



# 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 2025 Programme

4th October 2025	Garons Swim Centre	1.45-3.15pm
11th October 2025	Ultimate Fitness	2.00-4.00pm
18th October 2025	Boxing - Ultimate Fitness	2.00-4.00pm
25th October 2025	Ultimate Fitness	2.00-4.00pm
1st November 2025	Garons Swim Centre	1.45-3.15pm
8th November 2025	Ultimate Fitness	2.00-4.00pm
15th November 2025	**TBA**	2.00-4.00pm
22nd November 2025	Ultimate Fitness	2.00-4.00pm
29th November 2025	Dance Fitness/Zumba - Ultimate Fitness	2.00-4.00pm
6th December 2025	Garons Swim Centre	1.45-3.15pm
13th December 2025	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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