

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 www.imminghamtrinity.co.uk
10-11.30	Hope community Bible study group	All ages	free	Old Library building Pelham Road	hopecommunityimmingham@gmail.com
10-2pm	Pilgrim Shed Come along meet new people share a range of different skills and enjoy practical activities	Age 18 and over	£5 per month subscription	Homestead park Immingham	pilgrimshed@gmail.com 07919324219
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 – 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 rona.renyard1@homecall.co.uk 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	chair@onevoicecommunity.com 07513612964
5.30- 6.30 pm	Taiko Drumming sessions	Age 11 + adults	Free	Old Library	chair@onevoicecommunity.com

	Under age 11 must be accompanied	of all ages		building Pelham road	07513612964
6:15 pm – 7:15 pm	Bodywize Fitness Body Toning and Hiit Workout	12 – 100	£4 per class	Immingham Christian Centre	Nina Walker Email ninamwalker@icloud.com <hr/> Phone 07740 367250
6.30- 7.30 pm	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
18.30-8.30pm	Fair play league football	12-19 years	free	Oasis Academy Immingham	Grimsby town foundation Email: office@grimsbytownfoundation.co.uk
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 <hr/> Email oc.866@aco.org 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 Aikimarra@hotmail.com
7-9pm	Pelham singers: ladies choir who sing a variety of songs	Over 18's	£10 per month	Trinity Methodist	Please contact Janet Starkie 01469 574045 for further information

	open to all who enjoy singing			church	
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Please note these activities may change and we advise you contact the main contact to confirm details