



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 4 2025/2026 Programme

10th January 2026	Garons Swim Centre	1.45-3.15pm
17th January 2026	Ultimate Fitness	2.00-4.00pm
24th January 2026	Capoeira - Brazilarte Academy	2.00-4.00pm
31st January 2026	Ultimate Fitness	2.00-4.00pm
7th February 2026	Garons Swim Centre	1.45-3.15pm
14th February 2026	Ultimate Fitness	2.00-4.00pm
21st February 2026	Netball - Chase High School	2.00-4.00pm
28th February 2026	Ultimate Fitness	2.00-4.00pm
7th March 2026	Garons Swim Centre	1.45-3.15pm
14th March 2026	Ultimate Fitness	2.00-4.00pm
21st March 2026	Capoeira - Brazilarte Academy	2.00-4.00pm
28th March 2026	Ultimate Fitness	2.00-4.00pm

The Harvey Centre
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