



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 - times below

£4 per session

Quarter 3 2021 Programme

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| 2nd October 2021 | Garons Swim Centre | 2.30-3.30pm |
| 9th October 2021 | Garons Sports Centre (Karate) | 2.30-3.30pm |
| 16th October 2021 | Archery - Sweyne School , Rayleigh | 2-4pm |
| 23rd October 2021 | Garons Sports Centre | 2.30-3.30pm |
| 30th October 2021 | Trampolining - Ultima Trampoline Club (16A London Road, Wickford, Essex, SS12 0AW) | 2-4pm |
| 6th November 2021 | Garons Swim Centre | 2.30-3.30pm |
| 13th November 2021 | Garons Sports Centre | 2.30-3.30pm |
| 20th November 2021 | Tai Chi - Rochford Martial Arts Academy (Unit C, Swaines Ind. Estate, Leecon Way, Rochford, Essex SS4 1RG) | 2-4pm |
| 27th November 2021 | Garons Sports Centre | 2.30-3.30pm |
| 4th December 2021 | Garons Swim Centre | 2.30-3.30pm |
| 11th December 2021 | Ten Pin Bowling - CJ's Bowling, Hockley | 2-4pm |

The Harvey Centre
100 London Road
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