



# Sunningdale VILLAGE VENUES



3,000 copies of this magazine are distributed each term to every home in Sunningdale and also via local Primary Schools, Pre-Schools and Nurseries

K A T E K E E L E Y



*Vinyasa, Pregnancy  
& Postnatal Yoga*

**\* NEW \*  
Babies  
Welcome!**

## Post Natal Yoga

@ Sunningdale Village Hall  
Thursdays : 1.30 - 2.45 pm

Meet local mums for 45 minute postnatal yoga focused on you! It's time to nurture, support and strengthen your body after birth.

Followed by time for drinks, snacks and chat.

Suitable from 8 weeks.

Please email Kate to book.

**\* NEW \*  
Day**

## Power Yoga Class

@ Sunningdale Village Hall  
Wednesdays : 6.45 - 7.45 pm

A dynamic and energetic yoga class building strength, balance and flexibility.

Focusing on using the power of breath to guide through the different asanas (yoga poses).

Each lesson finishes with a 5 minute relaxation.

Suitable for all levels with variations given for beginners and more advanced yogis.

Please book via the website.

For further information please contact

Kate on 07452 973697

or email [hello@katekeeley.com](mailto:hello@katekeeley.com)

[www.katekeeley.com](http://www.katekeeley.com)

## Music with Mummy

(or daddy, or grandma  
or another special person)

@ Sunningdale Village Hall  
Mondays

11.00 - 11.30 am, 11.45 - 12.15 pm  
and 12.30 - 1.00 pm



Music classes available for babies from 6 weeks to 14 months and for toddlers up to 3 years old.

Watch your little ones grow in

confidence each week and take part in our 30 minute small, friendly classes.

Full of music and fun props, classes allow:

- young babies to have their first experiences with instruments and rhythm.
- older babies to develop physical abilities in a fun way with other babies at the same stage.
- preschool children (under 3) to have exposure to basic aspects of music through fun, songs and movement.

For further information please email

Amy [amy.MWM.ascot@gmail.com](mailto:amy.MWM.ascot@gmail.com)

or contact @ascotmwm

on Facebook / Instagram

[www.musicwithmummy.co.uk/ascot/](http://www.musicwithmummy.co.uk/ascot/)



Sunningdale  
VILLAGE HALL

T: 01344 297250 • E: [SVH@sunningdaleparish.org.uk](mailto:SVH@sunningdaleparish.org.uk) • W: [www.sunningdalevillagevenues.co.uk](http://www.sunningdalevillagevenues.co.uk)  
Sunningdale Village Hall, Sunningdale, Ascot SL5 0NJ

Est. 1909

To book or enquire please contact  
Gemma on 01344 297250 or email  
[SVH@sunningdaleparish.org.uk](mailto:SVH@sunningdaleparish.org.uk)

Weekday hire slots currently available  
for new classes and activities:

Monday 1.20 pm - 2.45 pm

Tuesday 12.15 pm - 2.45 pm

Thursday 5.35 pm - 6.55 pm

Friday 5.35 pm - 7.25 pm

Regular hire rate is £17.50 per hour.

Village Venues, The Pavilion, Broomhall Lane, Sunningdale, Berkshire SL5 0QS

T: 01344 297250 E: [village.venues@sunningdaleparish.org.uk](mailto:village.venues@sunningdaleparish.org.uk)

[www.SunningdaleVillageVenues.co.uk](http://www.SunningdaleVillageVenues.co.uk)

Registered Charity Number 299966

Book your  
free trial  
via the  
website



## Red Academy

@ Sunningdale Village Hall  
Saturdays : 9.45 am - 1.40 pm

A dance and musical theatre school,  
where children build confidence,  
skills and creativity.

Dance and musical theatre  
for 2-12 year olds.

Baby Ballet - Musical Theatre  
Primary and Junior Dance

See [page 5](#) for details of class times.

