



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 2024 Programme

5th October 2024	Garons Swim Centre	1.45-3.15pm
12th October 2024	Garons Sports Centre	2.00-3.30pm
19th October 2024	Capoeira - Brazilarte Academy	2.00-4.00pm
26th October 2024	Garons Sports Centre - Hula	2.00-3.30pm
2nd November 2024	Garons Swim Centre	1.45-3.15pm
9th November 2024	Garons Sports Centre	2.00-3.30pm
16th November 2024	Circuit Training/Gym	2.00-4.00pm
Ultimate Fitness, 457 London Road, Westcliff- activity is upstairs but no lift		
23rd November 2024	Garons - Latin/Ballroom Dance	2.00-3.30pm
30th November 2024	Tai Chi - Rochford Martial Arts	2.00-4.00pm
7th December 2024	Garons Swim Centre	1.45-3.15pm
14th December 2024	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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