

SPRING - SUMMER LEAGUES 2026



Spring-Summer Leagues are now forming!

Perfect for keeping your skills sharp, adding to your social calendar, or trying something you haven't tried before
LEAGUES ARE OPEN TO EVERYONE AND ARE ALL HANDICAPPED / FUN LEAGUES

Spring Leagues Starting in May 2026

DAY	LEAGUE	Type	START DATE	TIME	#OF WEEKS	COST/PLAYER	#/TEAM
Monday	Strike it up!	Adaptive	May 11th	5pm	7 weeks X2	\$10	Ind / teams
Monday	PBA Experience	Sport Bowling	May 11th	6:30pm	13 weeks	\$20	3
Tuesday	Senior Social	Seniors	May 12th	10am	Drop In	\$12	Individuals
Tuesday	Pub-Grub-Ball	Co-Ed	May 12th	6:30pm	16 weeks	\$20	4
NEW! Tuesday	Quaternity	Co-Ed / Travel	May 5th	6:30	13 weeks	\$20	4
Wednesday	Senior Social	Seniors	May 13th	12noon	Drop In	\$12	Individuals
Wednesday	Have A Ball	Mixed	May 13th	6:30pm	16 weeks	\$15 - \$35 Ball pkgs	4
Thursday	Have A Ball	Mixed	May 14th	6:30pm	16 weeks	\$15 - \$35 Ball pkgs	4
NEW! Fridays	Summer Jrs Social	Youth-Jrs	May 15th	3-5(ish)pm	Drop In-Flex	\$10	Individuals
Saturday	St. Paul Rec	Adaptive	May 2nd	12pm	7 weeks X2	\$10	Individuals

Build Your Own League (BYOL) - Create your own league

You call it league! - If you have a group, we can make a league. Tells us what and when and we will make it happen. Bowl as many or as few weeks as you would like. We can do stats, web uploads, print outs, trophies, etc. Contact Robbie. Perfect for office grudge matches, church outings, pre or post sport teams, and more! Can be 2 weeks to 12 plus weeks.

For the fastest response to any of your Spring-Summer league questions email Robbie "the league man" at Robbie.lawrence@tripleshift.com

Please contact Sun Ray Lanes for league descriptions, space availability, or to sign up for the league(s) you are interested in! Or fill out the portion below if you know the league you want to join



2245 Hudson Rd
 St. Paul, MN 55119
 p. 651-735-3222
www.sunraylanes.com

League Name: _____ Day: _____

Team Captains Name: _____ Email/Phone: _____

I have a full team I do NOT have a full team I'm an individual looking to join a team

Add. players: _____ Email/Phone: _____

Add. players: _____ Email/Phone: _____

Add. players: _____ Email/Phone: _____