

DISCOS & EVENTS

Subscribe to receive RSAC news, events and updates.

Email : rsaclub@bigpond.net.au

CAMPS & OTHER ACTIVITIES

RSAC provides a range of events, programs and activities on a one off or annual basis. These include:

Supported Disability Camps

Adult & Family Camps and Supported Respite Programs

Carer Activities and Information

Day Outings , Disco Dinners, Special Events

ACTIVE & CREATIVE KIDS VOUCHERS

School aged children in NSW may be eligible to apply for Active Kids & Creative Kids Vouchers. 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**

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

Phone:

Office 9790 5001

Jenny 0425 203 891

Office and Clubrooms:

11 Greenfield Parade

Bankstown NSW 2200

Website:

www.disabledsportsac.org.au

Email:

RSAClub@bigpond.net.au

Postal Address:

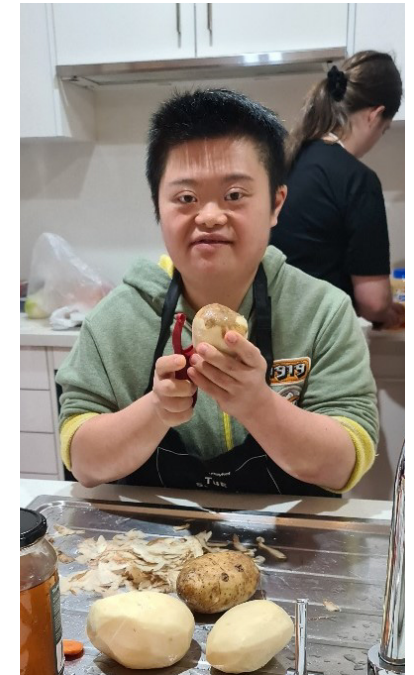
PO Box 120 Bankstown 1885

CALL US TO JOIN OUR VOLUNTEER PROGRAM



RECREATION, SPORTS & AQUATICS CLUB

2025 Regular Programs Information



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

V8 Prices as at March 2025





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 \$27.02

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 \$31.02

LEARN TO SWIM, STROKE CORRECTION & SQUAD FRIDAY

Roselands Aquatic Centre tindoored heated pool
Centre Ave Roselands
6:30pm - 7:30pm \$20 Cash Fee or Invoice/NDIS \$33.78



INDOOR SOCCER SUNDAY

TEENS & ADULTS

Bankstown PCYC (Police Citizen Youth Club)
Corner French Ave & Meredith St Bankstown
9:30am - 11am \$25 Cash Fee or Invoice/NDIS \$51.08

SATURDAY SPORTS ACTION

KIDS & ADULTS active sports - outdoor soccer, cricket, tball etc..

The Lantern Club 21 Roselands Ave ROSELANDS parking on site
9:30-11am (all ages) \$25 cash or invoice/NDIS \$20



TENPIN BOWLING

REVESBY MONDAY

REVESBY AMF 2 Brett St, Revesby
(Entrance inside RevesbyWorkers Club)
5pm - 6:30pm or 5:30pm - 7pm
1x game \$20, 2x games Cash fee \$25 or Invoice/NDIS \$40.54

STRATHFIELD WEDNESDAY

Strathfield Super Bowl 546 Liverpool Rd South Strathfield
5pm - 6:30pm
1x game \$20, 2 games \$25 cash fee or Invoice/NDIS \$40.54

STRATHFIELD SATURDAY

Strathfield Super Bowl 546 Liverpool Rd South Strathfield
11:30am - 1pm
2x games \$30 cash fee or Invoice/NDIS \$44.29



TENNIS* SATURDAY

SENIOR GROUP

Court 1 **9am - 10am \$30 Cash Fee or Invoice/NDIS \$43.57**

SKILLS DEVELOPMENT GROUP

Court 1 **10am - 11am \$30 Cash Fee or Invoice/NDIS \$43.57**

JUNIOR GROUP

Court 1 **11am- 12pm \$30 Cash Fee or Invoice/NDIS \$43.57**
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 \$31.90



*** DENOTES PROGRAM RUNS SCHOOL TERMS ONLY**

Prices quoted are based on the current 24 - 25 revised NDIS Price Guide



DRUMMING THURSDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
4:30pm-5:30pm \$15 Cash Fee or Invoice/NDIS \$30.91



SINGING/KARAOKE GROUP THURSDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
5:30pm - 7pm \$20 Cash Fee or Invoice/NDIS \$40.95



COOKING

MONDAY 1pm weekly

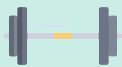
RSAC Clubrooms 11 Greenfield Parade, Bankstown
1:00pm - 3:00pm \$50 Cash Fee or Invoice/NDIS \$66.99
(Pre-Booking required)

