



**Get Active
Make Friends
Be Healthy
Have Fun**

**Access
for
All Abilities**

play

aaavic.org.au

Funded by the Victorian State Government, Access for All Abilities has helped grow inclusive sports and recreation for people with a disability for more than ten years, now funding over thirty community and sporting organisations – Access for All Abilities ensures that every person, regardless of ability, has an equal opportunity to participate in sports and recreation in their community.

Being physically active or participating in organised sport is great for making friends, getting healthy and having fun. Regardless of ability, there are sport and recreation options out there for everyone.

Why is physical activity so important?

Sport and recreation has huge benefits for everyone's physical and mental wellbeing, and forms part of a balanced, healthy lifestyle.

By participating in community sport and recreation you will not only reap the rewards of exercise but make new friends, be part of a team or club and achieve personal goals. Whether you're seeking a chance to improve your skill or Paralympic glory, sport and recreation is now for everyone, regardless of ability.

How does AAA Play work?

'AAA Play is a free support service works with the enquirer to identify what activity they wish to be involved in, what their disabilities are and where they are located. Drawing on an always growing network of sport and recreation providers, Access for All Abilities can link each person with a suitable, in a timely manner.

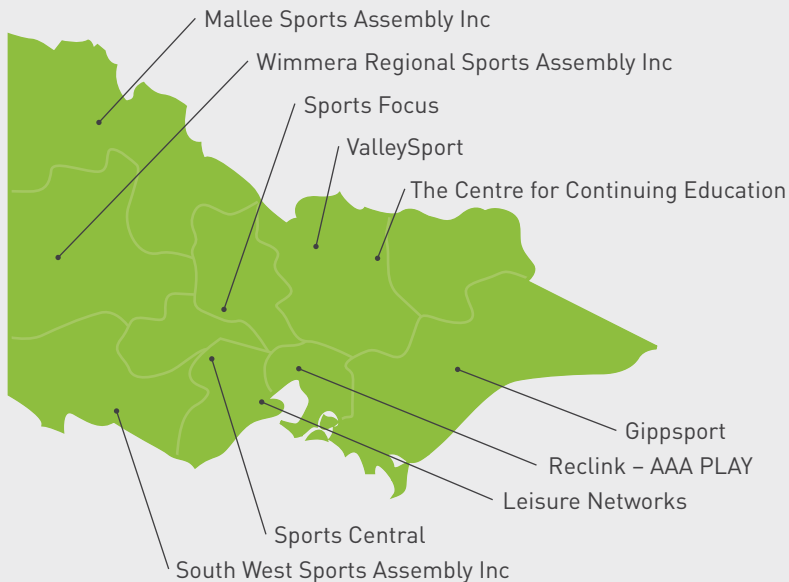
What sports are involved?

AFL Victoria, **Archery Victoria**, Badminton Victoria, **Baseball Victoria**, Basketball Victoria, **Blind Sports Victoria**, Boccia Victoria, **Bowls Victoria**, Calisthenics Victoria, **Cricket Victoria**, Cycling Victoria, **Deaf Sports and Recreation Victoria**, Disability Sports Victoria, **Disability Sport and Recreation**, Eastern Recreation and Leisure Services, **Football Federation Victoria**, Gymnastics Victoria, **Hockey Victoria**, Ice Sports Victoria, **Indoor Sports Victoria**, Maccabi Victoria, **Netball Victoria**, People Outdoors, **Pony Club Victoria**, Riding Develops Abilities, **SCOPE**, School Sports Victoria, **Special Olympics Victoria**, Squash Victoria, **Surfing Victoria**, Swimming Victoria, **Table Tennis Victoria**, Tennis Victoria, **Tenpin Bowling**, VICSRAPID, **Victorian Rugby League**, Volleyball Victoria, **Yachting Victoria**, YMCA Victoria



Wherever you are, there's assistance nearby.

AAA PLAY is for Melburnians but whatever your location in Victoria, there is a service to assist you, your loved one or client to start a physical lifestyle. Contact your local service provider.



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aaavic.org.au 1800 AAA VIC (222 842)