



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 2026 Programme

4th July 2026	Garons Swim Centre	12.30-2.00pm
Please note new time for swimming sessions		
11th July 2026	Ultimate Fitness	2.00-4.00pm
18th July 2026	Capoeira - Brazilarte Academy	2.00-4.00pm
25th July 2026	Ultimate Fitness	2.00-4.00pm
1st August 2026	Garons Swim Centre	12.30-2.00pm
8th August 2026	Ultimate Fitness	2.00-4.00pm
15th August 2026	***To be confirmed***	
22nd August 2026	Fishing - North Benfleet Hall Lakes	11am-3.00pm
29th August 2026	BANK HOLIDAY WEEKEND - NO CLUB	
5th September 2026	Garons Swim Centre	12.30-2.00pm
12th September 2026	Ultimate Fitness	2.00-4.00pm
19th September 2026	***To be confirmed***	
26th September 2026	Ultimate Fitness	2.00-4.00pm

The Harvey Centre, 100 London Road, Southend-On-Sea, Essex SS1 1PG

Phone: Office - (01702) 341250

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