

# Girl Scout Council of Rockland County



## Bowling Try-it For Brownie Girl Scouts

Requirements: Complete 4 of the 6 activities below.

1. Take a tour of a bowling alley. Learn how bowling lanes operate.
2. Learn the correct way to handle a bowling ball: To pick it up, to hold it, proper hand position and release, and the pendulum swing.
3. Learn the basic safety and etiquette rules for bowling. Try to demonstrate them or explain them to others.
4. Learn about strikes and spares and how to keep score. Try to score one frame of a bowling game.
5. Learn some warm-up exercises necessary for bowling. Try to demonstrate them.
6. Visit a Pro Shop and see what equipment and services are available. Learn how to select and care for bowling equipment.

Developed by: Joanne Moodhe for the Girl Scout Council of Rockland County (6/97)