

Saturday

Time	What	Who	How Much	Where	Contact
8-9 am	Glutes and abs 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_costello86@icloud.com Private personal training sessions are also available please contact Lee for further information
10-11am	Parent and child BoxFit session	Children age 4-12 years and adults children must be accompanied by an adult	Free	Old scouts hut Highfield Avenue Immingham	chair@onevoicecommunity.com 07513612964
Varied Times please contact for details	Immingham Pilgrims AFC Football	5 – 16 year olds	Weekly Subscriptions and a membership fee	Roval Drive	Kim Leach Email: kleach1@hotmail.com
10.30 am - 12.30pm	Messy Church Craft activities and family friendly music and stories followed by a light meal (first Saturday of every Month)	Families	Free	Trinity Methodist Church	Diane Patrick www.imminghamtrinity.co.uk
10am-11.30 am	Coffee Morning (last Saturday of the Month)	Anyone welcome	Donations	Trinity Methodist Church	www.imminghamtrinity.co.uk
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

Sunday

Time	What	Who	How Much	Where	Contact
Varied Times please contact for details	Immingham Pilgrims AFC Football	5 – 16 year olds (boys and girls)	Weekly Subscriptions and a membership fee	Royal Drive	Kim Leach Email: kleach1@hotmail.com
10 am	Holy Toast (first Sunday of every Month) fun way to worship with stories, songs and crafts and free toast	Families	Free	St Andrews Church	Reverend Julie Donn 01472 560916
2pm	Hope Community worship , word and fellowship refreshments provided	All ages	Free	Old Library Building Pelham Road Immingham	hopecommunityimmingham@gmail.com 07513612964
6-8pm	COMMA, KATHO-RYU Jujitsu,	Over 16 and Adults	£4.50 per person 16-18 £6 per adult Additional insurance fees apply please ask for information	Old Scout hut Highfield Avenue Immingham	Lindsay Evans 01472 826281 mobile 07951526080 Email jitevo@ntlworld.com

Please note these activities may change and we advise you contact the main contact to confirm details

Please note there are also a range of activities offered at the Immingham Swimming pool and Gym contact Linc's Inspire for further information