For further information contact  
Jenny on 07940 179310  
or email [jenny@red-academy.co.uk](mailto:jenny@red-academy.co.uk)  
[www.red-academy.co.uk](http://www.red-academy.co.uk)



**MAD**  
**Academy**  
@ Sunningdale  
Village Hall  
Tuesday  
mornings:  
9.45 - 10.30 am

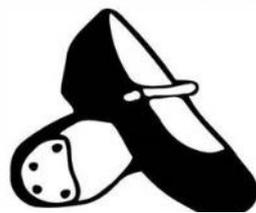
### Walkers to 4 years

Music and dance classes  
for babies and preschool children.

MAD Academy creates a fun,  
relaxed environment.

Dance and movement are key elements  
of every session, giving the opportunity  
to develop motor skills,  
physical co-ordination and confidence,  
explore different rhythms,  
musical instruments and musical styles.

For more information  
please contact Kate  
on 07770 931031 or email  
[kate\\_lawrence@btopenworld.com](mailto:kate_lawrence@btopenworld.com)  
Facebook - MAD Academy Windsor  
and Sunningdale



## Adult Tap for Beginners and Improvers

@ Sunningdale Village Hall  
Wednesdays :  
9.30 - 10.00 am

## Adult Classical and Contemporary Ballet

@ Sunningdale Village Hall  
Wednesdays :  
10.05 - 10.55 am

For beginners  
and improvers.

Fun and friendly  
adult ballet class  
for women or men of

all ages, shapes and abilities.

If you want to improve your flexibility,  
strength, balance and stress levels  
this could be just what you are looking for!

For further information  
please contact Debbie  
on 07411 180665  
or email [boogie.ballet@gmail.com](mailto:boogie.ballet@gmail.com)



@ Charters Leisure Centre, Sunningdale  
Tennis courses for all ages and abilities.

### Mini Tennis

### Junior Tennis

### Academy

Easter and Summer Holiday Coaching

Adult Coaching at Westmorland Park

Group Coaching and Individuals

Tuesday and Wednesday

For further information please visit  
[www.charterstennis.com](http://www.charterstennis.com)

or email  
[charterstennis@btinternet.com](mailto:charterstennis@btinternet.com)

**Little Aces Tennis**  
**@ Sunningdale Village Hall**  
**Saturdays : 8.40 am - 9.20 am**

For 3 to 5 year olds enabling them to learn the basics and how to enjoy the game through a series of fun activities, based on the fundamental areas of balance,



co-ordination, agility, movement and racket and ball skills. They play with sponge balls and 17 or 19 inch rackets and the focus is about making it as much fun as possible.

**For further information please contact Charlie on 07748 252742 or email**

**coach@matchpointtenniscoaching.com**  
**www.matchpointtenniscoaching.com**



**Match Point**  
**Tennis Coaching**  
**@ Broomhall Park**  
**Tennis Courts**

A very active tennis coaching programme that caters for

complete beginners through to experienced tournament players.

**Mini Tennis**

**Little Aces (3-4 years)**

Saturday : 8.40 - 9.20 am

**Red Ball (5-7 years)**

Monday : 4.00 - 5.00 pm, Wednesday : 4.30 - 5.30 pm

Saturday : 9.30 - 10.30 am

**Orange Ball (8-9 years)**

Monday : 4.00 - 5.00 pm, Wednesday : 5.30 - 6.30 pm

Saturday : 10.30 - 11.30 am

**Green Ball (10-12 years)**

Monday : 5.00 - 6.00 pm, Tuesday 5.00 - 6.00 pm

Saturday : 11.30 am - 12.30 pm

**Junior Tennis**

**Yellow Ball (12 years +)**

Monday : 5.00 - 6.00 pm & Saturday : 11.30 am - 12.30 pm

**Performance Squad Group (12 years +)**

Tuesday 6.00 - 7.00 pm (Girls Squad)

Saturday : 12.30 - 2.00 pm

**Adult Tennis**

Tuesday : 9.30 - 11.00 & Wednesday : 11.00 am - 12.30 pm

**Holidays:** Regular tennis and multisport camps are run throughout the holidays.

**For further information please contact Charlie on 07748 252742 or email coach@matchpointtenniscoaching.com www.matchpointtenniscoaching.com**



**@ All Saints Church Hall, Ascot**  
**Saturdays 10.00 - 11.30 am**

Drama sessions for 10 to 13 year olds exploring the magic and the excitement of theatre with acting, drama, games, fun and performing.

