

**Thursday**

<b>Time</b>	<b>What</b>	<b>Who</b>	<b>How Much</b>	<b>Where</b>	<b>Contact</b>
9.30-11.30 am	CATS playgroup	Pre- school	£2	Trinity Methodist Church Pelham Road Immingham	Diane Patrick via Church Website <a href="http://www.imminghamtrinity.co.uk">www.imminghamtrinity.co.uk</a>
13.30 pm	Walk Well 15 minute walks followed by Tea and Biscuits walks are led by a registered volunteer health walk leader only registered assistance dogs allowed	All ages but under 16 years must be accompanied by an adult	Donations	Trinity Methodist Church	Richard Beaumont 01472231123
2-3pm	Dance Fitness sessions Suitable for all ages work out to your own ability and fitness level	Age 16 and over	Free	Civic Centre main hall Pelham road	<a href="mailto:chair@onevoicecommunity.com">chair@onevoicecommunity.com</a>  07513612964
2 – 3.00pm	Tai Chi Suitable exercise for all physical abilities beneficial to those with joint muscular problems increases mindfulness	Over 50's	£2	Habrough Village Hall	Rona Renyard  Email <a href="mailto:rona.renyard1@homecall.co.uk">rona.renyard1@homecall.co.uk</a> Phone 01469577557
4.45-5.20pm	Taiko Drumming sessions  Under age 11 must be accompanied	Age 6-11 years	Free	Old Library building Pelham road	<a href="mailto:chair@onevoicecommunity.com">chair@onevoicecommunity.com</a>  07513612964
5.30- 6.30 pm	Taiko Drumming sessions  Under age 11 must be	Age 11 + adults of all ages	Free	Old Library building Pelham road	<a href="mailto:chair@onevoicecommunity.com">chair@onevoicecommunity.com</a>  07513612964

	accompanied				
6:15 pm – 7:15 pm	Bodywize Fitness Body Toning and Hiit Workout	12 – 100	£4 per class	Immingham Christian Centre	Nina Walker Email <a href="mailto:ninamwalker@icloud.com">ninamwalker@icloud.com</a> Phone 07740 367250
<b>6.30- 7.30 pm</b>	<b>Fitness sessions with fat loss and toning exercises suitable for all fitness levels. Just turn up, please bring plenty of water to keep Hydrated</b>	<b>16 Years and over</b>	<b>£4</b>	<b>Eden Margaret street Immingham</b>	<b>Lee Costello 07540230994</b> <b>lee_costeelo86@icloud.com</b>  <b>Private personal training sessions are also available please contact Lee for further information6-6.45 am</b>
6.20pm till 9.15pm	Immingham Sea Cadets Fun activities for ages ranging from 10yrs old to 18 yrs old which include rowing and powerboating as well as fun weekend's.	10 – 18 years	£1.50 each night you attend or £10 monthly.	Immingham Lorry Park	
6:30pm – 9:15pm	866(Immingham)Squadron Royal Air Force Air Cadets A uniformed group with an age range from 12-20years old	12yrs (must be school year 8) to 20 yrs	£2.50 per week	The Lorry Park, Pelham Road	Squadron Officer Commanding Email <a href="mailto:oc.866@aco.org">oc.866@aco.org</a> Phone 01469573565
6.30-8.30pm	Comma Street Combat Aikido	Children	£3 per week	High field avenue old scouts hut	Sensei Craig Peacock 07402215819 email <a href="mailto:Aikimarra@hotmail.com">Aikimarra@hotmail.com</a>
7-9pm	Pelham singers: ladies choir who sing a variety of songs open to all who enjoy singing	Over 18's	£10 per month	Trinity Methodist church	Please contact Janet Starkie 01469 574045 for further information