

Monday

Time	What	Who	How Much	Where	Contact
9am	In Bloom Community Gardening Come along and lend a hand with Immingham in Bloom all ages and abilities welcome	All ages	Free	Immingham Civic Centre Hub	Tel 01469727272
9.30-3.30pm	Phoenix Quilters	Adults		Trinity Methodist Church	www.imminghamtrinity.co.uk
10 – 2pm	Culture Club Drop in cafe, that provides information, advice and a signposting service to Immingham residents over 60	Over 60's	£2 for unlimited cake and drinks	Old Library Civic Centre Hub	Linda Thomas Email linda@friendshipathome.org.uk Phone 01472602500
10:30 - 11:30am	Tai Chi Class	Over 55's	£1.50	Immingham Civic Centre Main Hall	Sylvia Leary Hope Street Specialist Service Email: sylvia.leary@nhs.net 01472 313535
1.30 – 3.00pm	Keep Fit for the more Mature Exercise to keep joints working and improve fitness in the over 50/60/70 groups	Over 50's	£1.50	Habrough Village Hall	Rona Renyard Email rona.renyard1@homecall.co.uk Phone 01469577557
5pm – 7pm	Immingham Youth Club Cooking, Arts Crafts, Games, Sports, Pool Discos	8 – 11 years	50p	Bert Boyden Centre	Linda Clark Email linda.clark@ymca-humber.com Phone 07912341998

5 pm – 5:45	Just Dance Community Dance for fun, community group, shows, competitions, community performances	Juniors 4-10 years	£1.50	Oasis Academy	Kelly Lingard Email Kelle.lingard@talk21.com Phone 07921351721
5:45 – 6:45pm	Just Dance Community Dance for fun, community group, shows, competitions, community performances	Seniors Age 11 +	£2	Oasis Academy	Kelly Lingard Email Kelle.lingard@talk21.com Phone 07921351721
5-6pm term time only	Immingham Rainbows	5-7 years	£2.50 weekly	Immingham Christian Centre Pelham Road	Register interest via website www.girlguiding.org.uk
6-7.30pm	Immingham Brownies	7-10 years	£3 weekly	Immingham Christian Centre Pelham Road	Register interest via website www.girlguiding.org.uk
5.30-6.30pm	, Kickboxing.	Children age 6-16 years	£3	Old Scout hut Highfield Avenue	Shane Gostick 07402210167 email shanegostick@gmail.com
7.15-8:45pm	Immingham Girl Guides	10-14 years Girls	£3 weekly	Immingham Christian Centre Pelham Road	Register interest via website www.girlguiding.org.uk
6:30pm – 9:15pm	866(Immingham) Squadron Royal Air Force Air Cadets A uniformed group with an age range from 12-20years old	12yrs to 20 yrs	£2.50 per week	The Lorry Park, Pelham Road	Squadron Officer Commanding Email oc.866@aco.org phone 01469573565
7pm – 8pm	Clubbercise Immingham with Danielle Clubbercise is a mixture of dance and Aerobics in a	18 years and over	£4.00	Civic Centre Immingham	Danielle East 07805566202

	darken room with glowsticks and neon lights to give that club vibe.				
7-9pm	Immingham Army Cadet Force Shooting, map reading, first aid, leadership skills and much more	12 – 18 years old boys and girls		Immingham Army Cadet Hut opposite County Hotel.	Mark Vicarage 07808927148
7-8.30pm	Photography Group Learn skills and develop your existing skills Refreshments provided	Over 11 and adults of any age	Free	Trinity Methodist Church	chair@onevoicecommunity.com 07513612964
7-9pm	COMMA, Combat Street Arnis, Phillipino Martial arts	16 years and adults	£4.50	Old Scout hut Highfield Avenue	Sensei Craig Peacock 07402215819 email Aikimarra@hotmail.com
7-9pm	COMMA , Combat Street Arnis, Thai boxing, striking, Kickboxing.	Children over 16 years and adults of any age	£4.50	Old Scout hut Highfield Avenue	Shane Gostick 07402210167 email shanegostick@gmail.com