

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 Melbourne 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.

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 **multi-sport** activities teaching preschoolers the fundamentals of **10 different sports** which will develop and enhance motor skills in a fun, social, non-competitive and supportive environment.

GOLFERS

Eight of the top golf clubs in Australia, with a worldwide reputation, are located in the famous Melbourne sand belt, located in the southern outskirts of Melbourne. These clubs have hosted many great championships including the Australian Open, The Australian Masters, The President's Cup and The World Cup of Golf. Golfers are well catered for in Melbourne 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 Melbourne's location there is a good mix of spectacular courses, tranquil bush settings and quality suburban courses.

GYMS

There are many gyms available in Melbourne 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.

TENNIS

Tennis is a very popular sport in Melbourne from both a playing and spectator perspective. It is a very social sport and newcomers are always welcomed. Suburban tennis clubs abound in most suburbs where there are tennis competitions between neighbouring clubs as well as social/casual play. There are private and quite exclusive clubs such as Kooyong Tennis Club and Royal South Yarra Tennis Club as well as many public courts.

The famous Melbourne Park is the home of the Australian Open, a world class event which is held in January each year.