

DISCOS & EVENTS

Subscribe to receive RSAC news and updates.
rsaclub@bigpond.net.au

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 eligible to apply for Active Kids & Creative Kids Vouchers each year. RSAC can apply these to your participation within the guidelines of the program.

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

RSAC IS NDIS REGISTERED

YOU CAN USE YOUR NDIS FOR RSAC PARTICIPATION



Phone:

02 9790 5001

Jenny 0425 203 891

Email:

RSAClub@bigpond.net.au

Website:

www.disabledsportsac.org.au

Postal Address:

PO Box 120

Office and Clubrooms:

11 Greenfield Parade
Bankstown NSW 2200

CALL US TO JOIN OUR VOLUNTEER PROGRAM



RECREATION, SPORTS & AQUATICS CLUB



Regular Programs Flyer

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

ABN: 59726089873

Registered Charity CFN 11028

NDIS Provider Number: 4050 002718

Prices as at September 2022



BASKETBALL *



JUNIOR GROUP WEDNESDAY

Hurstville Stadium Corner King Georges Rd & Forest Rd, Penshurst
6:30pm - 7:30pm \$15 Cash Fee or NDIS \$21.24

INTERMEDIATE GROUP TUESDAY

Riverwood Community Centre 151 Belmore Rd Riverwood
6:00pm - 7:15pm \$15 Cash Fee or NDIS \$26.55

SENIOR GROUP TUESDAY

Riverwood Community Centre 151 Belmore Rd Riverwood
7:15pm - 8:30pm \$20 Cash Fee or NDIS \$28.96

CRICKET



SUNDAY (fortnightly)

Bankstown Memorial Oval Indoor Centre, Chapel Rd South Bankstown
9:00am - 11:00am \$30 Cash Fee or NDIS \$83.60
Regular matches Available

BASKETBALL & SOCCER SKILLS *



THURSDAY

Morris Iemma Indoor Sports Centre
150 Belmore Rd North, Riverwood NSW 2210
6:00pm - 7:30pm \$20 Cash Fee or NDIS \$40.25

Note: Cash rate is to be paid at attendance to your coach or manager.

*** DENOTES PROGRAM RUNS SCHOOL TERMS ONLY**

FRIENDSHIP GROUP

SATURDAY or SUNDAY monthly

A social club for members 18 years & over who are able to travel independently and cooperate as part of a group.

Cash Fee \$45 Saturday or \$55 Sunday applies or
NDIS Sat \$26.68 per hr or Sun \$34.41 per hr
(Most outings run for 4-6 hours)



ZOOM ONLINE CLASSES

FAMOUS DANCE ROUTINES (45min)	MONDAY	4:00pm-4:45pm
E-HANG: SOCIAL CLUB (45min)	TUESDAY	4:00pm-4:45pm
DRAMA (45min)	TUESDAY	6:00pm-6:45pm
ZUMBA (45min)	WEDNESDAY	4:00pm-4:45pm
ONLINE DISCOS (1hr)	FRIDAY	5:00pm-6:00pm

All 45min Zoom Classes \$19.85 Invoice or NDIS
All 1hour Zoom Classes \$26.47 Invoice or NDIS



A ZOOM link and password to join the session will be emailed to you after registration.

Zoom online classes require cancellation notification prior to the session or cancellation fees will apply.

To participate in RSAC programs:

- Complete RSAC Membership Form
- Contact the office to discuss your interests
- Annual Membership fees apply
- NDIS participants may receive an invoice for two hours plan implementation undertaken on their behalf each year

DRUMMING *

THURSDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
4:30pm-5:30pm \$15 Cash Fee or NDIS \$23.42



SINGING GROUP *

THURSDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
5:30pm - 7:00pm \$20 Cash Fee or NDIS \$35.13



COOKING

MONDAY weekly

RSAC Clubrooms 11 Greenfield Parade, Bankstown
3:00pm - 5:00pm \$50 Cash Fee or NDIS \$76.28
(Pre-Booking required)



SATURDAY monthly

RSAC Clubrooms 11 Greenfield Parade, Bankstown
9:30am - 12:30pm \$50 Cash Fee or NDIS \$98.85

ARTS & CRAFT *

MONDAY Inclusive for all– Fortnightly

RSAC Clubrooms 11 Greenfield Parade, Bankstown
5:00pm - 6:00pm \$20 Cash Fee or NDIS \$28.75



Programs of Support

To comply with NDIS requirements for group supports, RSAC has implemented a Programs of Support model with one difference. RSAC will not be charging for non-attendance.

