



LYG ADAPTED INSPIRE FESTIVAL EAST OVERVIEW-

Thursday 21st March 2024

Venue Information

Address: Redbridge Sports Centre, Forest Road, Ilford, Essex, IG6 3HD.

Parking: On site. Register your number plate at reception.

Nearest Station: Fairlop Tube (approx. 5 minutes' walk).

Accessibility: accessible toilets, changing rooms and accessible parking available.

Timings & Group Allocation

Registration: 09:45-10:20 and **Sports from:** 10:30-2:30. Register in between the two Astros- activity will take place outdoors on the Astros, except for dance and squash.

Sports Providers

SPORT	PROVIDER
Dance	Rambert
Squash	England Squash
Cricket	Essex Cricket
Football	West Ham Foundation
Boxing	Lime House Boxing
Netball	Essex Met
Tennis	LTA
Basketball	Safe Haven

With a demo from Wheelchair Rugby UK.

Please get in touch if you would like to connect with the sports providers

Sport Rotations

Sport sessions are 30 minutes each, your young leader will help you get to your next sport. There are spaces to eat lunch/snacks in and outdoors.

London Youth Games Central Contact

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