

**GET READY FOR
HIGH SCHOOL & COLLEGE BOWLING**

Val Lanes Fall College Prep League

*Features Instruction from
certified coach, PBA Bowler
and youth volunteer Denny
Torgerson for the upcoming
high school & college season!!*



VAL LANES
100 ASHWORTH RD
WEST DES MOINES, IA
50265
VALLANES.COM
VALLANES@QWESTOFFICE.NET
515-274-0493

Singles - Every Fri@ 4:30pm

Come when you can

**Great Experience for High School Team
Meets!!!**

Bowl 2 Games Of Regular League Play

Bowl 3 games of

Baker Format

90% of 200 Handicap Maximum 63 pins

Starts Sept 7th- Bowl 12 Weeks - (\$10 pr week)

Yes I am Interested!!!!

Name _____

Phone _____ Email _____

I have a friend(Name) _____