This means that an agreement will need to be signed at your program each term. Invoicing will be monthly or at the end of each quarter. Other than this, no changes to costs or structure will occur.

Please contact the office if you require more information.

DANCE *

ZUMBA TUESDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
5:30pm - 7:00pm \$20 Cash Fee or NDIS \$31.86



HIP HOP WEDNESDAY

PJ Ferry Reserve Community Hall
Corner Bellevue Pde & Blakesley Rd Allawah
5:30pm - 7:00pm \$20 Cash Fee or NDIS \$43.13

CREATIVE DANCE FRIDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
5:30pm - 7:00pm \$20 Cash Fee or NDIS \$43.13

DRAMA *

DRAMA CLASS WEDNESDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
5:00pm - 6:30pm \$25 Cash Fee or NDIS \$31.96



RSAC DRAMA COMPANY WEDNESDAY

To join Drama Company, students must attend Drama class & be invited.

RSAC Clubrooms 11 Greenfield Parade, Bankstown
7:00pm - 8:30pm \$25 Cash Fee or NDIS \$34.76

KARATE *

MONDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
6:00pm - 7:30pm \$20 Cash Fee or NDIS \$31.86



Please bring water bottle and a towel

SWIMMING*



LEARN TO SWIM & STROKE CORRECTION WEDNESDAY

Hurstville Aquatic Centre training pool
Corner King Georges Rd & Forest Rd, Penshurst
6:30pm - 7:30pm \$15 Cash Fee or NDIS \$35.86

SQUAD GROUP WEDNESDAY

Hurstville Aquatic Centre training pool
Corner King Georges Rd & Forest Rd, Penshurst
7:30pm - 8:30pm \$15 Cash Fee or NDIS \$38.36

LEARN TO SWIM THURSDAY

Angelo Anestis Aquatic Centre
98C Preddys Rd Bexley
6:30pm - 7:30pm \$15 Cash Fee or NDIS \$35.36

STROKE CORRECTION & SQUAD GROUP THURSDAY

Angelo Anestis Aquatic Centre
98C Preddys Rd Bexley
7:30pm - 8:30pm \$15 Cash Fee or NDIS \$29.16

LEARN TO SWIM, STROKE CORRECTION & SQUAD FRIDAY

Roselands Aquatic Centre training pool
Centre Ave Roselands
6:30pm - 7:30pm \$15 Cash Fee or NDIS \$26.47

(Please note all swimmers must pay own pool entry)

INDOOR SOCCER*



KIDS & ADULTS SUNDAY

Bankstown PCYC (Police Citizen Youth Club)
Corner French Ave & Meredith St Bankstown
9:30am - 11:00am \$20 Cash Fee or NDIS \$62.70

FITNESS CLASS - Steady, Stable & Able*

FOR PEOPLE WITH DISABILITY, CARERS & FRIENDS THURSDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
1:00pm - 2:00pm \$10 Cash Fee or NDIS \$38.14

TENPIN BOWLING



REVESBY MONDAY

REVESBY AMF 2 Brett St, Revesby (Entrance inside Revesby-Workers Club)
5:00pm - 6:30pm or 5:30pm - 7:00pm
1x game \$15, 2x games \$25 or NDIS \$31.86

STRATHFIELD WEDNESDAY

Strathfield Super Bowl 546 Liverpool Rd South Strathfield
5:00pm - 6:30pm 1x game \$15, 2 games \$25 or NDIS \$31.86

STRATHFIELD SATURDAY

Strathfield Super Bowl 546 Liverpool Rd South Strathfield
11:30am - 1:00pm 2x games \$25 or NDIS \$43.44

TENNIS*



SENIOR GROUP SATURDAY

Court 1 9:00am - 10:00am \$30 Cash Fee or NDIS \$39.54

SKILLS DEVELOPMENT GROUP SATURDAY

Court 1 10:00am - 11:00am \$30 Cash Fee or NDIS \$39.54

JUNIOR GROUP SATURDAY

Court 1 11:00am - 12:00pm \$30 Cash Fee or NDIS \$39.54

* DENOTES PROGRAM RUNS SCHOOL TERMS ONLY