

Friday

Time	What	Who	Cost	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
9.30-10.30 pm	Little readers: enjoy toys and story time	0-5 years	Free	Immingham Library Civic Centre Hub	No need to book just turn up www.lincsinspire.com
9.30 am – 3pm	Mayflower Quilters Patchwork and quilting group	Over 18 – including retired	£5 per person	Bert Boyden Centre Carver Road Immingham	Brenda Targett Email: btargett@virginmedia.com Phone 01469572226
10.30-11.30 am	CHAIR Based Exercise	Over 50's	£2	Immingham Civic Centre Main Hall	Sylvia Leary, Hope Street Specialist Service Email: sylvia.leary@nhs.net 07747775537
1-3pm	Creative Futures Art therapy sessions	Over 18,s	Free	Bert Boyden Centre Carver Road Immingham	Contact Jane Gale for further information 07833425097
1-4pm	Immingham	Any Age	donations	Immingham Civic	www.imminghammuseum.org

	Museum Come along and explore the history of Immingham with a wide range of displays			Centre Hub	
4.30-5 pm	A & M Dance Academy Fun & friendly dance classes with qualified instructors	3-6 years	£3 weekly	Immingham Christian Centre	contact@freedomfreestyledance.co.uk phone or text 07968603532
5-6 pm	A & M Dance Academy Fun & friendly dance classes with qualified instructors	7-10 years	£4 weekly	Immingham Christian Centre	contact@freedomfreestyledance.co.uk phone or text 07968603532
5.30pm - 7pm	Immingham Wasps Junior Rugby Club	5yrs upwards	Free	Eastfield School	Andy Wood Phone 07877 424319
5-5.30	Swimming Lessons 13 weeks Town council swimming scheme	KS1 Children	Free	Immingham Swimming Pool	Contact Immingham town council to be added to the waiting list enquiries@immingham.tc.gov.uk 01469727272
6-8.30 pm	Games Night Fun evening for all board games, quizzes and much	All ages and adults Under 11 must be accompanied by an adult	Free	Old Library Building Pelham road	chair@onevoicecommunity.com 07513612964

	more refreshments provided				
4-5 pm	Multi Sports sessions	School Years 7-9	free	Oasis Academy immingham	Grimsby town foundation Email:office@grimsbytownfoundation.co.uk
5-6 pm	Multi Sports sessions	School years 10-13	free	Oasis Academy immingham	Grimsby town foundation Email:office@grimsbytownfoundation.co.uk
6.30-8.30pm	NETBALL sessions	11- Adults	Free	Oasis Academy	Email:chair@onevoice community.com

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