

# 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

**NEW**  
Starting in Sunningdale  
8<sup>th</sup> January

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)

## Pilates with Christine

@ Sunningdale Village Hall

Tuesdays:

11.00 am - 12.00 noon

Wednesdays :

11.15 am - 12.15 pm

**NEW day  
and time**

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)



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

## Are you looking for a new location for your class or activity?

We currently have the following  
free weekday slots available  
in the Main Hall at  
Sunningdale Village Hall.

Monday 10.45 am - 2.45 pm

Wednesday 5.40 pm - 7.50 pm

Thursday 12.40 pm - 1.40 pm

Friday 3.15 pm - 7.25 pm

The rate for regular hirers  
is £15.50 per hour.

Please call Gemma on 01344 297250  
or email

[SVH@sunningdaleparish.org.uk](mailto:SVH@sunningdaleparish.org.uk)

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



## Be Military Fit

**@ Broomhall Recreation Ground**  
**Tuesdays : 7 pm**  
**Thursdays : 9.30 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)**

## Power Yoga Class



**@ Sunningdale Village Hall**  
**Thursdays**  
**6.00 - 6.55 pm**

A dynamic and energetic yoga class where we will work on building strength, balance and flexibility. During the class we focus on using the power of our breath to guide us through the different asanas (yoga poses). Each lesson will finish with a 5 minute relaxation.

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

Please visit the website to book into the class.

**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)**

## Yoga and Breath Guidance with Kate

**@ Sunningdale Village Hall**  
**Mondays : 6.30 - 8.00 pm**

Beginners welcome



**For further information please contact Kate on 01252 834240 or email [kate@healthyfreedom.co.uk](mailto:kate@healthyfreedom.co.uk) [www.healthyfreedom.co.uk](http://www.healthyfreedom.co.uk)**

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 for details.

## Pilates4Life

@ 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  
pilatesascot@btinternet.com  
www.pilatesascot.co.uk**

## 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**

## Chair Yoga for Seniors

@ Sunningdale Village Hall  
Wednesdays

**NEW 1.10 - 1.40 pm  
Beginners Class  
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  
www.yogawithrosie.net**

## 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.

For both classes social distancing will be strictly adhered to.

Please bring along your own mat.

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



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 07766 045213 Charlie 07766 045213 Charlie 07766 045213 Charlie 07766 045213
<b>TUESDAY</b>	Adult Tennis Mini Tennis - Green Ball (10-11 years) Performance Squad Group (12 years +) - Girl's Squad	9.30 am - 11.00 am 5.00 pm - 6.00 pm 6.00 pm - 7.00 pm	Charlie 07766 045213 Charlie 07766 045213 Charlie 07766 045213
<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 07766 045213 Charlie 07766 045213 Charlie 07766 045213
<b>SATURDAY</b>	Little Aces Tennis (3-4 years) 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 9.30 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 07766 045213 Charlie 07766 045213 Charlie 07766 045213 Charlie 07766 045213 Charlie 07766 045213 Charlie 07766 045213

## Activities @ Holy Trinity Church

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

	ACTIVITY	TIMES	CONTACT
MONDAY	Wendy's Workout - Fitness and Conditioning Yoga and Breath Guidance with Kate - beginners welcome	9.15 am - 10.15 am 6.30 pm - 8.00 pm	Wendy 07899 982909 Kate 01252 834240
TUESDAY	MAD Academy - music and dance for walkers to 4 years Pilates with Christine - beginners and improvers ** NEW ** Music with Mummy: Jolly Babies for 6 weeks to 14 month olds Music with Mummy: Jolly Babies for 6 weeks to 14 month olds Beginners Ballroom and Latin American dance class Improvers Ballroom and Latin American dance class	9.45 am - 10.30 am 11.00 am - 12.00 noon 1.00 pm - 1.30 pm 1.45 pm - 2.15 pm 6.30 pm - 7.30 pm 7.30 pm - 8.30 pm	Kate 07770 931031 Christine 07813 686130 Amy.mwm.ascot@gmail.com Amy.mwm.ascot@gmail.com Victoria 07815 137215 Victoria 07815 137215
WEDNESDAY	Adult Tap for beginners and improvers Adult Classical and Contemporary Ballet - beginners and improvers Pilates with Christine - beginners and improvers Chair Yoga for Seniors - Beginners Class * * NEW * * Chair Yoga for Seniors 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 8.00 pm - 9.00 pm	Debbie 07411 180665 Debbie 07411 180665 Christine 07813 686130 Rosie 07804 446552 Rosie 07804 446552 Graham 07733 322144
THURSDAY	Wendy's Workout - Go with the Flow a low impact exercise class Get Fit Stay Fit with FExercise - low impact exercise for all abilities Power Yoga Class Pilates - Intermediate/Advanced level class for adults Pilates - Mixed ability class for adults also suitable for Beginners/Improvers	9.15 am - 10.15 am 11.30 am - 12.30 pm 6.00 pm - 6.55 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
FRIDAY	Pilates - Intermediate/Advanced level class for adults Pilates - Intermediate level class for adults Pilates - Improver/Intermediate level class for adults Pilates - Intermediate/Advanced class for adults 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
SATURDAY	Little Aces Tennis using sponge balls for 3-5 year olds Red Academy - Baby Ballet: starter ballet for boys & girls from 2 years * * NEW * * Red Academy - Primary Dance: ballet and jazz from 5 years * * NEW * * Red Academy - Musical Theatre: singing, acting & dance from 5 years * * NEW * * Red Academy - Junior Dance: ballet and jazz from 8 years * * NEW * *	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 07766 045213 Jenny 07940 179310 Jenny 07940 179310 Jenny 07940 179310 Jenny 07940 179310
SUNDAY	Joel's Place Church - everyone welcome	10.30 am - 12.00 noon	info@joelsplacechurch.org.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



