



SMASH SPORTS CLUB

Southend Mencap and Sporting Heroes

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

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

Every Saturday - times below

£4 per session

Quarter 1 2022 Programme

2nd April 2022	Garons Swim Centre	2.30-3.30pm
9th April 2022	Garons Sports Centre	2.00-3.30pm
16th April 2022	No Club - Easter Weekend	
23rd April 2022	Easter Walk - Hockley Woods	2.00-4.00pm
30th April 2022	Indirock - indoor Bouldering Wall	2.00-4.00pm
1st Floor, Victoria Shopping Centre, Southend		
7th May 2022	Garons Swim Centre	2.30-3.30pm
14th May 2022	Garons Sports Centre	2.00-3.30pm
21st May 2022	Bootcamp - field next to Leigh Station	2.00-4.00pm
28th May 2022	Garons Sports Centre	2.00-3.30pm
4th June 2022	No Club - Jubilee Weekend	
11th June 2022	Garons Sports Centre	2.00-3.30pm
18th June 2022	Golf - Garon Park Golf Complex	2.00-4.00pm
25th June 2022	Garons Sports Centre	2.00-3.30pm

The Harvey Centre
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