



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 1 2026 Programme

4th April 2026	EASTER WEEKEND - NO CLUB	
11th April 2026	Garons Swim Centre	1.45-3.15pm
18th April 2026	Ultimate Fitness	2.00-4.00pm
25th April 2026	Bowls - Priory Park	10am-12pm
*** Please note, this is a morning activity at Prittlewell Bowls & Croquet Club ***		
2nd May 2026	Garons Swim Centre	1.45-3.15pm
9th May 2026	Ultimate Fitness	2.00-4.00pm
16th May 2026	Fishing - North Benfleet Hall Lakes	11.00-3.00pm
23rd May 2026	BANK HOLIDAY WEEKEND - NO CLUB	
30th May 2026	Ultimate Fitness	2.00-4.00pm
6th June 2026	Ultimate Fitness	2.00-4.00pm
13th June 2026	Garons Swim Centre	1.45-3.15pm
20th June 2026	Croquet - Priory Park	10am-12pm
*** Please note, this is a morning activity at Prittlewell Bowls & Croquet Club ***		
27th June 2026	Ultimate Fitness	2.00-4.00pm

The Harvey Centre
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