



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

Sunningdale



@ Community Room, The Pavilion
Broomhall Recreation Ground

Fridays: 4 - 7 pm

Saturdays: 10 am - 1 pm, 1.30 pm - 4 pm

Sundays: 11 am - 2 pm

The library provides all the services previously available via the container library.

Please note there is no facility for book drop offs outside library opening hours.

This new library facility is funded by Sunningdale Parish Council in partnership with RBWM and opened on 10 June 2022.

For further info please contact the Parish Council on 01344 874268

uyen yoga & meditation

Body-Mind-Spirit AWARENESS Practice

New

Senior Warriors Club: BEGINNER

Chair Yoga and Meditation

@ Sunningdale Village Hall

Thursdays 1.55 - 2.40 pm

My goal is working to help you find strength, peace, fluidity, resilience and clarity of mind. This class involves:

- Breathing awareness
- Exploring development of your body structures and systems with human anatomy models and sensory toys
- Yoga postures and sequences
- Guided meditation

For further information please contact

Uyen on 07484 325685

or email uenyoga@aol.co.uk

www.uyenyogameditation.com

M-KIND

Fitness Bootcamp

@ Sunningdale Village Hall

Wednesdays: 6.30 - 7.20 pm

Led with positivity and designed for all-round conditioning, M-KIND is a fitness training platform designed to empower you to discover the best version of yourself by building a healthy body and a strong mindset.

Regardless of your age or current level of fitness we are accessible to everyone and use movement to help you feel inspired, confident and optimistic to achieve whatever it is you are passionate about.

First session FREE. No membership fees.

For further information please contact

Matt via email info@m-kind.co.uk

www.m-kind.co.uk

New

STAGE DOOR

ACTING CLASSES FOR ADULTS

New

Beginners Acting Classes

@ Sunningdale Village Hall

Tuesdays : 7.30 - 8.45 pm

Are you an aspiring performer?

Would you like to re-ignite your creativity?

Want to build your self-confidence

and try something new?

This course is an introduction to acting and performance techniques in a friendly, fun and supportive atmosphere.

For adults of all ages. Taught by a

professionally trained actor and

experienced acting teacher.

Please contact Patrizia for more details via email patrizia.petrassi1@gmail.com

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

T: 01344 297250 E: village.venues@sunningdaleparish.org.uk

www.SunningdaleVillageVenues.co.uk

Registered Charity Number 299966



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

www.fl-exercise.com



PILATES
by amanda mann

@ Sunningdale
WI Hall,
Broomhall
Recreation
Ground

Thursdays : 10.30 am

and Fridays : 9.15 am

AMPilates welcomes you to join small, friendly group classes, whether you are just starting out or you already have a wealth of experience. Allow me to assist you on your journey to enhance your wellbeing and quality of life. Pilates can support many medical conditions, back and neck pain, menopause, pre and post-natal, and is a great way to rehabilitate following injury or operation.

Numbers are restricted for safety and sanitized luxury mats, blocks, balls, rollers, prickly balls and bands are provided.

I look forward to welcoming you into class.

**For booking please contact
Amanda on 07767 816499 or email
amanda@amandamann.uk.com
www.amandamann.uk.com**



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 preferred but not necessary,
please get in touch if you're a
Beginner - call Kate on 01252 834240
or 07711 118992 (text only please)
or email kate@healthyfreedom.co.uk
www.healthyfreedom.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**

Pilates with Christine

@ Sunningdale Village Hall

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 insured
with and a member
of FitPro.

ZOOM classes also available.

For further information please contact
Christine on 07813 686130
or email chrisjackman@btinternet.com



PHYSIOTHERAPY & PILATES

Pilates Classes

@ Sunningdale Village Hall

Thursday evenings: 7.30 and 8.30 pm

Friday daytime:

9.30, 10.30, 11.30 am, 1.00 and 2.00 pm

Beginner, Improver and
Mixed Ability 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.

Coming Soon:

**Pilates & More for the Pelvic Floor and
Pilates & More for the Menopause.**

For further information
please contact Rebecca
on 07748 603145 or email
activelivesphysio@btinternet.com
www.activelivesphysio.co.uk

Wendy's Workout

@ Sunningdale Village Hall



Mondays

9.15 - 10.15 am

Cardio and
Conditioning

A cardio focused class to
improve all over fitness.
Suitable for all levels.

Wednesdays: 9.15 - 10.15 am

Strength and Stretch

Focusing on strength training
using small weights,
plates and bands.



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



Be Military Fit

@ Broomhall Recreation Ground

Tuesdays : 7.00 pm

Thursdays : 9.00 am and 7.00 pm

Saturdays : 9.00 am

Europe's leading outdoor bootcamp.

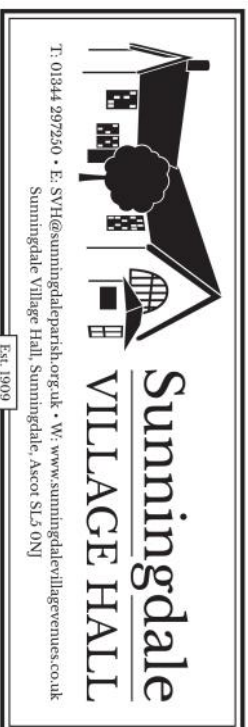
The first in military fitness and
leaders in outdoor training.

