

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_costeelo86@icloud.com Private personal training sessions are also available please contact Lee for further information6-6.45 am
10-12.30	Sewing sessions All materials provided	Any Age	Free	Old Library Building Pelham road	chair@onevoicecommunity.com 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	www.imminghammuseum.org
1-2.30pm	Bouncy Castle and soft play sessions refreshments available	Age 4 and under	£2 per child Additional siblings £1	Immingham civic centre main hall	chair@onevoicecommunity.com 07513612964
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: www.uniqueacademyofdance.co.uk
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: www.uniqueacademyofdance.co.uk
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: www.uniqueacademyofdance.co.uk

5-6:30 pm	Hope community Arts and crafts session Family session with fun, games and music Refreshments provided all children must be accompanied by an adult	All ages welcome	Free	Old library Building Pelham road	hopecommunityimtingham@gmail.com Phone 07513612964
7-8.30pm	Hope Community Youth group Fun activities crafts, pool table music, games refreshments provided	Age 11-16 years	Free	Old library Building Pelham road	hopecommunityimtingham@gmail.com Phone 07513612964
5.30 -6.30pm	1 st Habrough Rainbows	5-7 years	£2 weekly	Habrough Village hall	Marilyn Tucker m.tucker3@ntlworld.com
5.30 – 7pm	1 st 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 st Habrough Guides	10-17 years	£2 weekly	Habrough Village hall	Marilyn Tucker m.tucker3@ntlworld.com
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 Street Arnis, Phillipino Martial arts	16 years and adults	£4.50	Old Scout hut Highfield Avenue	Shane Gostick 07402210167 email shanegostick@gmail.com

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 Vickie.lofts@yahoo.co.uk Phone 07999297278
7:30pm	Immingham Community Bingo	All ages and children welcome when accompanied with an adult	£7 / £12	Immingham Civic Centre	Siobhan Chapman Email siobhanchapman666@gmail.com
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 fozziebear7280@hmail.com Phone 07872107319
Varied times please contact for details	Immingham Town Football Club Training night	16+	£3 per session	Woodlands football ground	Email Immtownfc@gmail.com

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