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## French Lessons 1:1 Tuition



- Native French Tutor.
- GCSE, Common Entrance, KS3.
- Adult Learners.
- Friendly Lessons.
- 15 Years Experience.
- DBS Checked.

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

Contact : Celine 07432 605517

## Charters Tennis

@ Charters Leisure Centre, Sunningdale

CHARTERS



TENNIS

Tennis courses and sessions for all ages and abilities. 5 years and over.

Mini Tennis

Junior Tennis

Holiday Coaching  
Adult Coaching at  
Westmorland Park

Group Coaching and Individuals

For further information  
please visit

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

or email

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



## 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)

## Ballroom and Latin American Dance Classes



@ Sunningdale Village Hall  
Tuesday evenings

**Beginners class**  
6.30 - 7.30 pm

**Improvers class**  
7.30 - 8.30 pm

**\*\* First class FREE \*\***  
Then £9 per class pay as you go.

Everybody welcome from absolute beginners to experienced dancers.

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](mailto:danceasize@aol.co.uk) [www.chasambafitness.com](http://www.chasambafitness.com)**

## Music with Mummy

(or daddy, or grandma or another special person)

@ Sunningdale Village Hall  
Tuesdays

1.00 - 1.30 pm and 1.45 - 2.15 pm



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

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 their first experiences with instruments and rhythm.

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

**For further information please email Amy [amy.MWM.ascot@gmail.com](mailto:amy.MWM.ascot@gmail.com) or contact via [ascotmwm](https://www.facebook.com/ascotmwm) on Facebook / Instagram [www.musicwithmummy.co.uk/ascot/](http://www.musicwithmummy.co.uk/ascot/)**



## 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 07766 045213 or email [coach@matchpointtenniscoaching.com](mailto:coach@matchpointtenniscoaching.com) [www.matchpointtenniscoaching.com](http://www.matchpointtenniscoaching.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 07766 045213 or email [coach@matchpointtenniscoaching.com](mailto:coach@matchpointtenniscoaching.com) [www.matchpointtenniscoaching.com](http://www.matchpointtenniscoaching.com)**



**@ Sunningdale Village Hall**  
**Every Sunday : 10.30 am to 12 noon**  
Everyone welcome.

We are a church for people of all ages and backgrounds. All are welcome, whether you have been going to church your whole life or have never been to church before.

We meet every Sunday morning with refreshments and time to chat afterwards.

Our style is informal and relaxed with lively music and practical, relevant talks from the Bible.

**For further information please contact**  
**Lorna on 07730 930600**  
**or email**  
**info@joelsplacechurch.org.uk**  
**www.joelsplacechurch.org.uk**



**PILATES**  
by amanda mann

**@ Sunningdale WI Hall**  
**Thursdays : 10.30 am**  
**and Fridays : 9.15 am**

Improve posture, core strength, mobilisation and flexibility. Pilates links movement with breath, focuses on body alignment and teaches co-ordination, concentration and control of the body. Allow the soothing music to relax you and leave feeling rejuvenated and toned.

Covid safe practices are followed: restricted numbers, social distancing and sanitizing. Sanitized luxury mats are available or you are welcome to bring your own. We use pilates soft ball, trigger ball, foam roller, resistance bands and block. Please bring your own towel.

**For further information**  
**please contact**  
**Amanda on 07767 816499**  
**or email info@amandamann.uk.com**  
**www.amandamann.uk.com**



**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!

**Please note that numbers are strictly limited at present so please call or email to book a place.**

**For further information please contact**  
**Christine on 07900 900616 or email**  
**christineunderhill.flexercise@gmail.com**  
**www.fl-exercise.com**

**Sunningdale Pre-School**  
**and After School Club**  
**@ the Small Hall,**  
**Sunningdale Village Hall**



Sunningdale Pre-School



Sunningdale BAFS Club



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.

Registrations are now being taken for the academic year September 2022/23.

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** (Pre-School)  
**sunningdaleasc@gmail.com** (After School Club)  
**www.sunningdalepreschool.co.uk**