MONDAY 3pm weekly

RSAC Clubrooms 11 Greenfield Parade, Bankstown
3:00pm - 5:00pm \$50 Cash Fee or Invoice/NDIS \$69.16
(Pre-Booking required)

SATURDAY 1st Saturday each month (excdeptions apply)

RSAC Clubrooms 11 Greenfield Parade, Bankstown
9:30am - 12:30pm \$60 Cash Fee or Invoice/NDIS \$129.13



PERSONAL TRAINING INDIVIDUAL OR GROUP

Book Your Session Time Direct with Trainer
RSAC Clubrooms 11 Greenfield Parade, Bankstown
1:2 Ratio Cash/Invoice/NDIS \$64.92
1:1 Ratio Cash/Invoice/NDIS \$99.91



DANCE

ZUMBA TUESDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
5:30pm - 7pm \$20 Cash Fee or Invoice/NDIS \$28.89

HIP HOP WEDNESDAY

PJ Ferry Reserve Community Hall
Corner Bellevue Pde & Blakesley Rd Allawah
5:30pm - 7pm \$20 Cash Fee or Invoice/NDIS \$49.22

CREATIVE DANCE FRIDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
5:30pm - 7pm \$20 Cash Fee or Invoice/NDIS \$31.95

BREAKTHROUGH DANCE SATURDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
9:30am - 11am \$25 Cash Fee or Invoice/NDIS \$40.76



DRAMA*

DRAMA CLASS WEDNESDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
5pm - 6:30pm \$30 Cash Fee or Invoice/NDIS \$39.51

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 \$50.32



KARATE MONDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
6pm - 7:30pm \$20 Cash Fee or Invoice/NDIS \$33.82
Please bring water bottle and a towel



BASKETBALL*

JUNIOR GROUP WEDNESDAY

Hurstville Stadium Corner King Georges Rd & Forest Rd, Penshurst
6:30pm - 7:30pm \$15 Cash Fee or Invoice/NDIS \$23.01

INTERMEDIATE GROUP TUESDAY

Riverwood Community Centre 151 Belmore Rd Riverwood
6pm - 7:15pm \$20 Cash Fee or Invoice/NDIS \$31.22

SENIOR GROUP TUESDAY

Riverwood Community Centre 151 Belmore Rd Riverwood
7:15pm - 8:30pm \$20 Cash Fee or Invoice/NDIS \$33.68



LADIES BASKETBALL* FRIDAY

Morris lemma Indoor Sports Centre 150 Belmore Rd North, Riverwood
4:30pm - 5:30pm FREE FOR 2025 UNDER PLAY OUR WAY



BASKETBALL & SOCCER SKILLS* THURSDAY

Morris lemma Indoor Sports Centre 150 Belmore Rd North, Riverwood
6pm - 7:30pm \$20 Cash Fee or Invoice/NDIS \$33.78



CRICKET SUNDAY (fortnightly)

Bankstown Memorial Oval Indoor Centre, Chapel Rd South Bankstown
9am - 11am \$30 Cash Fee or Invoice/NDIS \$70.86
See Cricket schedule for dates



YOGA FOR LADIES TUESDAY

RSAC Clubrooms 11 Greenfield Parade, Bankstown
4pm - 5pm FREE FOR 2025 UNDER PLAY OUR WAY



INDOOR SPORTS FUN BASKETBALL/SOCCER FAIRFIELD SATURDAY

Fairfield Youth + Community Centre 44 Vine street, Fairfield
12pm - 1pm Female Group FREE FOR 2025 UNDER PLAY OUR WAY
1pm - 2pm Male Group FREE FOR 2025 UNDER NSW SPORTS GRANT

ZOOM ONLINE CLASSES

FAMOUS DANCE ROUTINES (45min) 4:00pm-4:45pm
MONDAY (WOMEN ONLY) FREE FOR 2025 UNDER PLAY OUR WAY

DRAMA (45min) 5:00pm-5:45pm
MONDAY Invoice or NDIS \$37.16

E-HANG: SOCIAL CLUB (45min) 4:00pm-4:45pm
TUESDAY Invoice or NDIS \$37.16

ZUMBA (45min) 4:00pm-4:45pm
WEDNESDAY Invoice or NDIS \$25.34

ONLINE DISCOS (1hr) 5:00pm-6:00pm
FRIDAY Invoice or NDIS \$38.28

* 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.



FRIENDSHIP GROUP Social Club 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 \$151.66 or Sun \$195.56 (Cost based on 5 hour outing)