

# Tuesday

Time	What	Who	How Much	Where	Contact
9.15am	In Bloom Community Gardening Come along and lend a hand with Immingham in Bloom all ages and abilities welcome	All ages	Free	Meeting place rear of Immingham Civic Centre Hub	Tel Liz Foulds 07718904899 For further information
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 <a href="mailto:rona.renyard1@homecall.co.uk">rona.renyard1@homecall.co.uk</a> phone number 01469577557
9.30-10.30am	Shake rattle and read Stories, songs music and movement for children (term- time only)	0-5 years	£2.50	Immingham Library Civic Centre Hub	<a href="http://www.lincsinspire.com">www.lincsinspire.com</a>
10.30 am	Burlesque fitness class	Ladies only	£5	Immingham Library Civic Centre Hub	Call or text 07921257713 to book your chair
10-11.30 am	Exercise to Music	Over 55's	£2	Immingham Civic Centre Main Hall	Sylvia Leary Hope Street Specialist Service Email: <a href="mailto:sylvia.leary@nhs.net">sylvia.leary@nhs.net</a> 07747775537
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 <a href="mailto:pollylaw@live.com">pollylaw@live.com</a> Phone 01472310494
1-3 pm	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	<a href="http://www.facebook.com/groups/1094896447307733">www.facebook.com/groups/1094896447307733</a>

6-8pm	One Voice Community Forum Meeting (first Tuesday of every month)	Everyone welcome	Free	Old Library Building Pelham Road	Email <a href="mailto:chair@onevoicecommunity.com">chair@onevoicecommunity.com</a>
6.30 -10pm	Studio 1 (second Tuesday of every Month) Film screenings at your community cinema refreshments available	18 years +	£4 per person	Civic Centre	<a href="mailto:brian.duke@ntlworld.com">brian.duke@ntlworld.com</a>
7pm -8pm	Pilgrims swimming suitable for children over the age of 7 with the ability to swim 25 metres on their front and back jump in deep water and float on water	AGE 7 and over	Joining fee of £13.50 which included a t-shirt and swim hat £3.50 weekly charge	Immingham Swimming pool	Please contact Mary Clark 07749006411 for further information <a href="mailto:maryclark21@icloud.com">maryclark21@icloud.com</a>
6.30 - 7.30	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	Lee Costello 07540230994 <a href="mailto:lee_costello86@icloud.com">lee_costello86@icloud.com</a>  Private personal training sessions are also available please contact Lee for further information
6:30 – 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 <a href="mailto:oc.866@aco.org">oc.866@aco.org</a> Phone 01469573565
7.30- 9.30pm	COMMA, Street Combat Aikido	Adults of any age	£4.50	Old scouts hut Highfield Avenue Imm	Sensei Craig Peacock 07402215819 email <a href="mailto:Aikimarra@hotmail.com">Aikimarra@hotmail.com</a>
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