

Friday

Time	What	Who	Cost	Where	Contact
9am – 3pm	Mayflower Quilters Patchwork and quilting group	Over 18 – retired	£2.50 for morning or £5 for all day	Bert Boyden Centre	Brenda Targett Email btargett@virginmedia.com Phone 01469572226
10:30am - 11:30am	Chair based Exercise	Over 55's	£1.50	Civic Centre Large Hall	Sylvia Leary Hope Street Specialist Service Email: sylvia.leary@nhs.net 01472 313535
1-4 pm	Memory Café Dementia Support group (held monthly 3 rd Friday of the month)	All ages	Free	Old Library Building Pelham Road	
1-4pm	Immingham Museum Come along and explore the history of Immingham with a wide range of displays	Any Age	donations	Immingham Civic Centre Hub	www.imminghammuseum.org
2-3pm	Shake rattle and read Stories, songs music and movement for children (term- time only)	0-5 years	£2 for first child £1 for each additional child	Immingham Library Civic Centre Hub	www.lincsinspire.com

4.30-5 pm	A & M Dance Academy Fun & friendly dance classes with qualified instructors	3-6 years	£3 weekly	Immingham Christian Centre	contact@fremomfreestyledance.co.uk phone or text 07968603532
5-6 pm	A & M Dance Academy Fun & friendly dance classes with qualified instructors	7-10 years	£4 weekly	Immingham Christian Centre	contact@fremomfreestyledance.co.uk phone or text 07968603532
5.30pm - 7pm	Immingham Wasps Junior Rugby Club	5yrs upwards	Free	Eastfield School	Andy Wood Phone 07877 424319
5-5.30	Swimming Lessons 13 weeks Town council swimming scheme	KS1 Children	Free	Immingham Swimming Pool	Contact Immingham town council to be added to the waiting list enquiries@immingham_tc.gov.uk 01469727272
6 – 7:30	Cubs and Beavers	8-10 years	£1.50 per night paid termly	Trinity Methodist Church	Jenny Hodson Email 2ndimmingham@gycscouts.org.uk
7 – 9	Scouts	6-8 years	£1.50 per night paid termly	Immingham Christian Centre	Jenny Hodson Email 2ndimmingham@gycscouts.org.uk

6-9 pm	Games Night Fun evening for all board games, quizzes and much more refreshments provided	All ages and adults Under 11 must be accompanied by an adult	Free	Old Library Building Pelham road	chair@onevoicecommunity.com 07513612964
6-7 pm	Boxfit session	Age 8 to Adult Under 13's must be accompanied by an adult	Free	Old scouts hut Highfield Avenue Immingham	chair@onevoicecommunity.com 07513612964
7.30-9.30pm	COMMA, KATHO-RYU Jujitsu,	Adults	£4.50 per person Additional insurance fees apply please ask for information	Old Scout Hut Highfield Avenue Immingham	Lindsay Evans 01472 826281 mobile 08951526080 Email jitevo@ntlworld.com