

Friday

Time	What	Who	Cost	Where	Contact
6am – 6.45 am	Hiit 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	Eden Margaret street Immingham	Lee Costello 07540230994 lee_costeelo86@icloud.com Private personal training sessions are also available please contact Lee for further information6-6.45 am
9-2	Kayes Kitchen Community cafe	Anyone	Prices vary	Bert Boyden Centre Carver road Immingham	Contact 01469517165 for further information
9.30-10.30 pm	Little readers: enjoy toys and story time	0-5 years	Free	Immingham Library Civic Centre Hub	No need to book just turn up www.lincsinspire.com
9.30 am – 3pm	Mayflower Quilters Patchwork and quilting group	Over 18 – including retired	£5 per person	Bert Boyden Centre Carver Road Immingham	Brenda Targett Email btargett@virginmedia.com Phone 01469572226
1-3pm	Creative Futures Art therapy sessions	Over 18,s	Free	Bert Boyden Centre Carver Road Immingham	Contact Jane Gale for further information 07833425097
1.30-11.30 am	CHAIR Based Exercise	Over 50's	£2	Immingham Civic Centre Main Hall	Sylvia Leary, Hope Street Specialist Service Email: sylvia.leary@nhs.net 07747775537
1-4pm	Immingham	Any Age	donations	Immingham Civic	www.imminghammuseum.org

	Museum Come along and explore the history of Immingham with a wide range of displays			Centre Hub	
4.30-5 pm	A & M Dance Academy Fun & friendly dance classes with qualified instructors	3-6 years	£3 weekly	Immingham Christian Centre	contact@freedomfreestyledance.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@freedomfreestyledance.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
6-9 pm	Games Night Fun evening for all board games, quizzes and much more refreshments provided	All ages and adults Under 13 must be accompanied by an adult	Free	Old Library Building Pelham road	chair@onevoicecommunity.com 07513612964
6-7 pm	Box fit 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