



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 2023/2024 Programme

6th January 2024	Garons Swim Centre	1.30-3.15pm
13th January 2024	Garons Sports Centre	2.00-3.30pm
20th January 2024	Capoeira - Brazilarte Academy	2.00-4.00pm
27th January 2024	Garons Sports Centre - Hula	2.00-3.30pm
3rd February 2024	Garons Swim Centre	1.30-3.15pm
10th February 2024	Garons Sports Centre	2.00-3.30pm
17th February 2024	Indoor Bowls - Priory Park	2.00-4.00pm
24th February 2023	Garons Sports Centre	2.00-3.30pm
2nd March 2024	Garons Swim Centre	1.30-3.15pm
9th March 2024	Garons Sports Centre - Dance Fit	2.00-3.30pm
16th March 2024	Garons Sports Centre - Wing Chun	2.00-4.00pm
23rd March 2024	Garons Sports Centre - Box Fit	2.00-3.30pm
30th March 2024	EASTER WEEKEND - NO CLUB	

The Harvey Centre
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