

To say that Australians are passionate about sports is an understatement. Sport is a big part of Australian life. This is not a surprise when you consider the outdoor lifestyle enjoyed by Australians.

The main sports that play a key role in Australian culture include:

- AFL (Australian Rules Football)
- Rugby (Both league and union)
- Cricket
- Soccer
- Tennis
- Swimming
- Basketball
- Netball
- Cycling
- Baseball

Sport is enjoyed by children and adults of all ages both from a participation and supporter perspective. Access to facilities is generally easy in most Canberra suburbs. Most children in Australia learn to swim at an early age.

CHILDREN'S SPORT

Children's sport is particularly well catered for and highly encouraged in schools. There are also local clubs for a variety of sports and in fact it is hard to find a sport that does not have some form of representation. Local councils can provide details of what clubs are available in their area. Local Clubs are facilitated mostly by Government School children and Private Schools generally have their own sports teams.

Starting with toddlers and children, aged 2.5 to 6 years. As an example, [Ready Steady Go Kids](#) runs a program which is physio-designed activities teaching preschoolers the fundamentals of which will develop and enhance motor skills in a fun, social, non-competitive and supportive environment. Another popular organisation is little Athletics.

GOLFERS

Golfers too are well catered for with a huge choice of both public and private courses available. Some private courses can be expensive to join and some may even have a waiting list but most golfers are able to [find a suitable club](#) without difficulty be it private or public. Because of Canberra's location there is a good mix of spectacular courses, tranquil bush settings and quality suburban courses.



GYMS

There are many gyms available in Canberra offering various types of training. Most have long opening hours and some are even 24/7. Many offer classes in aerobics, Pilates and yoga. Once a residential suburb has been decided upon, or a work location is known, various gym options in that local area can be sought.

BOATING

Canberra has a number of lakes with strict [boating rules](#) for recreational activity on each lake.

FISHING

[Recreational fishing](#) in the public waters of the ACT does not require a licence, but you must comply with the [Fisheries Act 2000](#), which aims to sustainably manage our fish populations.

