



# TOP 5

## Benefits of Joining a League (according to our experts)

There are quite a few benefits to joining a league, but here are our top 5 reasons why you should consider participating in a league at Ten Pin Alley.

### The People

Bowling is the great equalizer - meaning almost anyone and everyone can participate. The types of personalities you'll encounter will vary as wildly as the scores. But everyone participating shares at least one thing in common - the love of league play.

### It's Fun

Let's be honest, bowling is fun. So is bocce. You never know what's going to happen when you let go of that ball. The thrill of the strike, the sting of a gutter ball. Or the perfect shot which gives your team that extra point. Over time it will help you improve your game, which leads to you enjoying the activity more and having even more fun.

### Social Life

It's fun to see and spend time with friends once a week, and who knows you may very well end up making some new friends as the weeks progress as you play different teams. Leagues offer a great opportunity for a ladies night, couples night or guys night out.

### Fitness

You're not going to get into the best shape of your life, but leagues do provide some physical and mental benefits. In bowling, you are walking at every turn which burns calories and the average weight of a ball is 10 pounds. Combine these and you are helping strengthen muscles, improve your flexibility and balance. Mentally, what better way to blow off some steam than hurling a ball 60 feet into some pins and watching them explode in all directions? Hand-eye coordination is also strengthened as you continually maneuver, aim and adjust your shot.

### Rewards

Many leagues feature a prize fund in which most teams, if not all, receive some kind of monetary compensation for their achievements. So it's always nice to make a few extra bucks at the end. Others may have trophies but all provide you with a sense of personal accomplishment as you watch your scores and abilities improve over the course of the league.

For a complete lists of our available leagues, please visit [TenPinAlley.com/Leagues](https://TenPinAlley.com/Leagues) for additional details and easy on-line registration.