Run by experienced and trained practitioners who will teach stagecraft, drama and confidence, public speaking and communication skills.

We're all about developing confident, collaborative and creative young people.

A great way to try out some theatre, make new friends and learn new skills.

New members always welcome with a **FREE taster session**.

**For more information please contact Andrew on 07786 617891**

**or email youth@oceantheatre.com**  
**www.oceantheatre.com**

**Ballroom and Latin**  
**American Dance Class**

**@ Sunningdale**  
**Village Hall**

**Tuesday evenings**

**New Beginners class**  
**6.45 - 7.35 pm**

**\*\* First class FREE \*\***

Then £9 per class.

Pay as you go.

Classes taught by Victoria Hill, experienced competitive dancer and International finalist.

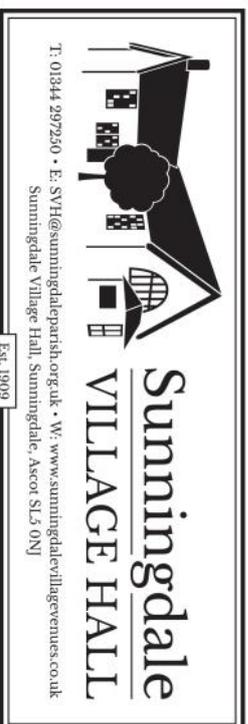


**For further information please contact**

**Victoria**

**on 07815 137215**

**or email danceasize@aol.co.uk**



Sunningdale Village Hall is available for private hire on Saturday and Sunday afternoons and evenings for birthday parties, celebrations, anniversaries, wedding receptions and other events.

There is more availability for these activities during school holidays as not all classes run throughout the year, so please check out the website Calendar which shows all available slots.

If you would like to make a booking or want further information please contact Gemma on 01344 297250.

## Activities @ Broomhall Park

<b>MONDAY</b>	Mini Tennis - Red Ball (5-7 years) Mini Tennis - Orange Ball (8-9 years) Mini Tennis - Green Ball (10-12 years) Junior Tennis - Yellow Ball (12 years +)	4.00 pm - 5.00 pm 4.00 pm - 5.00 pm 5.00 pm - 6.00 pm 5.00 pm - 6.00 pm	Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742
<b>TUESDAY</b>	Adult Tennis Mini Tennis - Green Ball (10-11 years) Performance Squad Group (12 years +) - Girl's Squad BMF Be Military Fit - outdoor bootcamp	9.30 am - 11.00 am 5.00 pm - 6.00 pm 6.00 pm - 7.00 pm 7.00 pm	Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742 Jason 07746 020443
<b>WEDNESDAY</b>	Adult Tennis Mini Tennis - Red Ball (5-7 years) Mini Tennis - Orange Ball (8-9 years)	11.00 am - 12.30 pm 4.30 pm - 5.30 pm 5.30 pm - 6.30 pm	Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742
<b>THURSDAY</b>	BMF Be Military Fit - outdoor bootcamp BMF Be Military Fit - outdoor bootcamp	9.00 am 7.00 pm	Jason 07746 020443 Jason 07746 020443
<b>SATURDAY</b>	Little Aces Tennis (3-4 years) BMF Be Military Fit - outdoor bootcamp Mini Tennis - Red Ball (5-7 years) Mini Tennis - Orange Ball (8-9 years) Mini Tennis - Green Ball (10-11 years) Junior Tennis - Yellow Ball (12 years +) Performance Squad Group (12 years +)	8.40 am - 9.20 am 9.00 am 9.30 am - 10.30 am 10.30 am - 11.30 am 11.30 am - 12.30 pm 11.30 am - 12.30 pm 12.30 pm - 2.00 pm	Charlie 07748 252742 Jason 07746 020443 Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742

