



(+44) 0203 356 7178
www.londonyouthrowing.com
London Youth Rowing
Royal Docks Adventure
1012 Dockside Road
London E16 2QT
Charity number 1122941

11/04/18

PRESS RELEASE

London Youth Rowing offering free on-water rowing sessions during Elevate exhibition

[London Youth Rowing](#) (LYR) are offering attendees at the Elevate fitness & physical activity exhibition the opportunity to try sliding seat rowing for free, at the Royal Docks Adventure on 10th May 2018.

LYR are a non-profit charity that provide indoor and on-water rowing programmes throughout disadvantaged areas of London, with the aim of getting young people active whilst also developing their life skills via access to a traditionally niche sport. In 2017 we worked with over 9000 young people across all our programmes, of which 57% were BME participants and 52% were female.

We will be at stand A21 at the Elevate exhibition on 9th May for visitors to learn more about our impactful work. You can also take part in an indoor rowing challenge and sign-up to try on-water rowing the next day on the Royal Albert Dock (just 5 minutes' walk from Excel).

Sign-ups for the free rowing sessions at 10.30-11.30am and 2-3pm on 10th May are available on a first-come first-serve basis. Visit us at Elevate stand A21 to find out more about LYR and for the opportunity to try rowing for free.

For further information contact Andy Smith on asmith@londonyouthrowing.com

