



# 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 4 2021/2022 Programme

8th January 2022	Garons Swim Centre	2.30-3.30pm
15th January 2022	Garons Sports Centre - Yoga	2.00-3.30pm
22nd January 2022	Base Jump - 26A Brook Rd, Rayleigh	2.00-4.00pm
29th January 2022	Garons Sports Centre	2.00-3.30pm
5th February 2022	Garons Swim Centre	2.30-3.30pm
12th February 2022	Garons Sports Centre - Hula	2.00-3.30pm
19th February 2022	Garons - Tennis Courts	2.00-3.30pm
26th February 2022	Garons Sports Centre	2.00-3.30pm
5th March 2022	Garons Swim Centre	2.30-3.30pm
12th March 2022	Garons Sports Centre	2.00-3.30pm
19th March 2022	Capoeira Brazilarte Academy (top floor of Victoria Shopping Centre)	2.00-4.00pm
26th March 2022	Garons Sports Centre	2.00-3.30pm

The Harvey Centre  
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Southend-On-Sea  
Essex SS1 1PG

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