



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 2024 Programme

6th July 2024	Garons Swim Centre	1.30-3.15pm
13th July 2024	Garons Sports Centre - Ballroom/Latin Dance	2.00-3.30pm
20th July 2024	Lions Sports Day - King John School	9am-4.00pm
27th July 2024	Garons Sports Centre	2.00-3.30pm
3rd August 2024	Garons Swim Centre	1.30-3.15pm
10th August 2024	Garons Sports Centre	2.00-3.30pm
17th August 2024	Seafront Walk	2.00-4.00pm
*** Meeting point is Uncle Tom's Cabin ***		
24th August 2024	BANK HOLIDAY WEEKEND—NO CLUB	
31st August 2024	Boot Camp - Leigh Railway Station	2.00-4.00pm
7th September 2024	Garons Swim Centre	1.30-3.15pm
14th September 2024	Fishing - North Benfleet Hall Lakes	11am-3.00pm
21st September 2024	Archery - Belchamps	2.00-4.00pm
28th September 2024	Garons Sports Centre	2.00-3.30pm

The Harvey Centre
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