

## 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_costello86@icloud.com  Private personal training sessions are also available please contact Lee for further information6-6.45 am
9am-1pm	Together: a session offering the opportunity to do crafts, socialise and meet new people	All ages	Free	Bert Boyden Centre	Please contact them via the Together face book Page for more information
10-12.30	Sewing sessions All materials provided	Any Age	Free	Old Library Building Pelham road	<a href="mailto:chair@onevoicecommunity.com">chair@onevoicecommunity.com</a>  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	<a href="http://www.imminghammuseum.org">www.imminghammuseum.org</a>
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	<a href="mailto:chair@onevoicecommunity.com">chair@onevoicecommunity.com</a>  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: <a href="http://www.uniqueacademyofdance.co.uk">www.uniqueacademyofdance.co.uk</a>
5:45-6.45pm	Unique academy of Dance fun dance class	Age 7-9 years	£4.50	Immingham Christian Centre Pelham Road	Contact Becky Wishart Facebook: Unique academy of dance Tel: 07718215885

				Centre	Web: <a href="http://www.uniqueacademyofdance.co.uk">www.uniqueacademyofdance.co.uk</a>
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: <a href="http://www.uniqueacademyofdance.co.uk">www.uniqueacademyofdance.co.uk</a>
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	hopecommunityimmingham@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	hopecommunityimmingham@gmail.com  Phone 07513612964
5.30 -6.30pm	1 <sup>st</sup> Habrough Rainbows	5-7 years	£2 weekly	Habrough Village hall	Marilyn Tucker m.tucker3@ntlworld.com
5.30 – 7pm	1 <sup>st</sup> 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 <sup>st</sup> Habrough Guides	10-17 years	£2 weekly	Habrough Village hall	Marilyn Tucker <a href="mailto:m.tucker3@ntlworld.com">m.tucker3@ntlworld.com</a>
7-9pm	Immingham Army Cadet Force Shooting, map reading, first aid,	12 years (must be in year 8 at school) – 18 years old		Shared Cadet Unit Humberville Road DN40 1AB	Lynnette Newman  <hr/> <b>07521909558</b>

	leadership skills and much more	both boys and girls			
7-9pm	COMMA, Combat Street Arnis, Phillapino Martial arts	16 years and adults	£4.50	Old Scout hut Highfield Avenue	Shane Gostick 07402210167 email <a href="mailto:shanegostick@gmail.com">shanegostick@gmail.com</a>
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 <a href="mailto:Vickie.lofts@yahoo.co.uk">Vickie.lofts@yahoo.co.uk</a> 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 <a href="mailto:siobhanchapman666@gmail.com">siobhanchapman666@gmail.com</a>
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 <a href="mailto:fozziebear7280@hmail.com">fozziebear7280@hmail.com</a> Phone 07872107319
Varied times please contact for details	Immingham Town Football Club Training night	16+	£3 per session	Woodlands football ground	Email <a href="mailto:Immtownfc@gmail.com">Immtownfc@gmail.com</a>

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