

Friday

Time	What	Who	Cost	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_costeelo86@icloud.com Private personal training sessions are also available please contact Lee for further information6-6.45 am
9-2 pm	Kayes Kitchen Community cafe	Anyone	Prices vary	Bert Boyden Centre Carver road Immingham	Contact 01469517165 for further information
9.30-10.30 pm	Little readers: enjoy toys and story time	0-5 years	Free	Immingham Library Civic Centre Hub	No need to book just turn up www.lincsinspire.com
9.30 am – 3pm	Mayflower Quilters Patchwork and quilting group	Over 18 – including retired	£5 per person	Bert Boyden Centre Carver Road Immingham	Brenda Targett Email: btargett@virginmedia.com Phone 01469572226
10.30-11.30 am	CHAIR Based Exercise	Over 50's	£2	Immingham Civic Centre Main Hall	Sylvia Leary, Hope Street Specialist Service Email: sylvia.leary@nhs.net 07747775537

1-3pm	Creative Futures Art therapy sessions	Over 18,s	Free	Bert Boyden Centre Carver Road Immingham	Contact Jane Gale for further information 07833425097
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
4.30-5 pm	A & M Dance Academy Fun & friendly dance classes with qualified instructors	3-6 years	£3 weekly	Immingham Christian Centre	contact@freedomfreestyledance.co.uk phone or text 07968603532
5-6 pm	A & M Dance Academy Fun & friendly dance classes with qualified instructors	7-10 years	£4 weekly	Immingham Christian Centre	contact@freedomfreestyledance.co.uk phone or text 07968603532
5.30pm - 7pm	Immingham Wasps Junior Rugby Club	5yrs upwards	Free	Eastfield School	Andy Wood Phone 07877 424319
5-5.30	Swimming Lessons 13 weeks Town council swimming scheme	KS1 Children	Free	Immingham Swimming Pool	Contact Immingham town council to be added to the waiting list enquiries@immingham_tc.gov.uk 01469727272

6-8.30 pm	Games Night Fun evening for all board games, quizzes and much more refreshments provided	All ages and adults Under 11 must be accompanied by an adult	Free	Old Library Building Pelham road	chair@onevoicecommunity.com 07513612964
6.30-7.30pm	Multi Sports sessions	11-13 years	free	Oasis Academy immingham	Grimsby town foundation Email:office@grimsbytownfoundation.co.uk
7.30-8.30pm	Multi Sports sessions	14-17 years	free	Oasis Academy immingham	Grimsby town foundation Email:office@grimsbytownfoundation.co.uk

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