



Phone:
9790 5001/ Jenny 0425 203 891



Email:
RSAClub@bigpond.net.au



Website:
www.disabledsportsac.org.au



Office and Clubrooms:
11 Greenfield Parade Bankstown NSW 2200



Postal Address:
PO Box 120 Bankstown NSW 1885

ABN: 592726089873
Registered Charity CFN 11028



CAN YOU HELP?
VOLUNTEERS WELCOME



**RECREATION, SPORTS AND
AQUATICS CLUB**

Regular Programs Flier



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

NDIS Provider Number: 4050 002718

BASKETBALL *

JUNIOR GROUP

Hurstville Stadium
Corner King Georges Rd & Forest Rd, Penshurst
Wednesdays 6:30pm-7:30pm
\$10 Cash Fee or NDIS \$18.92



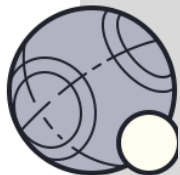
INTERMEDIATE

Riverwood Community Centre
151 Belmore Rd Riverwood
Tuesdays 6pm-7:15pm
\$15 Cash Fee or NDIS \$23.65

SENIOR

Riverwood Community Centre
151 Belmore Rd Riverwood
Tuesdays 7:15pm-8:45pm
\$15 Cash Fee or NDIS \$30.99

BOCCE



Club Italia
Wharf Rd, Lansvale
1st Friday of each month 7pm-8:30pm
\$15 Cash Fee or NDIS \$42.01
(Dinner 6pm if you wish, \$10 booking required)

CRICKET



Bankstown Memorial Oval
Indoor Centre, Chapel Rd South Bankstown
Sundays (Fortnightly) 9am-11am
\$15 Cash Fee or NDIS \$50.46

KARATE *



RSAC Clubrooms Bankstown
(Downstairs space– enter side door)
Mondays 6pm-7:30pm
\$15 Cash Fee or NDIS \$30.99

To Participate:

- Complete RSAC Membership Form
- Contact the office with your interests
- Annual Membership fee is \$45 per family

ADULT SOCIAL CLUB

For 18 & over who are able to cooperate as part of a group.



HURSTVILLE FRIENDSHIP GROUP

Meet at Hurstville Station
Monthly– Saturday or Sunday
\$25 Cash Fee or NDIS Sat \$23.13 per hr
NDIS Sun \$30.08 per hr

SOUTH WEST SOCIAL CLUB

Meet Campelltown or Liverpool
Monthly– Saturday or Sunday
\$25 Cash Fee or NDIS Sat \$23.13 per hr
NDIS Sun \$30.08 per hr

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



DRUMMING*

THURSDAYS

RSAC Clubrooms Bankstown
Thursdays 4:30pm-5:30pm
\$10 Cash Fee or NDIS \$21.42



COMMUNITY CHOIR*

THURSDAYS

RSAC Clubrooms Bankstown
Thursdays 5:30pm-7pm
\$15 Cash Fee or NDIS \$32.13

COOKING

(Pre-Booking required)

SATURDAYS

RSAC Clubrooms Bankstown
1st Saturday of each month
10am-12:30pm
\$40 Cash Fee or NDIS \$65

MONDAYS

RSAC Clubrooms Bankstown
Monthly
3pm-5pm
\$40 Cash Fee or NDIS \$51.16

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



DANCE *

CREATIVE DANCE

RSAC Clubrooms Bankstown
Tuesdays 5:30pm-7pm
\$20 Cash Fee or NDIS \$38.37



HIP HOP

PJ Ferry Reserve Community Hall
Corner Bellevue Pde & Blakesley Rd Allawah
Wednesdays 5:30pm-7pm
\$20 Cash Fee or NDIS \$23.38

DRAMA-ACTING *

DRAMA

RSAC Clubrooms Bankstown
Wednesdays 5pm-6:30pm
\$20 Cash Fee or NDIS \$28.38
Teens and Adults



RSAC DRAMA COMPANY

RSAC Clubrooms Bankstown
Wednesdays 7pm-8:30pm
\$20 Cash Fee or NDIS \$30.99
Entry by audition. Must attend Drama*

KIDS MOTOR SKILL'S*

RSAC Clubrooms Bankstown
Tuesday 4:30pm-5:30pm
\$10 Cash Fee or NDIS \$28.38



INDOOR SOCCER *

Bankstown PCYC (Police Citizen Youth Club)
Cnr French Ave & Meredith St Bankstown
Sundays 9:30am-11am
\$15 Cash Fee or NDIS \$37.85



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





*** 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

\$10 Cash Fee or NDIS \$23.48

SQUAD GROUP

Wednesdays 7:30pm-8:30pm

\$10 Cash Fee or NDIS \$18.56

BEXLEY

Angelo Anestis Aquatic Centre
98C Preddys Rd Bexley

LEARN TO SWIM

Thursdays 6:30pm-7:30pm

\$10 Cash Fee or NDIS \$23.48

STROKE CORRECTION & SQUAD

Thursdays 7:30pm-8:30pm

\$10 Cash Fee or NDIS \$16.82

ROSELANDS

Roseland Indoor Pool
Centre Ave Roselands

LEARN TO SWIM, STROKE CORRECTION & SQUAD

Fridays 6:30pm-7:30pm

\$12 Cash Fee or NDIS \$23.48



TENPIN BOWLING

STRATHFIELD

Strathfield Super Bowl
546 Liverpool Rd South Strathfield

WEDNESDAYS

5:30pm-7pm

\$15 1 game, \$20 2 games or NDIS \$28.38

SATURDAYS

11:30pm-1pm

2 games \$20 or NDIS \$37.85

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 \$28.38



TENNIS *

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

SENIOR Court 1

Saturdays 9am-10am

\$30 Cash Fee or NDIS \$34.40

SKILLS DEVELOPMENT Court 1

Saturdays 10am-11am

\$30 Cash Fee or NDIS \$34.40

BEGINNERS GROUP Court 3

Saturdays 11am-12pm

\$30 Cash Fee or NDIS \$34.40



RSAC IS NDIS REGISTERED

YOU CAN USE YOUR NDIS FOR RSAC PARTICIPATION

