

FOR IMMEDIATE RELEASE

Media contact: Sue Voyles, 734-667-2005

## **Family Fun Nights Continue, Fall Youth Bowling League Sign-Up Around The Corner**

- **SEMBCA Helps Sponsor Night Filled With Free Games, Concert and More**
- **Fall Youth Bowling League Sign-Ups Throughout August**
- **Contact Your Local Bowling Center For Sign-Up Dates**

*Photo caption: Skore Lanes attended the recent Park-In Family Fun Night at Champaign Park in Allen Park. Pictured: Kelsey Caufield, Katie Long, Sara Brewer and Billy Visnaw as Mr. Pin.*

Troy MI - July 20, 2015 – If you haven't taken advantage of a Park-It Family Fun Night sponsored by the [South Eastern Michigan Bowling Centers Association](#) (SEMBCA) and others, there's still time before the kids head back to school.

From now until September 2, your family can enjoy a free evening that includes an outdoor concert, tons of kids' activities, giveaways and a movie under the stars. SEMBCA Acting Executive Director John Casbar said thousands of metropolitan Detroit families have already enjoyed Family Fun Nights at parks such as Livonia's Ford Field, Veterans Memorial Park in St. Clair Shores and Champaign Park in Allen Park.

"It's a very family-oriented event," said Casbar. He noted that bowling centers near the [Park-It Family Fun Night](#) events take part to help promote the sport. "It's all about awareness to get kids involved in bowling."

There are Park-It nights scheduled every week throughout the Metro Detroit area from now until the final Fun Night at Southfield's Inglenook Park on Wednesday, September 2. While that might be the end of the program for this year, fall youth bowling leagues will just be getting started.

Sign-up for the leagues, which range from age 4 to 20, will be held in August. Casbar, who is the business activity and marketing director for Sunnybrook Golf & Bowl in Sterling Heights, said sign-up times vary from bowling center to bowling center. “Your best bet is to contact your local center,” he added.

Links to SEMBCA member centers can be found at [sembca.com](http://sembca.com).

Youth bowling is a great way for your child to stay active from September to April. Did you know bowling can burn up to 180 calories per hour? In addition, 134 different muscles are used during bowling, from the quadriceps to the biceps! Bowling three games is also the equivalent of waling a mile. Parents, remember SEMBCA bowling centers are also smoke-free environments.

Besides staying active, youth bowling can help build your child's bank account for college.

Throughout a youth bowler's career, it's possible to accumulate points from tournaments and competitions that can significantly help fund college tuition and/or expenses. More than \$6 million in bowling scholarships are awarded nationally each year and can be used at nearly 40 Michigan colleges and universities, including Division 1-A schools.

Socialization is another benefit for youth bowlers. Bowling leagues and teams allow children to meet fellow players and spend time with friends. Social relationships around shared interests can also help build lifelong friendships.

### **About the South Eastern Michigan Bowling Centers Association**

*The bowling centers in Southeast Michigan, from Sterling Heights to South Lyon, are dedicated to raising awareness, promoting participation and enhancing the bowling experience for everyone. Joined together as SEMBCA, it's growing membership knows that bowling is the only sport where everything required for participation – balls, pins, shoes and refreshments – is available onsite and year-round. For more than 50 years the members of SEMBCA have reached out to local communities by providing charitable fund-raising opportunities, corporate employee involvement and wholesome family fun for all ages. Bowling can also be educational, with more than 20 million kids under 17 bowling each year and many going on to the 250 colleges and universities that offer bowling as a sport, with some even benefitting from the \$6 million in college bowling scholarships. Learn more at [www.sembca.com](http://www.sembca.com).*