



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 2024 Programme

6th April 2024	Garons Swim Centre	1.30-3.15pm
13th April 2024	Garons Sports Centre - Pound	2.00-3.30pm
20th April 2024	Spring Walk - Hockley Woods	2.00-4.00pm
27th April 2024	Garons Sports Centre	2.00-3.30pm
4th May 2024	Garons Swim Centre	1.30-3.15pm
11th May 2024	Garons Sports Centre	2.00-3.30pm
18th May 2024	Fishing - North Benfleet Hall Lakes	11.00-3.00pm
25th May 2024	BANK HOLIDAY WEEKEND - NO CLUB	
1st June 2024	Garons Swim Centre	1.30-3.15pm
8th June 2024	Garons Sports Centre - Karate	2.00-3.30pm
15th June 2024	Golf - Garon Park Golf Complex	2.00-4.00pm
22nd June 2024	Garons Sports Centre	2.00-3.30pm
29th June 2024	Padel - Garons Sports Centre	2.00-4.00pm

The Harvey Centre
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