

## CAMPS & OTHER ACTIVITIES

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

These include:

- **Supported Disability Camps**
- **Adult & Family Camps and Holidays**
- **Carer Activities & Information**
- **Day Outings**



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



CAN YOU HELP?

VOLUNTEERS WELCOME



## Recreation Sports & Aquatics Club RSAC Regular Programs Flier



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

3 July 2019

## BASKETBALL \*

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

1. Junior Group  
Wednesdays 6:30-7:30pm\* \$10 (NDIS\$18.92)

**Riverwood Community Centre**

- 151 Belmore Rd RIVERWOOD
2. Intermediate Tuesdays 6-7:15pm  
\$15 (NDIS \$23.65)
  3. Senior 7:15-8:45pm\* \$15 (NDIS \$29.82)

**NEW Beginners Group- Coming Soon!**

## BOCCE

**Club Italia** Wharf Rd **LANSVALE**  
1st Friday of each month 7-8:30pm  
\$15 (NDIS \$29.82)  
(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 \$50.46)

## DANCE \*

**Creative Dance**

1. **RSAC Clubrooms BANKSTOWN**  
Tuesday 5:30-7pm\* \$20 (NDIS\$28.38)

**Hip Hop**

2. **PJ Ferry Reserve Community Hall**  
Cnr **Bellevue Pde & Blakesley Rd ALLAWAH**  
Weds 5:30-7pm\* \$20 (NDIS\$28.38)

## KARATE \*

**RSAC Clubrooms BANKSTOWN**  
downstairs space - enter side door  
Mondays 7:15pm-8:30pm\* \$15  
(NDIS\$25.83) Bring water bottle, towel

## DRAMA – ACTING \*

**RSAC Clubrooms BANKSTOWN**  
Wednesdays 5-6:30pm  
Teens and Adults\* \$20 (NDIS \$28.38)  
**RSAC Drama Company**  
Wednesdays 7-8:30pm  
Must attend Drama \* \$20 (NDIS \$30.99)

## FOOTBALL/SOCCER \*

**INDOOR SOCCER** Kids & Adults  
**Bankstown PCYC** (Police Citizens Youth Club)  
Cnr French Ave & Meredith St **BANKSTOWN**  
Sundays 9:30-11am\* \$15 (NDIS \$37.85)

## 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 \$19.32)
2. **Squad Group** Weds 7:30-8:30pm\* \$12 (\$18.56)

**Roselands Indoor Pool** Centre Ave. **ROSELANDS**  
**Learn to Swim & Stroke Correction**  
Fridays 6:30-7:30pm \$12 \* (NDIS \$23.48)

**BEXLEY POOL SWIM LESSONS**

**Angelo Anestis Aquatic Centre**  
98c Preddys Rd **BEXLEY**

Thursdays \$10 \*

1. 6:30pm learn to swim (NDIS \$23.48) &
2. 7:00pm stroke correction and squad  
(NDIS \$16.82)

## DISCOS & EVENTS

See website for events details and dates

**\* Denotes program runs school terms only**

## TENPIN BOWLING

**Strathfield Super Bowl**  
**546 Liverpool Rd STH STRATHFIELD**

1. Wednesdays 5:30-7pm  
\$15 1 game \$20 2 games (NDIS \$23.38)
2. Saturdays 11:30-1pm  
\$15 1 Game or 2 Games \$20 (NDIS \$37.85)

**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 \$23.38)

## 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 \$23.13 per hour

## COOKING CLASSES

**RSAC Clubrooms BANKSTOWN**  
1<sup>st</sup> Sat of each month PreBooking required  
10am-12:30pm \$40 per class (NDIS \$65)

## TENNIS \*

**John Mountford Reserve** Welfare Ave  
(off Shorter Ave) **BEVERLY HILLS** &  
Social Tennis Sunday once each term  
Saturdays

1. **Senior** 9am
2. **Skills Development Group** 10am
3. **NEW Group** 11am

All sessions \$30 (NDIS \$34.40)