



DISCOS & EVENTS

See website for events, details and dates

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 and Information
- Day Outings

ACTIVE & CREATIVE KIDS

\$100 VOUCHERS

All school aged children in NSW are able to apply for Active Kids & Creative Kids Vouchers in January and July each year. RSAC are able to apply these to your participation within the guidelines of the program.

Go to <https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>
<https://www.service.nsw.gov.au/transaction/apply-creative-kids-voucher>



Phone:

9790 5001/ Jenny 0425 203 891



Email:

RSAClub@bigpond.net.au



Office and Clubrooms:

11 Greenfield Parade Bankstown
NSW 2200



Website:

www.disabledsportsac.org.au



Postal Address:

PO Box 120 Bankstown NSW 1885



**CAN YOU HELP?
VOLUNTEERS WELCOME**



RECREATION, SPORTS AND AQUATICS CLUB

Regular Programs Flyer



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

NDIS Provider Number: 4050 002718

ABN: 597226089873

Registered Charity CFN 11028

Update from July 2020

BASKETBALL*

JUNIOR GROUP

Hurstville Stadium
Corner King Georges Rd & Forest Rd, Penshurst
WEDNESDAYS 6:30pm-7:30pm
\$10 Cash Fee or NDIS \$19.19



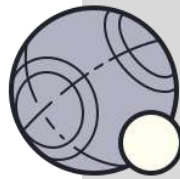
INTERMEDIATE

Riverwood Community Centre
151 Belmore Rd Riverwood
TUESDAYS 6pm-7:15pm
\$15 Cash Fee or NDIS \$22.07

SENIOR

Riverwood Community Centre
151 Belmore Rd Riverwood
TUESDAYS 7:15pm-8:45pm
\$15 Cash Fee or NDIS \$31.35

BOCCE



Club Italia
Wharf Rd, Lansvale
FRIDAYS 1st Friday of each month 7pm-8:30pm
\$15 Cash Fee or NDIS \$42.51
(Dinner 6pm if you wish, \$10 booking required)

CRICKET



Bankstown Memorial Oval
Indoor Centre, Chapel Rd South Bankstown
SUNDAYS (Fortnightly) 9am-11am
\$20 Cash Fee or NDIS \$70.50

KARATE *



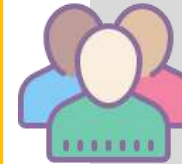
RSAC Clubrooms Bankstown
(Downstairs space- enter side door)
MONDAYS 6pm-7:30pm
\$15 Cash Fee or NDIS \$28.79

To participate in RSAC programs:

- Complete RSAC Membership Form
<https://disabledsportsrac.org.au/wp-content/uploads/2019/09/RSAC-Membership-Application-Form-2019.pdf>
- Contact the office with your interests
- Annual Membership fee is \$45 per family
- NDIS participants may receive an invoice for two hours plan implementation undertaken on their behalf each year

ADULT SOCIAL CLUB

For 18 & over who are able to cooperate as part of a group.
Cash Fee \$40 Saturday or \$50 Sunday applies or
NDIS Sat \$23.90 per hr or Sun \$30.77 per hr
(Most outings run for 4-6 hours)



HURSTVILLE FRIENDSHIP GROUP
Meet at Hurstville Station
Monthly- **SATURDAYS OR SUNDAYS**

SOUTH WEST SOCIAL CLUB
Meet Campelltown or Liverpool
Monthly- **SATURDAYS OR SUNDAYS**

ZOOM ONLINE CLASSES

All Zoom Classes \$17.84 Invoice or NDIS
The joining session link and password will be sent to you after registration.

FAMOUS DANCE ROUTINES
MONDAYS
4pm-4:45pm

CREATIVE DANCE WITH NICKY
MONDAYS
5pm-5:45pm

E-HANG: Online Social Club
TUESDAYS
4pm-4:45pm

ZUMBA
WEDNESDAYS
4pm-4:45pm

E-HANG: Online Social Club
THURSDAYS
5pm-5:45pm

DRAMA
THURSDAYS
6pm-6:45pm





DRUMMING*

RSAC Clubrooms Bankstown
THURSDAYS 4:30pm-5:30pm
\$10 Cash Fee or NDIS \$21.72



COMMUNITY CHOIR*

RSAC Clubrooms Bankstown
THURSDAYS 5:30pm-7pm
\$15 Cash Fee or NDIS \$32.58

COOKING

(Pre-Booking required)

