

Supporting people with disabilities to reach their potential and live their dreams.

Recreation Sports and Aquatics Club (RSAC) is a provider of services to meet the sport, recreation and social needs of people with disabilities and their families. It has operated for over 24 years and continues to develop its programs in response to needs.

Programs are suitable for all abilities and ages and include from social level participation to state and national level competition for all.

RSAC activities take place within the community while providing specialised support to ensure that the individual needs of participants are supported.

Families and carers benefit from opportunities to develop wider social networks through contact with families of other participants. Siblings are welcome.

Assistance from volunteers and supporters is always welcome and appreciated.

Information Leaflet

SPORT & RECREATION FOR
PEOPLE WITH DISABILITIES



Recreation Sports & Aquatics Club

11 Greenfield Parade
BANKSTOWN

PO Box 120 Bankstown NSW 1885

ABN 59726089873

Registered Charity CFN 11028

Telephone 9790 5001

Fax 9790 5001

E mail address

RSAClub@bigpond.net.au

Website address

www.disabledsportsac.org.au



School Holiday Programs

RSAC runs activity programs for children with disabilities and their siblings through most school holidays. These include active participation and outings on most days. The project is set up to meet the needs of children 8-18 with specific needs. Transport to and from the program is available.

Participants must be suitable for inclusion in a group with a 1:3 ratio of supervision and able to attend to own personal care needs.

Get Involved

To get involved as a Participant or Volunteer:

Contact RSAC on 9790 5001 or email to rsaclub@bigpond.net.au

Sports & Other Regular Programs

Programs are open to participation by people with disabilities of all ages and abilities. Various groups are more suitable for some needs – call to discuss your preferences.

RSAC runs regular programs in:

- ATHLETICS
- BASKETBALL
- BOCCE
- CRICKET
- DANCE
- DRAMA
- GYMNASTICS
- INDOOR SOCCER
- SOCCER
- SPORTS FUN
- SWIMMING
- TABLE TENNIS
- TENNIS
- TENPIN BOWLING
- WHEEL CHAIR SPORTS (soon)

Recreational Programs

Recreational programs include a diversity of activities including:

FRIENDSHIP GROUP – a monthly social program for young adults

DANCE PARTIES – monthly discos for 16 years and over

FAMILY CAMPS, KIDS CAMPS & OVER 21's HOLIDAYS. A regular program that offers supported vacations for all participants.

Parent & Carer Activities

Many activities include families, with some specific family and carer support opportunities. These include:

- Family Easter Camp
- Ladies Weekend Away
- Dads & Sons outings
- Christmas Party
- Speakers/Information Events
- Day Trips