

## OTHER ACTIVITIES

RSAC provides a range of other events programs and activities on a one off or annual basis. These include:

*Vacation Activity Programs* for 8-18 year olds with disabilities and their siblings.

These will usually include a three week program of day activities in January, a Family Easter Camp, a one week July Program &

*Kids Club*—a monthly Saturday outing for kids 10-17 with disability.

*October Kids Camp*. Participants need to preregister and be suitable for outings with a group with 1:3 ratio supervision, or provide a carer.



February 2012



*Annual Family Picnic Day*

*Holiday Programs & Camps*

*Competition Opportunities and Events*

Phone/Fax: 9790 5001

E-mail: [RSAClub@bigpond.net.au](mailto:RSAClub@bigpond.net.au)

Office and Clubrooms

11 Greenfield Pde

BANKSTOWN NSW 2200

ABN: 59726089873

Registered Charity CFN 11028

Postal Address

PO Box 120 Bankstown NSW 1885

## RSAC Programs

 Recreation, Sports and Aquatics Club



Promoting quality of life and inclusion  
to people with disabilities,  
their carers and families.

Tel: 9790 5001

# Regular Programs

- ◆ **Athletics & Fitness**  
Olds Park PEAKHURST (off Holley Rd)  
Sundays 9am-11:00am \$5
- ◆ **Basketball**  
Kids Group  
Hurstville Stadium cnr King Georges & Forest Rds PENSURST  
Wednesdays 5:30-6:30pm\* \$5  
Challenge & Senior Groups  
Riverwood Community Centre  
151 Belmore Rd RIVERWOOD  
Tuesdays 5:30-7pm & 7-9pm\* \$7
- ◆ **Bocce**  
Club Italia Wharf Rd LANSVALE  
1st Friday of each month 7-8:30pm \$7  
Dinner 6-7pm \$10 (prebooking required)
- ◆ **Dance**  
RSAC Clubrooms BANKSTOWN  
Tuesdays Under 13 5:30 \$5\*  
Teens & up 6-7:30pm\* \$10
- ◆ **Discos/Dance Parties**  
RSAC Clubrooms BANKSTOWN  
Second Sat of month 4:30-7pm \$5
- ◆ **Drama**  
RSAC Clubrooms BANKSTOWN  
Wednesdays 5-6:30pm\* \$10
- ◆ **Cricket - dates as listed**  
BANKSTOWN Memorial Oval or alt.  
Every 2nd Sunday 10:30-12:30pm \$5
- ◆ **Football/Soccer Kids**  
Peakhurst Public School  
Greenlands Ave PEAKHURST  
Saturdays 9:30am-11am\* \$7
- ◆ **Friendship Group/Social Club**  
Meet monthly usually first weekend  
18 and over who are fairly independent  
Various outings and costs
- ◆ **"Fit Plus" Gym Program**  
Run by BodyHealth Fitness Centre  
for people with disabilities  
Lot 1 Boundary Rd OATLEY  
Thursdays 5-6pm Carers FREE \$15  
or 6 weeks for \$70 Regina 9580 8855
- ◆ **Indoor Soccer**  
Emerton Saturdays (Mt Druitt)  
Emerton Leisure Centre  
27-51 Jersey Rd EMERTON  
Saturdays 11:30-1pm \$10  
Revesby Sundays  
Bankstown City YMCA  
184 The River Rd REVESBY  
Sundays 9:30-11am\* \$10
- ◆ **Sports Skills/Sports Fun**  
Post School Age Program  
Hurstville Stadium cnr King Georges & Forest Rds PENSURST  
Wednesdays 10:30-12noon\* \$10
- ◆ **Swimming**  
*(note all swimmers must pay own pool entry)*  
Learn to Swim &  
Stroke Correction Groups  
Hurstville Aquatic Centre cnr  
King Georges & Forest Rds PENSURST  
Wednesdays 6:30-7:30pm \$7  
Roselands Indoor Pool  
Centre Ave ROSELANDS  
Fridays 6:30-7:30pm \$7  
Squad & Stroke Correction Groups  
Hurstville Aquatic Centre cnr  
King Georges & Forest Rds PENSURST  
Wednesdays 7:30-8:30pm \$9  
Roselands Pool Centre Ave ROSELANDS  
Mondays 6:00-7:30pm \$9 (squad only)
- ◆ **Table Tennis**  
RSAC Clubrooms BANKSTOWN  
Regular Comps—Call for details
- ◆ **Tennis**  
Senior & Skills Development Groups  
John Mountford Reserve Welfare Ave  
(off Shorter Ave) BEVERLY HILLS  
Saturdays 9am & 10am\* \$10
- ◆ **Tenpin Bowling**  
Strathfield Super Bowl  
546 Liverpool Rd STH STRATHFIELD  
Wednesdays 5:30-7pm  
Saturdays 11:30-1pm  
1 Game \$10, 2 Games \$17

\* programs during school terms only

To Register or for Further Information : Call Jenny at Recreation Sports and Aquatics Club 9790 5001 / 0425203891