

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_costeelo86@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 | chair@onevoicecommunity.com 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 | www.imminghammuseum.org |
| 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 | chair@onevoicecommunity.com 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: www.uniqueacademyofdance.co.uk |
| 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 |

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| | | | | Centre | Web: www.uniqueacademyofdance.co.uk |
| 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: www.uniqueacademyofdance.co.uk |
| 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 st Habrough Rainbows | 5-7 years | £2 weekly | Habrough Village hall | Marilyn Tucker m.tucker3@ntlworld.com |
| 5.30 – 7pm | 1 st 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 st Habrough Guides | 10-17 years | £2 weekly | Habrough Village hall | Marilyn Tucker m.tucker3@ntlworld.com |
| 7-9pm | Immingham Army Cadet Force Shooting, map reading, first aid, | 12 years (must be in year 8 at school) – 18 years old | | Immingham Army Cadet Hut opposite County Hotel. | Mark Vicarage <hr/> 07808927148 |

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

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