



# 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                                 | SOS Combatives - Ultimate Fitness   | 2.00-4.00pm  |
| 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                              | Session cancelled                   |              |
| 19th September 2026                              | Football - Garons 5-a-side centre   | 3.00-5.00pm  |
| 26th September 2026                              | Ultimate Fitness                    | 2.00-4.00pm  |

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

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