

## CAMPS & OTHER ACTIVITIES

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

- **School Holiday Sports and Activity Programs**
- **Adult & Family Camps and Holidays**
- **Carer Activities & Information**



Phone: 9790 5001

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**Office and Clubrooms**  
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[ABN: 59726089873](http://ABN:59726089873)  
[Registered Charity CFN 11028](http://RegisteredCharityCFN11028)  
[www.disabledsportsac.org.au](http://www.disabledsportsac.org.au)

NDIS Provider No: 4050 002718

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CAN YOU HELP?

VOLUNTEERS WELCOME



## Recreation Sports and Aquatics Club RSAC Regular Programs Flier



Promoting quality of life choices and inclusion for people with disability, their carers and families.



## BASKETBALL

1. Junior Group  
Wednesdays 6:30-7:30pm\* \$10  
**Hurstville Stadium** cnr King Georges & Forest Rds **PENSHURST**
2. Intermediate Tuesdays 5:30-7pm &
3. Senior Group 7-8:30pm\* \$15  
**Riverwood Community Centre**  
151 Belmore Rd RIVERWOOD

## BOCCE

**Club Italia** Wharf Rd **LANSVALE**  
1st Friday of each month 7-8:30pm \$15  
(Dinner 6-7pm \$10 pre-booking required)

## CRICKET

**BANKSTOWN Memorial Oval**  
Indoor Centre, Chapel Rd South **BANKSTOWN**  
- Regular Matches  
Sundays 9-11am \$15 fortnightly

## DANCE

### Creative Dance & Hip Hop

1. **RSAC Clubrooms BANKSTOWN**  
Tuesdays 5:30-7:00pm\*
2. **PJ Ferry Reserve Community Hall**  
Cnr **Bellevue Pde & Blakesley Rd ALLAWAH**  
Wednesdays 5:30-7:00pm\*  
\$15 if paid by term, or casual \$20

## KARATE

**RSAC Clubrooms BANKSTOWN**  
downstairs space - enter side door  
Mondays 7:00pm-8:30pm\* \$15  
Wear loose pants & top  
Bring water bottle & towel

## DRAMA – ACTING

**RSAC Clubrooms BANKSTOWN**  
Wednesdays 5-6:30pm  
Teens and Adults \*  
\$15 if paid by term, or casual \$20

## FOOTBALL/SOCCER

**Peakhurst Public School** Kids & Young Adults  
Greenlands Ave **PEAKHURST**  
Saturdays 9:30am-11am\* \$10

**INDOOR SOCCER** teens & adults  
**Bankstown PCYC** (Police Citizens Youth Club)  
Cnr French Ave & Meredith St **BANKSTOWN**  
Sundays 9:30-11am\* \$10

## SWIMMING

*(please note all swimmers must pay own pool entry)*

**Hurstville Aquatic Centre Training Pool**  
King Georges & Forest Rds **PENSHURST**  
1. Learn to Swim & Stroke Correction  
Wednesdays 6:30-7:30pm \$10\* &  
2. Squad Group Wednesday 7:30-8:30pm\* \$12  
**Roselands Indoor Pool** Centre Ave. **ROSELANDS**  
Learn to Swim & Stroke Correction  
Fridays 6:30-7:30pm \$12

**BEXLEY POOL SWIM LESSONS**  
**Angelo Anestis Aquatic Centre Bexley**  
98c Preddys Rd **BEXLEY**  
Thursdays \$10 plus own pool entry\*  
1. 6:30pm learn to swim &  
2. 7:00pm stroke correction and squad

## DISCOS & EVENTS

See Newsletter Calendar and website for events details and dates

## TENPIN BOWLING

**Strathfield Super Bowl**  
546 Liverpool Rd **STH STRATHFIELD**  
1. Wednesdays 5:30-7pm  
2. Saturdays 11:30-1pm  
1 Game \$15 or 2 Games \$20  
**Revesby AMF 2B Brett St REVESBY**  
(inside entrance Revesby Workers Club)  
Mondays 5:30-7pm weekly  
1 Game \$15

## ADULT SOCIAL CLUB

1. Friendship Group – meet at **Hurstville**
2. SW Social Club – meet **Campbelltown**, or Liverpool

Meet monthly -18 and over and are able to cooperate as part of a group. Groups meet at various locations.  
Various outings and costs plus \$25 fee

## COOKING

COOKING AT **RSAC Clubrooms** 1<sup>st</sup> Sat of month  
PreBooking required by term **BANKSTOWN**  
10am-12:30pm \$25/30 per class inclusive\*

## TENNIS

**John Mountford Reserve** Welfare Ave (off Shorter Ave) **BEVERLY HILLS** & Social  
Tennis for all each term  
Saturdays  
1. Senior 9am &  
2. Skills Development Group 10am  
\$15 if paid by term, or casual \$20\*

\* Denotes program runs school terms only