



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 2025 Programme

5th July 2025	Garons Swim Centre	1.45-3.15pm
12th July 2025	Ultimate Fitness	2.00-4.00pm
19th July 2025	Southend Lawn Tennis Club	3.00-5.00pm
(Broadclyst Gardens, Thorpe Bay, SS1 3QP)		
26th July 2025	Lions Sports Day - King John School	9am-4.00pm
2nd August 2025	Garons Swim Centre	1.45-3.15pm
9th August 2025	Ultimate Fitness	2.00-4.00pm
16th August 2025	Belchamps - Archery	2.00-4.00pm
23rd August 2025	BANK HOLIDAY WEEKEND—NO CLUB	
30th August 2025	Fishing - North Benfleet Hall Lakes	11am-3.00pm
6th September 2025	Garons Swim Centre	1.45-3.15pm
13th September 2025	Ultimate Fitness	2.00-4.00pm
20th September 2025	Belfairs Woods Walk	2.00-4.00pm
(* * meet at the Woodland Centre Café * *)		
27th September 2025	Ultimate Fitness	2.00-4.00pm

The Harvey Centre
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