

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 Under age 11 must be accompanied	Age 11 + adults of all ages	Free	Old Library building Pelham road	chair@onevoicecommunity.com 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 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
6-7 pm	Premier league Kicks football	School years 3-6	free	Oasis Academy Immingham	Grimsby town foundation Email: office@grimsbytownfoundation.co.uk
7-8 pm	Premier League Kicks football	School Years 7-13	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	£12.50 monthly. Sibling discount if more than 1 child attends	Immingham Lorry Park	Please contact them via the Immingham sea Cadet Facebook page for further information
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 Email oc.866@aco.org Phone 01469573565
6.30-8.30pm	Comma Street Combat	Children	£3 per week	High field	Sensei Craig Peacock 07402215819

	Aikido			avenue old scouts hut	email Aikimarra@hotmail.com
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

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