

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

Office and Clubrooms

11 Greenfield Pde
BANKSTOWN NSW 2200

Postal Address

PO Box 120 Bankstown NSW 1885

[ABN: 59726089873](http://www.abn.gov.au/59726089873)

[Registered Charity CFN 11028](http://www.charity.gov.au/11028)

www.disabledsportsac.org.au



Recreation Sports & Aquatics Club RSAC Regular Programs Flier



CAN YOU HELP?



VOLUNTEERS WELCOME

NDIS Provider No: 4050 002718

2019 June



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 6-7:15pm
\$15 (NDIS \$20.50) &
3. Senior 7:15-8:45pm* \$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

9am-11am \$15 (NDIS \$49.70)

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

(NDIS\$22.23) 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 *

INDOOR SOCCER Kids & 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
\$15 1 Game 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 CLASSES

RSAC Clubrooms BANKSTOWN

1st Sat of each month PreBooking required

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

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
3. **NEW** Under 21's Group 11am
\$20 (NDIS \$21.91)

* Denotes program runs school terms only