## Activities @ Holy Trinity Church

<b>WEDNESDAY</b>	Rendezvous Café - everyone welcome for tea, coffee and cakes	9.45 am - 11.45 am	Church Office 01344 621886
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## Activities @ Village Hall

	ACTIVITY	TIMES	CONTACT
<b>MONDAY</b>	Wendy's Workout - Fitness and Conditioning Music with Mummy : for toddlers and preschoolers 14 months to 3 years Music with Mummy : Jolly Babies for 6 weeks to 14 month olds Music with Mummy : Jolly Babies for 6 weeks to 14 month olds Yoga and Breath Guidance with Kate - beginners welcome	9.15 am - 10.15 am 11.00 am - 11.30 am 11.45 am - 12.15 pm 12.30 pm - 1.00 pm 6.30 pm - 8.00 pm	Wendy 07899 982909 amy.MWM.ascot@gmail.com amy.MWM.ascot@gmail.com amy.MWM.ascot@gmail.com Kate 01252 834240
<b>TUESDAY</b>	MAD Academy - music and dance for walkers to 4 years Pilates with Christine - beginners and improvers Ballroom and Latin American dance class - New Beginners Class	9.45 am - 10.30 am 11.00 am - 12.00 noon 6.45 pm - 7.35 pm	Kate 07770 931031 Christine 07813 686130 Victoria 07815 137215
<b>WEDNESDAY</b>	Adult Tap for beginners and improvers Adult Classical and Contemporary Ballet - beginners and improvers Pilates with Christine - Beginners and improvers Chair Yoga for Seniors - Fully seated Chair Yoga for Seniors - Seated and standing Power Yoga Class ** NEW DAY ** Yoga for Men	9.30 am - 10.00 am 10.05 am - 10.55 am 11.15 am - 12.15 pm 1.10 pm -1.40 pm 2.00 pm - 2.45 pm 6.45 pm - 7.45 pm 8.00 pm - 9.00 pm	Debbie 07411 180665 Debbie 07411 180665 Christine 07813 686130 Rosie 07804 446552 Rosie 07804 446552 Kate 07452 973697 Graham 07733 322144
<b>THURSDAY</b>	Wendy's Workout - Go with the Flow a low impact exercise class Get Fit Stay Fit with Flexercise - low impact exercise for all abilities Post Natal Yoga Class - babies welcome! ** NEW ** Active Lives Pilates - Intermediate/Advanced level class for adults Active Lives Pilates - Mixed ability class also suitable for Beginners/Improvers	9.15 am - 10.15 am 11.30 am - 12.30 pm 1.30 pm - 2.45 pm 7.30 pm - 8.25 pm 8.30 pm - 9.25 pm	Wendy 07899 982909 Christine 07900 900616 Kate 07452 973697 Rebecca 07748 603145 Rebecca 07748 603145
<b>FRIDAY</b>	Active Lives Pilates - Intermediate/Advanced level class for adults Active Lives Pilates - Intermediate level class for adults Active Lives Pilates - Improver/Intermediate level class for adults Active Lives Pilates - Intermediate/Advanced class for adults Active Lives Pilates - Beginner/Improver class for adults	9.30 am - 10.25 am 10.30 am - 11.25 am 11.30 am - 12.25 pm 1.00 pm - 1.55 pm 2.00 pm - 2.55 pm	Rebecca 07748 603145 Rebecca 07748 603145 Rebecca 07748 603145 Rebecca 07748 603145 Rebecca 07748 603145
<b>SATURDAY</b>	Little Aces Tennis using sponge balls for 3-5 year olds Red Academy - Baby Ballet: starter ballet for boys & girls from 2 years Red Academy - Primary Dance: ballet and jazz from 5 years Red Academy - Musical Theatre: singing, acting & dance from 5 years Red Academy - Junior Dance: ballet and jazz from 8 years	8.40 am - 9.20 am 9.45 am - 10.15 am 10.20 am - 11.20 am 11.30 am - 12.30 pm 12.40 pm - 1.40 pm	Charlie 07748 252742 Jenny 07940 179310 Jenny 07940 179310 Jenny 07940 179310 Jenny 07940 179310

# Yoga for Men

**@ Sunningdale Village Hall  
Wednesdays : 8.00 - 9.00 pm**

Yoga specifically for men to complement your existing sport, be it running, cycling, football....

