

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 VOUCHERS

All school aged children in NSW may be 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

Office and Clubrooms:

11 Greenfield Parade
Bankstown NSW 2200

Email:

RSAClub@bigpond.net.au

Website:

www.disabledsportsac.org.au

Postal Address:

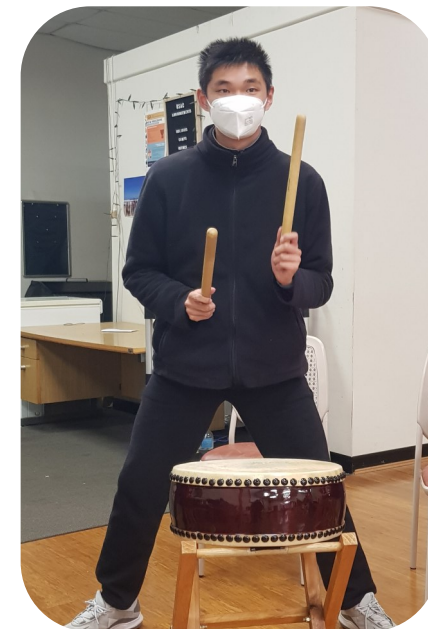
PO Box 120 Bankstown NSW 1885

CALL US TO JOIN OUR VOLUNTEER PROGRAM



RECREATION, SPORTS & AQUATICS CLUB

2024 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

V1 Prices as at February 2024



BASKETBALL *



JUNIOR GROUP WEDNESDAY

Hurstville Stadium Corner King Georges Rd & Forest Rd, Penshurst
6:30pm - 7:30pm \$15 Cash Fee or Invoice/NDIS \$21.34

INTERMEDIATE GROUP TUESDAY

Riverwood Community Centre 151 Belmore Rd Riverwood
6pm - 7:15pm \$20 Cash Fee or Invoice/NDIS \$28.97

SENIOR GROUP TUESDAY

Riverwood Community Centre 151 Belmore Rd Riverwood
7:15pm - 8:30pm \$20 Cash Fee or Invoice/NDIS \$31.14

CRICKET



SUNDAY (fortnightly)

Bankstown Memorial Oval Indoor Centre, Chapel Rd South Bankstown
9am - 11am \$30 Cash Fee or Invoice/NDIS \$70.40
Regular matches Available

BASKETBALL & SOCCER SKILLS *



THURSDAY

Morris Iemma Indoor Sports Centre
150 Belmore Rd North, Riverwood NSW 2210
6pm - 7:30pm \$20 Cash Fee or Invoice/NDIS \$30.93

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 \$10 per hr Saturday or \$15 per hr Sunday
or

Invoice/NDIS Sat \$145.86 or Sun \$188.07 (Cost based on 5 hour outing)

ZOOM ONLINE CLASSES

FAMOUS DANCE ROUTINES (45min) MONDAY 4:00pm-4:45pm
Invoice or NDIS \$65.47

E-HANG: SOCIAL CLUB (45min) TUESDAY 4:00pm-4:45pm
Invoice or NDIS \$32.74

DRAMA (45min) TUESDAY 6:00pm-6:45pm
Invoice or NDIS \$32.74

ZUMBA (45min) WEDNESDAY 4:00pm-4:45pm
Invoice or NDIS \$20.46

ONLINE DISCOS (1hr) FRIDAY 5:00pm-6:00pm
Invoice or NDIS \$24.55



** Prices based on current number of attendees*

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
- ♦ Non Face to Face charges may apply with notice for individualized planning for your participation

DRUMMING *

THURSDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
4:30pm-6pm \$20 Cash Fee or Invoice/NDIS \$36.40



SINGING/KARAOKE GROUP *

THURSDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
6pm - 7pm \$15 Cash Fee or Invoice/NDIS \$35.18



COOKING

MONDAY 1pm weekly

RSAC Clubrooms 11 Greenfield Parade, Bankstown
1:00pm - 3:00pm \$50 Cash Fee or Invoice/NDIS \$62.17
(Pre-Booking required)

MONDAY 3pm weekly

RSAC Clubrooms 11 Greenfield Parade, Bankstown
3:00pm - 5:00pm \$50 Cash Fee or Invoice/NDIS \$62.17
(Pre-Booking required)

SATURDAY monthly

RSAC Clubrooms 11 Greenfield Parade, Bankstown
9:30am - 12:30pm \$60 Cash Fee or Invoice/NDIS \$124.95



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 usually monthly.