MONDAYS
RSAC Clubrooms Bankstown
Fortnightly
3pm-5pm
\$40 Cash Fee or NDIS \$51.88

SATURDAYS
RSAC Clubrooms Bankstown
Monthly
10am-12:30pm
\$40 Cash Fee or NDIS \$75

ARTS & CRAFT

Inclusive for all- Monthly

RSAC Clubrooms Bankstown
MONDAYS 5pm-6pm
\$20 Cash Fee or NDIS \$25.94



*** DENOTES PROGRAM RUNS
SCHOOL TERMS ONLY***

DANCE*

CREATIVE DANCE

RSAC Clubrooms Bankstown
TUESDAYS 5:30pm-7pm
\$20 Cash Fee or NDIS \$38.91



HIP HOP

PJ Ferry Reserve Community Hall
Corner Bellevue Pde & Blakesley Rd Allawah
WEDNESDAYS 5:30pm-7pm
\$20 Cash Fee or NDIS \$28.79

ZUMBA

RSAC Clubrooms Bankstown
FRIDAYS 6pm-7pm
\$20 Cash Fee or NDIS \$25.94
(Includes 1 support person)

DRAMA-ACTING*

DRAMA

RSAC Clubrooms Bankstown
WEDNESDAYS 5pm-6:30pm
\$25 Cash Fee or NDIS \$28.79
Teens and Adults



RSAC DRAMA COMPANY

RSAC Clubrooms Bankstown
WEDNESDAYS 7pm-8:30pm
\$25 Cash Fee or NDIS \$31.35
Entry by audition. Must attend Drama

RSAC ACTING FOR ADULTS

Parents, Carers, Families & Friends- Register Now!
RSAC Clubrooms Bankstown
THURSDAYS 7pm-8:30pm
\$300 for 10 week term

INDOOR SOCCER*



Bankstown PCYC (Police Citizen Youth Club)
Cnr French Ave & Meredith St Bankstown
SUNDAYS 9:30am-11am
\$15 Cash Fee or NDIS \$52.88



*** DENOTES PROGRAM RUNS
SCHOOL TERMS ONLY***

SWIMMING*

(Please note all swimmers must pay own pool entry)

HURSTVILLE

Hurstville Aquatic Centre
Training pool

Cnr Kind Georges Rd & Forest Rd Penshurst

LEARN TO SWIM & STROKE CORRECTION

WEDNESDAYS 6:30pm-7:30pm

\$12 Cash Fee or NDIS \$32.23

SQUAD GROUP

WEDNESDAYS 7:30pm-8:30pm

\$12 Cash Fee or NDIS \$35.48



BEXLEY

Angelo Anestis Aquatic Centre
98C Preddys Rd Bexley

LEARN TO SWIM

THURSDAYS 6:30pm-7:30pm

\$12 Cash Fee or NDIS \$32.23

STROKE CORRECTION & SQUAD

Thursdays 7:30pm-8:30pm

\$12 Cash Fee or NDIS \$26.19

ROSELANDS

Roseland Indoor Pool
Centre Ave Roselands

LEARN TO SWIM, STROKE CORRECTION & SQUAD

FRIDAYS 6:30pm-7:30pm

\$12 Cash Fee or NDIS \$23.79

TENPIN BOWLING

STRATHFIELD

Strathfield Super Bowl
546 Liverpool Rd South Strathfield

WEDNESDAYS

5pm-6:30pm

\$15 1 game, \$22 2 games or NDIS \$28.79

SATURDAYS

11:30am-1pm

2 games \$22 or NDIS \$39.08



REVESBY

Revesby AMF

(Entrance inside Revesby Workers Club)

2B Brett St Revesby

MONDAYS 5pm-6:30pm (or 5:30pm-7pm)

1 game \$15 2 games \$22 or NDIS \$28.79

TENNIS*

John Mountford Reserve
Welfare Ave (Off Shorter Ave) Beverly Hills

SATURDAYS

SENIOR Court 1

9am-10am

\$30 Cash Fee or NDIS \$35.53

SKILLS DEVELOPMENT Court 1

10am-11am

\$30 Cash Fee or NDIS \$35.53

BEGINNERS GROUP Court 3

11am-12pm

\$30 Cash Fee or NDIS \$35.53



RSAC IS NDIS REGISTERED

**YOU CAN USE YOUR NDIS FOR
RSAC PARTICIPATION**

