

## FAQ

### 1. What is the minimum age to start bowling?

As a guideline, a child should be at least nine years old before starting to bowl. However, if a child has a good physique and mental maturity, he/she may potentially start as young as seven years old .

### 2. Do I need to buy a ball in order to start on your programme?

If this is your child's first time on a bowling programme, there is no need to buy a ball. However, if he/she is interested in bowling for the longer term, then you should buy a ball and shoes for him/her.

### 3. What is the ideal bowling ball weight for my child?

The correct weight and fit of a bowling ball are very important. Bowling balls weigh from 6 - 16 lbs. A rule of thumb in selecting the correct weight of a bowling ball is taking approximately one-tenth of the bowler's weight. This will not necessarily apply to all bowlers, but it is a good approximation to start with. It is necessary that the bowler be able to pick up the ball with two hands and swing it back and forth with one hand with ease. If the bowler rolls the ball and tends to drop it, it is probably too heavy. However, if the bowler lofts it down the lane, it may be too light.

### 4. What are life skills?

Life skills are basic skills that every person should possess in order to succeed in life. They include the ability to build sound, harmonious relationships with self, others and the environment; the ability to act responsibly and safely; the ability to survive under a variety of conditions; and the ability to solve problems.