

## Wednesday

Time	What	Who	How Much	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_costello86@icloud.com  Private personal training sessions are also available please contact Lee for further information6-6.45 am
10-12.30	Sewing sessions	Any Age	Free	Old Library Building Pelham road	<a href="mailto:chair@onevoicecommunity.com">chair@onevoicecommunity.com</a>  07513612964
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	<a href="http://www.imminghammuseum.org">www.imminghammuseum.org</a>
5:15-5:45pm	Unique academy of Dance fun dance class	Age 3-6 years	£3	Immingham Christian Centre Pelham Road	Contact Becky Wishart Facebook: Unique academy of dance Tel: 07718215885 Web: <a href="http://www.uniqueacademyofdance.co.uk">www.uniqueacademyofdance.co.uk</a>
5:45-6.45pm	Unique academy of Dance fun dance class	Age 7-9 years	£4.50	Immingham Christian Centre Pelham Road Centre	Contact Becky Wishart Facebook: Unique academy of dance Tel: 07718215885 Web: <a href="http://www.uniqueacademyofdance.co.uk">www.uniqueacademyofdance.co.uk</a>
6.45-7.45 pm	Unique academy of Dance fun dance class	Age 10 years and over	£4.50	Immingham Christian Centre Pelham Road	Contact Becky Wishart Facebook: Unique academy of dance Tel: 07718215885 Web: <a href="http://www.uniqueacademyofdance.co.uk">www.uniqueacademyofdance.co.uk</a>

5-6:30 pm	Hope community  Arts and crafts, fun, games and music Refreshments provided	All ages welcome	Free	Old library Building Pelham road	hopecommunityimingham@gmail.com  Phone 07513612964
5.30 -6.30pm	1 <sup>st</sup> Habrough Rainbows	5-7 years	£2 weekly	Habrough Village hall	Marilyn Tucker m.tucker3@ntlworld.com
5.30 – 7pm	1 <sup>st</sup> Habrough Brownies	7-10 years	£2 weekly	Habrough Village hall	Marilyn Tucker m.tucker3@ntlworld.com
5.30-6.30pm	Kick Boxing class	Age 6-16 years	£3	Old scouts hut Highfield avenue	
5.30 -6.30pm	1 <sup>st</sup> Habrough Guides	10-17 years	£2 weekly	Habrough Village hall	Marilyn Tucker <a href="mailto:m.tucker3@ntlworld.com">m.tucker3@ntlworld.com</a>
7pm – 8pm	Clubbercise Immingham Clubbercise is a mixture of dance and aerobics in a darker room with glow sticks and neon lights to give that club vibe.	18 years and over	£4.00	Oasis Academy Immingham	Danielle East  07805566202
7-9pm	Immingham Army Cadet Force  Shooting, map reading, first aid, leadership skills and much more	12 years (must be in year 8 at school) – 18 years old  both boys and girls		Immingham Army Cadet Hut opposite County Hotel.	Mark Vicarage  07808927148
7-9pm	COMMA, Combat	16 years	£4.50	Old Scout hut	Shane Gostick 07402210167 email

	Street Arnis, Phillapino Martial arts	and adults		Highfield Avenue	<a href="mailto:shanegostick@gmail.com">shanegostick@gmail.com</a>
7.30pm	Immingham Action Group prize bingo	All ages and children welcome when accompanied with an adult	Tickets costs £10 for the 6 page 10 game books and £1 for each 1 book flyer game.	Blossom Way Sports and Social Club. Blossom Way Immingham.	Victoria Lofts Email <a href="mailto:Vickie.lofts@yahoo.co.uk">Vickie.lofts@yahoo.co.uk</a> Phone 07999297278
7:30pm	Immingham Community Bingo	18 – 100	£7 / £12	Immingham Civic Centre	Siobhan Chapman Email <a href="mailto:siobhanchapman666@gmail.com">siobhanchapman666@gmail.com</a>
Evenings	Bordabears Pet Services Dog training, agility and obedience classes	8 years and over	£7 per session  1-2-1 tuition is £20 per hour	Pelham House Fishing Lakes Habrough	Kirsty-Ann Mitchell Email <a href="mailto:fozziebear7280@hmail.com">fozziebear7280@hmail.com</a> Phone 07872107319
Varied times please contact for details	Immingham Town Football Club Training night	16+	£3 per session	Old Resource Centre Field	Email <a href="mailto:Immtownfc@gmail.com">Immtownfc@gmail.com</a>