

# NEW PROGRAMS Inclusive for People with Disability

## Recreation Sports and Aquatics Club



### MOTOR SKILLS PROGRAM FOR CHILDREN

#### BALANCE, COORDINATION DEVELOPMENT AND BASIC SPORTS SKILLS

A program for children focusing on developing motor skills and coordination. The program will involve a range of locomotion and social skill activities incorporating circuits, drills, songs and games such as jumping, balancing, throwing and catching, kicking.

**Tuesdays 4:30pm-5:30pm**

RSAC Clubrooms, 11 Greenfield Parade Bankstown

6 Week Program: Tuesday 12<sup>th</sup> November –Tuesday 17<sup>th</sup> December

Cost: \$10 cash per session or NDIS \$18.50

### DRUMMING PROGRAM

#### INCLUSIVE FOR PEOPLE WITH SPECIAL NEEDS

Drumming and rhythm can be a positive experience. The program uses rhythm and drumming activities to meet certain goals. This includes:

- Positive peer interaction
- Learning sequencing skills
- Developing social skills
- Learning appropriate self-expression through the drum and
- Attending to a task

**Thursdays 4:30pm- 5:30pm**

RSAC Clubrooms, 11 Greenfield Parade Bankstown

5 week program: Thursday 14<sup>th</sup> November- Thursday 12<sup>th</sup> December

Cost: \$10 cash per session or NDIS \$18.50



### COMMUNITY CHOIR-SINGING GROUP

This is a program for ALL singing enthusiasts and inclusive to everyone in the community. Whether you are a person with a disability, a family member or if you just love to sing, this is the program for you!

No experience, music reading or special talents required. New songs added monthly, performance opportunities available or just come for fun.

This program is about building supporting networks, strengthening diverse communities and inspiring individuals to find their voice.

**Thursdays 5:30pm- 7pm**

RSAC Clubrooms, 11 Greenfield Parade Bankstown

5 week program: Thursday 14<sup>th</sup> November- Thursday 12<sup>th</sup> December

Cost: \$10 cash per session or NDIS \$25

**To book contact Jenny or Tina at RSAC office.**

Classes will resume February 2020.

All programs are open to the community. Completion of an RSAC membership forms are required.

The support of CANTERBURY BANKSTOWN Council through their Community Grants Program is appreciated for this program.

#### CLUBROOMS & OFFICE

11 Greenfield Parade BANKSTOWN  
(Opposite Bankstown Sports Club)

Phone: 9790 5001 (Mon-Thurs)

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

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