Please contact the office if you require more information.

DANCE *

ZUMBA TUESDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
5:30pm - 7pm \$20 Cash Fee or Invoice/NDIS \$27.30



HIP HOP WEDNESDAY

PJ Ferry Reserve Community Hall
Corner Bellevue Pde & Blakesley Rd Allawah
5:30pm - 7pm \$20 Cash Fee or Invoice/NDIS \$47.31

CREATIVE DANCE FRIDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
5:30pm - 7pm \$20 Cash Fee or Invoice/NDIS \$36.40

LET'S GROOVE SATURDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
9:30am - 11am \$25 Cash Fee or Invoice/NDIS \$40.51

DRAMA *

DRAMA CLASS WEDNESDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
5pm - 6:30pm \$30 Cash Fee or Invoice/NDIS \$36.40

RSAC DRAMA COMPANY WEDNESDAY

To join Drama Company, students must attend Drama class & be invited.
RSAC Clubrooms 11 Greenfield Parade, Bankstown
7pm - 8:30pm \$35 Cash Fee or Invoice/NDIS \$45.74



KARATE *

MONDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
6pm - 7:30pm \$20 Cash Fee or Invoice/NDIS \$32.76



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 \$20 Cash Fee or Invoice/NDIS \$26.19

SQUAD GROUP WEDNESDAY

Hurstville Aquatic Centre training pool
Corner King Georges Rd & Forest Rd, Penshurst
7:30pm - 8:30pm \$20 Cash Fee or Invoice/NDIS \$36.07

LEARN TO SWIM, STROKE CORRECTION & SQUAD FRIDAY

Roselands Aquatic Centre training pool
Centre Ave Roselands
6:30pm - 7:30pm \$20 Cash Fee or Invoice/NDIS \$32.74

INDOOR SOCCER*



TEENS & ADULTS SUNDAY

Bankstown PCYC (Police Citizen Youth Club)
Corner French Ave & Meredith St Bankstown
9:30am - 11am \$25 Cash Fee or Invoice/NDIS \$53.15

SATURDAY SOCCER* BOOK NOW START TBA



KIDS & ADULTS SATURDAY

Jim Ring Reserve, Ground 5 Woods Road, Birrong
10:30am - 12pm (all ages) \$25 cash or Invoice/NDIS \$45.18

TENPIN BOWLING



REVESBY MONDAY

REVESBY AMF 2 Brett St, Revesby
(Entrance inside Revesby Workers Club)
5pm - 6:30pm or 5:30pm - 7pm
1x game \$20, 2x games \$25 or Invoice/NDIS \$37.23

STRATHFIELD WEDNESDAY

Strathfield Super Bowl 546 Liverpool Rd South Strathfield
5pm - 6:30pm
1x game \$20, 2 games \$25 or Invoice/NDIS \$39.28

STRATHFIELD SATURDAY

Strathfield Super Bowl 546 Liverpool Rd South Strathfield
11:30am - 1pm
2x games \$30 or Invoice/NDIS \$44.14

TENNIS*



SENIOR GROUP SATURDAY

Court 1 9am - 10am \$30 Cash Fee or Invoice/NDIS \$42.36

SKILLS DEVELOPMENT GROUP SATURDAY

Court 1 10am - 11am \$30 Cash Fee or Invoice/NDIS \$40.82

JUNIOR GROUP SATURDAY

Court 1 11am - 12pm \$30 Cash Fee or Invoice/NDIS \$40.82
John Mountford Reserve, Welfare Ave (Off Shorter Ave) Beverly Hills

ARTS & CRAFT *



MONDAY Inclusive for all - Fortnightly
RSAC Clubrooms 11 Greenfield Parade, Bankstown
5pm - 6pm \$20 Cash Fee or Invoice/NDIS \$28.63

* DENOTES PROGRAM RUNS SCHOOL TERMS ONLY

Prices quoted are based on the current 2023-224 NDIS Price Guide