Focusing on core strength, flexibility, stamina, injury prevention and general wellbeing.

Bring your own mat and blanket.  
£10 pay as you go.

**Please contact Graham  
in advance**

**to confirm attendance  
on 07733 322144**

**or email [go2yoga.me@gmail.com](mailto:go2yoga.me@gmail.com)**

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## Active Lives Pilates Classes

**@ Sunningdale Village Hall**

Thursday evenings:  
7.30 and 8.30 pm  
and

Friday daytime:  
9.30, 10.30, 11.30 am,  
1 and 2 pm

**Beginner, Improver,  
Intermediate and  
Intermediate/Advanced  
Classes**



Physio-led pilates classes run by a physiotherapist with APPI Pilates Certification.  
Suitable for all abilities and fitness levels.

Exercises adapted for those with particular issues. Please bring your own mats, head cushions and bands.

Please call or email to book your place on a course and arrange your introductory 1:1 session.

**For further information  
please contact Rebecca  
on 07748 603145 or email  
[activelivesphysio@btinternet.com](mailto:activelivesphysio@btinternet.com)  
[www.activelivesphysio.co.uk](http://www.activelivesphysio.co.uk)**

## Wendy's Workout

**@ Sunningdale Village Hall**

**Mondays  
9.15 - 10.15 am  
Fitness and  
Conditioning**

A body conditioning class to improve aerobic fitness, strength and flexibility.

Suitable for all levels.



**and**

**Thursdays : 9.15 - 10.15 am  
Go with the Flow**

A low impact class using flowing movements to stretch and strengthen your whole body, leaving you feeling relaxed and revitalised.

Please bring along your own mat.

**For further information please contact  
Wendy on 07899 982909**



## Get Fit Stay Fit

**Thursdays :**

**11.30 am - 12.30 pm**

**@ Sunningdale Village Hall**

Fun and friendly, low-impact exercise-to-music classes for women of all ages, shapes and abilities.

If you want to see a real change in your fitness, flexibility, strength and posture, as well as an increased feeling of wellbeing, then a FLEXercise class could be just what you're looking for!

**For further information  
please contact Christine  
on 07900 900616**

**or email**

**[christineunderhill.flexercise@gmail.com](mailto:christineunderhill.flexercise@gmail.com)  
[www.fl-exercise.com](http://www.fl-exercise.com)**

## Chair Yoga for Seniors

@ Sunningdale Village Hall  
Wednesdays

Fully seated: 1.10 - 1.40 pm  
Seated and Standing: 2.00 - 2.45 pm

Benefit from the life-enhancing practice of yoga, with the support of a chair.



- Increases mobility
- Relieves anxiety
- Improves balance
- Decreases stress
- Brings joyfulness

For further information please contact Rosie on 07804 446552 or email [info@yogawithrosie.net](mailto:info@yogawithrosie.net) [www.yogawithrosie.net](http://www.yogawithrosie.net)



## Yoga and Breath Guidance with Kate

@ Sunningdale Village Hall

Mondays : 6.30 - 8.00 pm

Beginners welcome

Sessions include:

- Healthy natural breathing techniques to improve circulation and increase lung capacity.
- Principles of spinal movement and good posture.
- Standing strength foundation work.
- Floor exercises and the importance of maintaining and increasing flexibility.
- Moving from the core, abdominal health and finding inner power.
- Increased energy and less physical pain.
- Relaxation techniques to reduce anxiety and tension.

Bring your own mat and blanket.

Price £14 single or £12 for pack of 4 Live.

The class is simultaneously broadcast on Zoom.

