

## 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 on occasion**
- **Adult & Family Camps and Holidays**
- **Carer Activities & Information**



Phone: 9790 5001

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

**Office and Clubrooms**  
11 Greenfield Pde  
BANKSTOWN NSW 2200

**Postal Address**  
PO Box 120 Bankstown NSW 1885\_  
[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

2018 July2



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.

**NDIS Provider**



## BASKETBALL \*

**Hurstville Stadium** cnr King Georges & Forest Rds **PENSHURST**

1. Junior Group  
Wednesdays 6:30-7:30pm\* \$10 (NDIS\$16.40)

**Riverwood Community Centre**

151 Belmore Rd RIVERWOOD

2. Intermediate Tuesdays 5:30-7pm  
\$15 (NDIS \$24.60) &
3. Senior 7-8:30pm\* \$15 (NDIS \$26.67)

## BOCCE

**Club Italia** Wharf Rd **LANSVALE**

1st Friday of each month 7-8:30pm

\$15 (NDIS \$26.67)

(Dinner 6pm if you wish, \$10 booking required)

## CRICKET

**BANKSTOWN Memorial Oval**

Indoor Centre, Chapel Rd South **BANKSTOWN**

Sundays (fortnightly)- Regular Matches

Dev. 9-10:15 & Snr. 10-11:15am \$15 (NDIS \$31.07)

## DANCE \*

**Creative Dance**

1. **RSAC Clubrooms BANKSTOWN**

Tuesday 5:30-7pm\* \$20(NDIS\$24.60)

**Hip Hop**

2. **PJ Ferry Reserve Community Hall**

Cnr Bellevue Pde & Blakesley Rd **ALLAWAH**

Weds 5:30-7pm\* \$20 (NDIS\$24.60)

## KARATE \*

**RSAC Clubrooms BANKSTOWN**

downstairs space - enter side door

Mondays 7:00pm-8:30pm\* \$15

(NDIS\$26.67) Bring water bottle, towel

## DRAMA – ACTING \*

**RSAC Clubrooms BANKSTOWN**

Wednesdays 5-6:30pm

Teens and Adults\* \$20 (NDIS \$24.60)

**Performance Extension Workshops**

Wednesdays 7-8:30pm

Must attend Drama \* \$20 (NDIS \$26.67)

## FOOTBALL/SOCCER \*

**Peakhurst Public School** Kids & Young Adults

Greenlands Ave **PEAKHURST**

Saturdays 9:30am-11am\* \$10 (NDIS \$29.64)

**INDOOR SOCCER** teens & adults

**Bankstown PCYC** (Police Citizens Youth Club)

Cnr French Ave & Meredith St **BANKSTOWN**

Sundays 9:30-11am\* \$15 (NDIS \$37.28)

## 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\* (NDIS \$19.90)

2. **Squad Group** Weds 7:30-8:30pm\* \$12 (\$15.62)

**Roselands Indoor Pool** Centre Ave. **ROSELANDS**

**Learn to Swim & Stroke Correction**

Fridays 6:30-7:30pm \$12 (NDIS \$19.90)

**BEXLEY POOL SWIM LESSONS**

**Angelo Anestis Aquatic Centre**

98c Preddys Rd **BEXLEY**

Thursdays \$10 (NDIS \$19.90) \*

1. 6:30pm learn to swim &

2. 7:00pm stroke correction and squad

## DISCOS & EVENTS

See website for events details and dates

## TENPIN BOWLING

**Strathfield Super Bowl**

546 Liverpool Rd **STH STRATHFIELD**

1. Wednesdays 5:30-7pm  
\$15 1 game \$20 2 games (NDIS \$24.60)
2. Saturdays 11:30-1pm  
1 Game \$15 or 2 Games \$20 (NDIS \$32.87)

**Revesby AMF 2B Brett St REVESBY**

(inside entrance Revesby Workers Club)

Mondays 5pm-6:30pm weekly (or 5:30-7)

1 Game \$15 2 Games \$22 (NDIS \$24.60)

## 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 times/outings and costs plus \$25 fee or (NDIS \$19.76 per hour)

## COOKING

**COOKING AT RSAC Clubrooms** 1<sup>st</sup> Sat of each month

PreBooking required **BANKSTOWN**

10am-12:30pm \$30 per class (NDIS \$62.13)

Includes ingredients

## TENNIS \*

**John Mountford Reserve** Welfare Ave (off

Shorter Ave) **BEVERLY HILLS** &

Social Tennis Sunday once each term

Saturdays

1. **Senior** gam &
2. **Skills Development Group** 10am  
\$20\* (NDIS \$21.91)

\* Denotes program runs school terms only