



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 2 2022 Programme

2nd July 2022	Garons Swim Centre	2.30-3.30pm
9th July 2022	Garons Sports Centre	2.00-3.30pm
16th July 2022	Circus Skills - Garons	2.00-3.30pm
23rd July 2022	Garons Sports Centre	2.00-3.30pm
30th July 2022	Crown Green Bowling - Priory Park	2.00-4.00pm

** sorry this session is not suitable for wheelchairs **

6th August 2022	Garons Swim Centre	2.30-3.30pm
13th August 2022	Garons Sports Centre	2.00-3.30pm
20th August 2022	Summer Walk - Hockley Woods	2.00-4.00pm
27th August 2022	BANK HOLIDAY WEEKEND—NO CLUB	

3rd September 2022	Garons Swim Centre	2.30-3.30pm
10th September 2022	Garons Sports Centre	2.00-3.30pm
17th September 2022	Tennis - Garons	2.00-3.30pm
24th September 2022	Garons Sports Centre	2.00-3.30pm

The Harvey Centre
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