

## Thursday

| Time              | What   | Who   | How Much     | Where  | Contact  |
|-------------------|--|---|--------------|--|--|
| 9.30-11.30 am     | CATS playgroup   | Pre- school   | £2           | Trinity Methodist Church Pelham Road Immingham | Diane Patrick via Church Website<br><a href="http://www.imminghamtrinity.co.uk">www.imminghamtrinity.co.uk</a>               |
| 13.30 pm          | Walk Well<br>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 – 3.00pm        | Tai Chi<br>Suitable exercise for all physical abilities beneficial to those with joint muscular problems increases mindfulness                               | Over 50's   | £2           | Habrough Village Hall                          | Rona Renyard<br>Email<br><a href="mailto:rona.renyard1@homecall.co.uk">rona.renyard1@homecall.co.uk</a><br>Phone 01469577557 |
| 4.45-5.20pm       | Taiko Drumming sessions<br><br>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><br><br>07513612964                              |
| 5.30- 6.30 pm     | Taiko Drumming sessions<br><br>Under age 11 must be accompanied  | Age 11 + adults of all ages                                 | Free         | Old Library building Pelham road               | <a href="mailto:chair@onevoicecommunity.com">chair@onevoicecommunity.com</a><br><br>07513612964                              |
| 6:15 pm – 7:15 pm | Bodywize Fitness<br><br>Body Toning and Hiit   | 12 – 100  | £4 per class | Immingham Christian Centre                     | Nina Walker<br>Email<br><a href="mailto:ninamwalker@icloud.com">ninamwalker@icloud.com</a>                                   |

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|----------------------|--|---|---|---------------------------------------|---|
|                      | Workout  |   |   |                                       | 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<br/>lee_costeelo86@icloud.com</b><br><br><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<br><br>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<br>Royal Air Force Air Cadets<br><br>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<br><hr/> Email oc.866@aco.org<br>Phone 01469573565  |
| 6.30-8.30pm          | Comma Street Combat Aikido   | Children                                | £3 per week                                 | High field avenue old scouts hut      | Sensei Craig Peacock<br>07402215819<br>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   |