

Access  
for  
All Abilities

play

Access for All Abilities PLAY is a free service to assist Melbourne people of all ages with a disability to become involved in sport and active recreation. With personal assistance from AAA PLAY, **you can discover a new sporting challenge now.** Visit our info-loaded website or call us today to discover the huge amount of sports and recreation activities close to your home and available for people of all abilities.

## Why is physical activity so important?

Involvement in sport and active recreation has huge benefits for all people's physical and mental wellbeing, and forms part of a balanced, healthy lifestyle. Through 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 elite glory, sport and recreation is for everyone, regardless of ability.



**People with a disability are 15% less likely to participate in sport and active recreation than the general population – let's change this by promoting access for all.**

## Access for All Abilities

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 – from Blind Sports, Basketball and Baseball to Lawn Bowls, Sailing and Balloon Football. Access for All Abilities ensures that every person, regardless of ability, has an opportunity to participate in sports and recreation in their community.

**To begin a new experience in sport today visit [aaavic.org.au](http://aaavic.org.au) and search for an activity close to you.**

For personalised assistance contact

**1800 AAA VIC (222 842)**

