

Tuesday

Time	What	Who	How Much	Where	Contact
9am	In Bloom Community Gardening Come along and lend a hand with Immingham in Bloom all ages and abilities welcome	All ages	Free	Immingham Civic Centre Hub	Tel 01469727272
10-11.30am	Thrive Social group	Any age	£2	Bert Boyden Centre	Contact Ann- marie Tuplin 01472236673 /07709712321
10 – 12pm	Habrough Art Group No teacher, we just meet each week and paint in whatever medium we prefer and encourage each other	Any age	£3.00	Habrough Village Hall	Rona Renyard Email rona.renyard1@homecall.co.uk phone number 01469577557
2-3pm	Shake rattle and read Stories, songs music and movement for children (term- time only)	0-5 years	£2.50d	Immingham Library Civic Centre Hub	www.lincsinspire.com
10-11.30 am	Exercise to Music	Over 55's	£2	Immingham Civic Centre Main Hall	Sylvia Leary Hope Street Specialist Service Email: sylvia.leary@nhs.net 07747775537
2 – 4pm	Weekly Sequence Dance	Over 55's	£2 per person which includes tea/coffee and biscuits	Immingham Civic Centre. Pelham Road Immingham.	Pauline Lawson Email pollylaw@live.com Phone 01472310494
1-3 pm	Crafty Collective	Adults and children (age 8 and over) Children must be accompanied)	£3 per adult £2 per child	Old Library building Pelham Road Immingham	www.facebook.com/groups/1094896447307733
6.30-7.30	Adults Tai Chi	Age 18 years and over	£5	Old Scouts Hut Highfield avenue Immingham	Glen Jenkins

6.30 -10pm	Studio 1 (second tuesday of every Month) Film screenings at your community cinema refreshments available	18 years +	£4 per person	Civic Centre	brian.duke@ntlworld.com
6.30 - 7.30	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	Lee Costello 07540230994 lee_costello86@icloud.com Private personal training sessions are also available please contact Lee for further information
6:30 – 9:15pm	866(Immingham)Squadron Royal Air Force Air Cadets A uniformed group with an age range from 12-20years old	12yrs to 20 yrs.	£2.50 per week	Shared Cadet Unit Humbervill e Road Immingha m	Squadron Officer Commanding Email oc.866@aco.org Phone 01469573565
7.30-8.30pm	COMMA, Street Combat Aikido	Children over 16 years and adults of any age	£4.50	Old scouts hut Highfield Avenue Imm	Sensei Craig Peacock 07402215819 email Aikimarra@hotmail.com
7-8:30 pm	Community Prayer Meeting (Last Tuesday of every Month)	Over 18 years	Free	Old Library Building Pelham Road Immingham	Elaine Norton 07513612964
7pm – 8pm	Pilgrim Swimming Club Teaches children Lifesaving Techniques These awards lead to being a lifeguard. We also do Beach Awards yearly at Chapel St Leonard's	7 – 18 years of age boys and girls	£1.50 weekly Also pay a £3.50 yearly membership	Immingham Swimming Pool Princess Street	Mary Clark Email: maryclark21@icloud.com 07749006411