



SMASH SPORTS CLUB

Southend Mencap and Sporting Heroes

A sports club for people with learning disabilities age 13+.

Open to teenagers with learning disabilities although those with more complex needs will need their own support.

Every Saturday 3-5pm

£4 per session

Spring 2018 Programme

6th January 2018	Garons Swim Centre	3-5pm
13th January 2018	Garons	3-5pm
20th January 2018	Garons - Indoor Tennis Courts	3-5pm
27th January 2018	Garons	3-5pm
3rd February 2018	Garons Swim Centre	3-5pm
10th February 2018	Garons	3-5pm
17th February 2018	Kursaal - Pool	3-5pm
24th February 2018	Garons	3-5pm
3rd March 2018	Garons Swim Centre	3-5pm
10th March 2018	Garons - Secondary Hall (Yoga with Keeley)	3-5pm
17th March 2018	Clements Hall - Squash	3-5pm
24th March 2018	SMASH Awards Evening - Park Inn	7pm
31st March 2018	EASTER WEEKEND - NO CLUB	
7th April 2018	Garons Swim Centre	3-5pm
14th April 2018	Garons (Zumba with Ruth)	3-5pm
21st April 2018	SUFC vs MK Dons	3-5pm
you must secure your tickets from Greg beforehand		
28th April 2018	Garons	3-5pm

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