

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** for 8-18 year olds with disabilities and their siblings.
- **Adult & Family Camps and Holidays**
- **Carer Activities & Information**



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Registered Charity CFN 11028

www.disabledsportsac.org.au

NDIS Registered

2017



CAN YOU HELP?

VOLUNTEERS WELCOME



Recreation Sports and Aquatics Club RSAC Regular Programs Flier



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

FUN, FRIENDSHIP, HEALTH, SUPPORT

Supporting Lifestyle Choices of People with Disability

LEISURE, LIFESKILLS, HOLIDAYS, SPORT & SOCIAL

RSAC Regular Programs

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* \$10
Riverwood Community Centre
151 Belmore Rd RIVERWOOD

BOCCE

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

CRICKET

BANKSTOWN Memorial Oval
Indoor Centre, Chapel Rd South
BANKSTOWN - Regular Matches
Sundays 9-11am \$12 fortnightly

DANCE

Performance/Hip
Hop/Creative Dance
RSAC Clubrooms **BANKSTOWN**
1. Tuesdays 6-7:30pm*
\$15 if paid by term, or casual \$20

DISCOS & EVENTS

See Newsletter Calendar for events and dates

DRAMA – ACTING

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

INDOOR CARPET BOWLS

Club Burwood RSL 96 Shaftesbury Rd **Burwood**
on hold pending interest – call for details

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 \$8* &
2. Squad Group 7:30-8:30pm* \$12

Roselands Indoor Pool Centre Ave.
3. Learn to Swim & Stroke Correction
Fridays 6:30-7:30pm \$8

Roselands Outdoor Pool

4. Squad Group on hold
Mondays 6:00-7:30pm \$12 on hold

BEXLEY POOL SWIM LESSONS coming soon

** Denotes program runs school terms only*

TENPIN BOWLING

Strathfield Super Bowl
546 Liverpool Rd **STH STRATHFIELD**
1. Wednesdays 5:30-7pm
2. Saturdays 11:30-1pm
1 Game \$11 or 2 Games \$18
Revesby AMF 2B Brett St **REVESBY**
(inside entrance Revesby Workers Club)
1. Mondays 11:30am (Monthly check dates)
2. Mondays 5:30-6:30pm weekly
3. Saturdays 10:30-12 (3rd Sat of each month)
1 Game \$11

ADULT SOCIAL CLUBS

1. Friendship Group – meet at **Hurstville**
2. Networkers – meet in the **City**
3. SW Social Club – meet **Campbelltown**, or **Liverpool** and/or **Bankstown**
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 \$15 fee

4. Saturday Social Club
Inclusive Group, regular activities: excl. long weekends
COOKING AT GEORGES HALL 1st Sat of month
TENPIN BOWLING at **REVESBY** 3rd Sat of month
10:30am-12:00pm \$20 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*