**Booking is necessary please contact Kate on 01252 834240**

**or 07711 118992 (text only please) or email [kate@healthyfreedom.co.uk](mailto:kate@healthyfreedom.co.uk) [www.healthyfreedom.co.uk](http://www.healthyfreedom.co.uk)**

## Pilates with Christine

@ Sunningdale Village Hall

Tuesdays:

11.00 am - 12.00 noon

Wednesdays :

11.15 am - 12.15 pm

**Low impact exercise programme for beginners and improvers.**

Work through a variety of exercises using soft balls, magic circles, bands and toning balls to develop stability, flexibility and strength.

Stott Pilates Instructor, Member of EMD UK and FitPro.

ZOOM classes also available.



For further information please contact Christine on 07813 686130

or email

[chrisjackman@btinternet.com](mailto:chrisjackman@btinternet.com)



## Be Military Fit

@ Broomhall Recreation Ground

Tuesdays : 7 pm

Thursdays : 9.00 am and 7 pm

Saturdays : 9.00 am

Europe's leading outdoor bootcamp.

The first in military fitness and leaders in outdoor training.

Workouts are tailored to all abilities and the BMF community is thriving and welcomes all newcomers whatever your fitness level.

Each week you'll work hard, have fun and make tangible progress that you'll be able to see and feel.

Meet in the car park by the BMF van or banner.

**For further information please contact Jason on 07746 020443 or email [jasonwhitfield@bemilitaryfit.com](mailto:jasonwhitfield@bemilitaryfit.com) [www.bemilitaryfit.com](http://www.bemilitaryfit.com)**

# My Fair Lady

@  
BritVic  
Theatre,  
LVS  
Ascot  
SL5 8DR

April 22 - 24

The most beloved musical of all time, Lerner & Loewe's MY FAIR LADY is back in a lavish new production.

Ocean Theatre Company will present MY FAIR LADY making it their 27<sup>th</sup> production in 14 years.

MY FAIR LADY tells the story of Eliza Doolittle, a young Cockney flower seller, and Henry Higgins, a linguistics professor who is determined to transform her into his idea of a "proper lady".

But who is really being transformed?

For more information, and to book, please visit our website [www.oceantheatre.com](http://www.oceantheatre.com)

## Rendezvous Café

@ Holy Trinity Church  
every Wednesday  
9.45 am - 11.45 am



An ideal meeting place where you will always receive a friendly welcome from our volunteer staff. Come alone or bring friends. Excellent value. Tea/coffee and a slice of cake (£2).



Little ones welcomed, toys available. Free Wi-Fi.

For further information please contact the Church Office on 01344 621886 or email [htschurchoffice@gmail.com](mailto:htschurchoffice@gmail.com) [www.holytrinitysunningdale.co.uk](http://www.holytrinitysunningdale.co.uk)



@ Whitmore Lane,  
Sunningdale  
SL5 0NA

## Fitness, Friendship and Fun in Sunningdale

Come along and enjoy lawn bowling with club members.

All equipment provided for new bowlers. Please wear flat soled shoes (trainers).

Training provided and special offers on fees for new bowlers.

**OPEN DAYS May 7 and 8 and May 28**  
and every Saturday 11.00 am - 12.30 pm

For further information please contact Mike on 07904 492549 or email [enquiries@sunningdalebowling.co.uk](mailto:enquiries@sunningdalebowling.co.uk) [www.sunningdalebowling.co.uk](http://www.sunningdalebowling.co.uk)

## Sunningdale Pre-School and After School Club

@ the Small Hall,  
Sunningdale Village Hall



An established Ofsted Outstanding Early Years setting providing quality care and education for children aged 2 years 8 months until school age.

We are full for the 2021/22 academic year. Deadline for 2022/23 applications is 27 May.

Registrations are now being taken for the academic year September 2023/24.

The Pre-School also runs an After School Club for 4-11 year olds attending Holy Trinity School.



For further information please contact Sharon on 01344 623331 or email [sunningdale.preschool@gmail.com](mailto:sunningdale.preschool@gmail.com) (Pre-School) [sunningdaleasc@gmail.com](mailto:sunningdaleasc@gmail.com) (After School Club) [www.sunningdalepreschool.co.uk](http://www.sunningdalepreschool.co.uk)