

For Immediate Release

School's almost out so take the kids bowling

May 6, 2014 -- With summer scheduled to arrive – finally – in Southeast Michigan we know that not all those warm sunny days will turn out to be warm and sunny. Some will be cloudy and wet, making them good days to take the kids bowling to work off some excess energy.

The more than 35 members of the [South Eastern Michigan Bowling Centers Association](#) remind parents that bowling is a great family sport that can be enjoyed from toddlerhood to well into the 90s. Let the kids keep score – it's good math practice. They'll use more than 130 muscles on their way to bowling a 300 game – and some pre-teens have done that. They'll even use up around 200 calories.

While kids seem to outgrow their clothes, and particularly their shoes, every five minutes -- that's not a problem at your local bowling center. There's a wide variety of sizes and colors available to rent, along with balls of a variety of weights for the whole family from little kids to dad and mom.

Next time the forecast says rain, think “bowling” instead of video games. There's a South Eastern Michigan Bowling Center member not far away from your home. Find the nearest one at www.sembca.com – the new online home of the South Eastern Michigan Bowling Centers Association.

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About the South Eastern Michigan Bowling Centers Association

The more than 35 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, its members know 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 strived to reach out to the local community 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.

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