

PADDLE BEAUTIFUL SYDNEY HARBOUR  
AND HELP LIFESTART'S SPECIAL KIDS.

PRINCIPAL SPONSOR **trust**

REGISTER NOW FOR THE

**Lifestart**

# Kayak for Kids 2010

Sunday 28 March 2010  
Sydney Harbour  
Blues Point To Clontarf



"Kayak for Kids is an event for everyone, whether beginner or experienced paddler. Create a team with your family, friends or work colleagues and enjoy the challenge of paddling our great harbour, while helping Lifestart's special kids."

Shelley Oates-Wilding, Event Ambassador.

Fundraising: Everyday Hero

Registration: [www.kayakforkids.com.au](http://www.kayakforkids.com.au)



## 2010 Fundraising Target \$200,000

And we supply the team kayaks!

Kayak for Kids is an inspirational paddle on Sydney Harbour raising funds to provide early childhood intervention services to children who have an intellectual disability or delay in development. The 17.5 kilometre course is divided into four stages of approximately 4.5 kilometres, with team Transition Areas between each stage. There are three overall categories

**1.** Teams relay challenge for four to twelve person teams (for inexperienced paddlers). Each team member paddles a minimum of one stage with paddlers changing at Transition Areas. Hire of a three-seater kayak and equipment is included in the entry fee.

**2.** Teams challenge for three person teams (for those who have the fitness to paddle the full course). Hire of a three-seater kayak and equipment is included in the entry fee.

**3.** Solo and double challenges for experienced paddlers who have their own water craft.

**SAFETY:** It is compulsory that all participants wear life vests (supplied to teams) except those on surf skis or single/double sit-on-top craft. The course is fully monitored by safety craft and personnel.

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Lifestart kids, parents and staff

**Lifestart is an Early Childhood Intervention Service.** It's mission is to assist children aged from birth to school age who have an intellectual disability or delay in development to develop to their fullest potential for themselves, their families and their communities. Diagnosed conditions include autism spectrum disorder, Down syndrome, global delay, learning delays and many rare genetic disorders. Children may also have physical disorders such as cerebral palsy or sensory disorders affecting their sight, hearing or other senses.

Lifestart was started in 1996 by eight families who wanted to create a community-based program managed by families, for families. From the outset the philosophy of the organisation was one of co-operation between professional staff and parents, empowerment of families and social inclusiveness. This has placed Lifestart at the forefront of early childhood intervention practice.

Lifestart employs a range of specialist staff including

- Special Educators
- Speech Pathologists
- Behavioural Specialist
- Occupational Therapists
- Physiotherapists
- Social Worker

Lifestart utilises transdisciplinary and play-based therapy, where specialists from across disciplines work co-operatively on a child's development while learning and development take place in structured 'fun activities' that the child can enjoy. Lifestart also provides educational and social activities to support parents and other members of the child's family.

Today, Lifestart provides services to 300 children through seven branches located across Sydney. For more information on Lifestart visit [www.lifestart.org.au](http://www.lifestart.org.au) or call (02) 9807 9700.



**Lifestart Head Office**

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"The course is challenging but the scenery of Sydney Harbour makes it enjoyable. More people should do this - it is really different from anything else."

Chris Breach, Macquarie Group

"We all had a lovely time and our main focus for 2010 is to beat our fundraising efforts in 2009. The day for us was topped off by all the friendly volunteers and participants that we met. The BBQ lunch was delicious. I would like to thank everyone involved with K4K for making the day such a fun event."

Suzanne Brindley, Brindley's Chartered Accountants ... all the way from Mudgee!



"A fantastic time was had by all our team. It's a great way to see Sydney Harbour, get fit and help Lifestart - Wilson HTM will be back in 2010 with even more teams for sure."

Damien Klassen from Is that a shark? Winner of 2009 Lifestart Kayak for Kids Challenge Cup



FINISH



"Kayak for Kids is one of the best ways I know to experience and enjoy Sydney Harbour while fundraising for Lifestart. I encourage all my colleagues from both sides of politics to get involved in 2010 ... and challenge them to beat my time of 1:53:18."

Peter Debnam MP, NSW State Parliament

"We were joint winners in the open solo category in 2009. In 2010 K4K will include the Harbour Racing Series so we intend to be winners in both events."

Tim Hookins & Tony Hystek, PaddleNSW (I'll actually beat Tony in 2010 - Tim.)

