

Tuesday

Time	What	Who	How Much	Where	Contact
10 – 12pm	Habrough Art Group No teacher, we just meet each week and paint in whatever medium we prefer and encourage each other	Any age	£3.00	Habrough Village Hall	Rona Renyard Email rona.renyard1@homecall.co.uk phone number 01469577557
10:30-11:30 am	Floor exercise to music with Carol Golding	Over 55's	£1:50	Immingham Civic Centre Main Hall	Sylvia Leary Hope Street Specialist Service Email: sylvia.leary@nhs.net 01472 313535
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 – 4pm	Weekly Sequence Dance	Over 55's	£2 per person which includes tea/coffee and biscuits	Immingham Civic Centre. Pelham Road Immingham.	Pauline Lawson Email pollylaw@live.com Phone 01472310494
12:45-2:45	Crafty Collective	Adults and children (age 8 and over) Children must be accompanied)	£3 per adult £2 per child	Old Library building Pelham Road Immingham	www.facebook.com/groups/1094896447307733
6-8pm	One Voice Community Forum Meeting (first Tuesday of every month)	Everyone welcome	Free	Old Library Building Pelham Road	Email chair@onevoicecommunity.com
6 – 8pm	Immingham Youth Club Cooking, Arts Crafts, Games, Sports, Pool Discos	8– 16 years	50p	Trinity Methodist Church	Linda Clark Email linda.clark@ymca-humber.com Phone 07912341998

6:30pm	Zumba Toning Body conditioning using small weights	16 years and over	£4	Civic Centre Immingham	Sarah Email Sarahlouhodson@msn.com Phone 07921257713
6.30-7.30	Adults Tai Chi	Age 18 years and over	£5	Old Scouts Hut Highfield avenue Immingham	
6.30 - 7.30	Boot camp fitness sessions with fat loss and toning exercises suitable for all fitness levels. Just turn up, please bring plenty of water to keep hydrated	16 Years and over	£4	Royal Drive Field	Lee Costello 07540230994 lee_costello86@icloud.com
6:30 – 9:15pm	866(Immingham) Squadron Royal Air Force Air Cadets A uniformed group with an age range from 12-20 years old	12yrs to 20 yrs.	£2.50 per week	The Lorry Park, Pelham Road	Squadron Officer Commanding Email oc.866@aco.org Phone 01469573565
7.30-8.30pm	COMMA, Street Combat Aikido	Children over 16 years and adults of any age	£4.50	Old scouts hut Highfield Avenue Imm	Sensei Craig Peacock 07402215819 email Aikimarra@hotmail.com
7-8:30 pm	Community Prayer Meeting (Last Tuesday of every Month)	Over 18 years	Free	Old Library Building Pelham Road Immingham	Elaine Norton 07513612964
7pm – 8pm	Pilgrim Swimming Club Teaches children Lifesaving Techniques These awards lead to being a lifeguard. We also do Beach Awards yearly at Chapel St Leonard's	7 – 18 years of age boys and girls	£1.50 weekly Also pay a £3.50 yearly membership	Immingham Swimming Pool Princess Street	Mary Clark Email: maryclark21@icloud.com 07749006411
7pm – 8pm	Immingham Town FC Walking Football Walking Football sessions for adults	18 years plus	£4 per session	Oasis Academy Astro Turf	Email Immtownfc@gmail.com