



# 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

## Autumn 2018 Programme

1st September 2018	Garons Swim Centre	3-5pm
8th September 2018	Southend Leisure and Tennis Centre	3-5pm
15th September 2018	The Kursaal - Pool and Ten Pin Bowling	3-5pm
22nd September 2018	Southend Leisure and Tennis Centre	3-5pm
29th September 2018	Yoga - Garons Function Suite	3-5pm
6th October 2018	Garons Swim Centre	3-5pm
13th October 2018	Southend Leisure and Tennis Centre	3-5pm
20th October 2018	Dance Fit - Garons Function Suite	3-5pm
27th October 2018	Southend Leisure and Tennis Centre	3-5pm
3rd November 2018	Garons Swim Centre	3-5pm
10th November 2018	Southend Leisure and Tennis Centre	3-5pm
17th November 2018	Southend United vs Blackpool	2.30-5pm
***You must confirm your tickets in advance with Greg***		
24th November 2018	Southend Leisure and Tennis Centre	3-5pm
1st December 2018	Garons Swim Centre	3-5pm
8th December 2018	The Kursaal - Ten Pin Bowling	3-5pm

The Harvey Centre  
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