



# 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 2023 Programme

7th October 2023	Garons Swim Centre	1.30-3.00pm
14th October 2023	Garons Sports Centre	2.00-3.30pm
21st October 2023	Padel - Garons Sports Centre	2.00-3.30pm
28th October 2023	Garons Sports Centre - Bootcamp	2.00-3.30pm
4th November 2023	Garons Swim Centre	1.30-3.00pm
11th November 2023	Garons Sports Centre - Karate	2.00-3.30pm
18th November 2023	Oxygen Free Jumping - Trampolining	2.00-4.00pm
*** Please complete and return the slip to book your place ***		
26a Brook Road, Rayleigh, Essex SS6 7XL		
25th November 2023	Garons Sports Centre	2.00-3.30pm
2nd December 2023	Garons Swim Centre	1.30-3.00pm
9th December 2023	Ten Pin Bowling - CJs Bowling (Eldon Way, Hockley)	2.00-4.00pm

The Harvey Centre  
100 London Road  
Southend-On-Sea  
Essex SS1 1PG

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