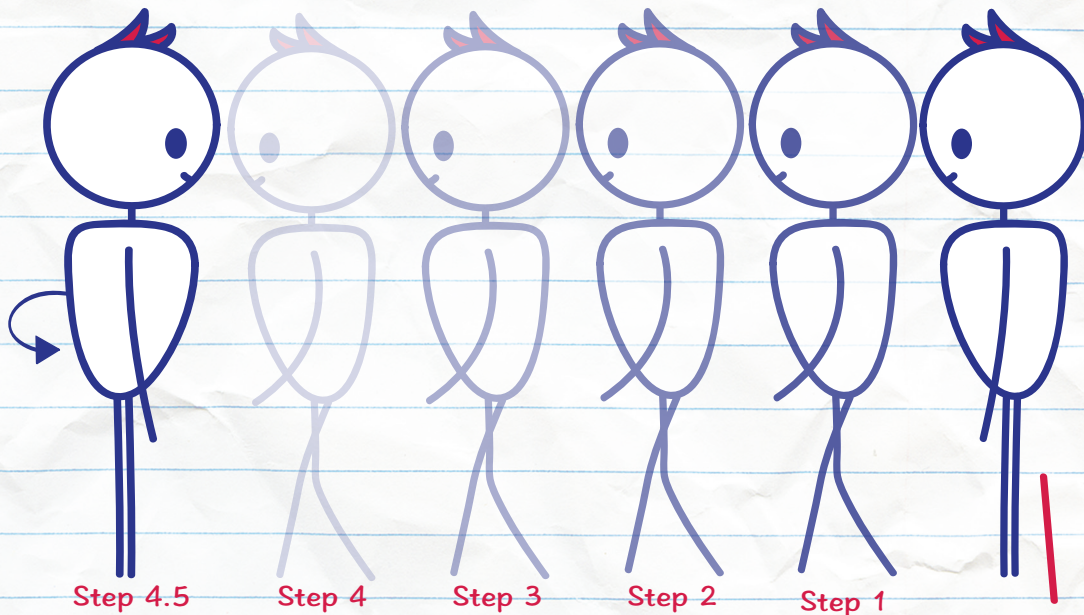
Exercises used to prepare the body for the physical activity of bowling.

STRETCHES

Exercises used to prepare the body for the physical activity of bowling.

LANE COURTESY

When two bowlers step on the approach at the same time, players should allow the bowler on the right to bowl first. Purposely being watchful of the lanes around you and allowing others to bowl at the proper time ensures a safe environment for everyone.

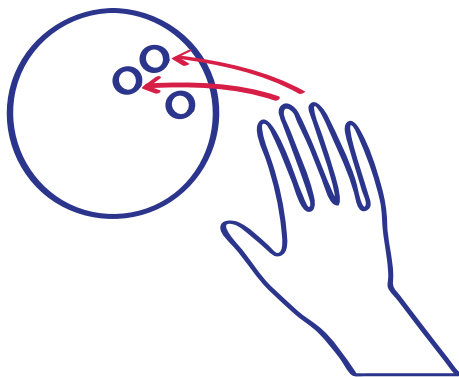


STEP-SWING-ROLL

Key words to describe the bowler's motions for going from start-to-finish on the approach. Bowlers begin with a step, then swing the ball while they walk before rolling it onto the lane.

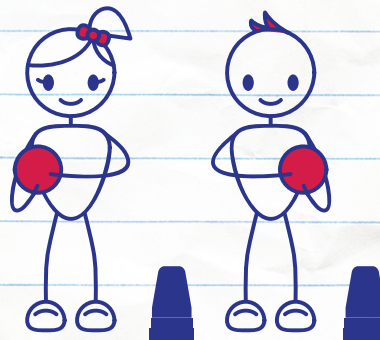
HAND IN THE BALL

How bowlers grip the ball. Typically, you will want to insert the middle and ring fingers first, followed by the thumb.



SWING-OUT, DOWN, BACK, THROUGH

Cadence of the bowler's swing and definition of the directions the ball travels throughout the path of a delivery.



SAFETY

The most important item to consider when bowling. Safety includes proper use of bowling balls, shoes and lanes. Any questions about safety should be taken to the front desk.