

## 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 <a href="http://www.imminghamtrinity.co.uk">www.imminghamtrinity.co.uk</a>
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	<a href="mailto:pilgrimshed@gmail.com">pilgrimshed@gmail.com</a>  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 <a href="mailto:rona.renyard1@homecall.co.uk">rona.renyard1@homecall.co.uk</a> 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	<a href="mailto:chair@onevoicecommunity.com">chair@onevoicecommunity.com</a>  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	<a href="mailto:chair@onevoicecommunity.com">chair@onevoicecommunity.com</a>  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 <a href="mailto:ninamwalker@icloud.com">ninamwalker@icloud.com</a>  Phone 07740 367250
6.30- 7.30 pm	<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</b> <b><a href="mailto:lee_costeelo86@icloud.com">lee_costeelo86@icloud.com</a></b>  <b>Private personal training sessions are also available please contact Lee for further information 6-6.45 am</b>
6-7 pm	Premier league Kicks football	School years 3-6	free	Oasis Academy Immingham	Grimsby town foundation Email: <a href="mailto:office@grimsbytownfoundation.co.uk">office@grimsbytownfoundation.co.uk</a>
7-8 pm	Premier League Kicks football	School Years 7-13	free	Oasis Academy Immingham	Grimsby Town Foundation email: <a href="mailto:office@grimsbytownfoundation.co.uk">office@grimsbytownfoundation.co.uk</a>
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	Shared Cadet Unit Humberville Road DN40 1AB	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	Shared Cadet Unit Humberville Road DN40 1AB	Squadron Officer Commanding  Email <a href="mailto:oc.866@aco.org">oc.866@aco.org</a> 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 <a href="mailto:Aikimarra@hotmail.com">Aikimarra@hotmail.com</a>
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Please note these activities may change and we advise you contact the main contact to confirm details