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
jason.whitfield@bemilitaryfit.com
www.bemilitaryfit.com



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

MONDAY	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
TUESDAY	Adult Tennis : Cardio Tennis Mini Tennis - Red Ball (5-7 years) Mini Tennis - Green Ball (10-11 years) BMF Be Military Fit - outdoor bootcamp	9.00 am - 10.00 am 4.00 pm - 5.00 pm 5.00 pm - 6.00 pm 7.00 pm	Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742 Jason 07746 020443
WEDNESDAY	Adult Tennis : Team Drills Adult Tennis : Refresher Drills Mini Tennis - Red Ball (5-7 years) Mini Tennis - Orange Ball (8-9 years)	9.30 am - 11.00 am 11.00 am - 12.30 pm 4.00 pm - 5.00 pm 5.00 pm - 6.00 pm	Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742
THURSDAY	BMF Be Military Fit - outdoor bootcamp BMF Be Military Fit - outdoor bootcamp	9.00 am 7.00 pm	Jason 07746 020443 Jason 07746 020443
SATURDAY	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 +)	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	Charlie 07748 252742 Jason 07746 020443 Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742

Activities @ Holy Trinity Church

WEDNESDAY	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
MONDAY	Wendy's Workout - Cardio 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 Stagedoor Beginners Acting Class for Adults ** NEW **	9.45 am - 10.30 am 7.30 pm - 8.45 pm	Kate 07770 931031 patrizia.petrossi1@gmail.com
WEDNESDAY	Wendy's Workout - Strength and Stretch Pilates with Christine - Beginners and improvers M-KIND Fitness Bootcamp ** NEW ** Yoga for Men	9.15 am - 10.15 am 11.15 am - 12.15 pm 6.30 pm - 7.20 pm 8.00 pm - 9.00 pm	Wendy 07899 982909 Christine 07813 686130 info@m-kind.co.uk Graham 07733 322144
THURSDAY	Wendy's Workout - Go with the Flow a low impact exercise class Get Fit Stay Fit with Flexercise - low impact exercise for all abilities Senior Warriors Club: Beginner Chair Yoga and Meditation ** 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 1.55 pm - 2.40 pm 7.30 pm - 8.25 pm 8.30 pm - 9.25 pm	Wendy 07899 982909 Christine 07900 900616 Uyen 07484 325685 Rebecca 07748 603145 Rebecca 07748 603145
FRIDAY	Active Lives Pilates - Intermediate/Advanced level class for adults Active Lives Pilates - Mixed ability class for adults Active Lives Pilates - Improver/Intermediate level class for adults Active Lives Pilates - Mixed ability class for adults Active Lives Pilates - Beginner/Improver class for adults Tai Chi Yang Style ** NEW **	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 6.20 pm - 7.15 pm	Rebecca 07748 603145 Rebecca 07748 603145 Rebecca 07748 603145 Rebecca 07748 603145 Rebecca 07748 603145 John 07950 498858
SATURDAY	Little Aces Tennis using sponge balls for 3-5 year olds	8.40 am - 9.20 am	Charlie 07748 252742



**@ 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.

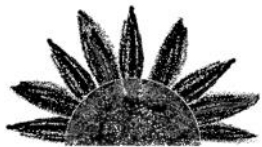
A great way to try out some theatre, make new friends and learn new skills.

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

Sunningdale Pre-School and After School Club

**@ the Small Hall,
Sunningdale Village Hall**



Sunningdale Pre-School

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

We are now full for the 2022/23 academic year.

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.



Sunningdale BAFS Club



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



**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 Facebook - MAD Academy Windsor and Sunningdale



@ Charters Leisure Centre, Sunningdale

Simon Grassi has over 35 years coaching experience and is passionate about providing quality and affordable coaching to all players.

Courses run from Monday to Saturday. Please see our website for full programme.

Red, Orange and Green Ball - 5-10 years

Yellow Ball - 10-16 years

Academies - 10-16 years

Holiday Coaching

Adult Coaching

Westmorland Park, Bracknell

Fit 4 Tennis - Tuesday

Improve your Tennis - Wednesday

All abilities welcome!

For further information please visit www.charterstennis.com or email charterstennis@btinternet.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, Tuesday : 4.00 - 5.00 pm

Wednesday : 4.00 - 5.00 pm

Saturday : 9.30 - 10.30 am

Orange Ball (8-9 years)

Monday : 4.00 - 5.00 pm, Wednesday : 5.00 - 6.00 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

Adult Tennis

Cardio Tennis : Tuesday : 9.00 - 10.00 am

Team Drills : Wednesday : 9.30 - 11.00 am

Refresher Drills : 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

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

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

Contact : Celine 07432 605517



**@ Whitmore Lane,
Sunningdale
SL5 0NA**

**Fitness,
Friendship
and Fun in
Sunningdale**

Indoor Short Mat bowling until April.

Come along and enjoy lawn bowling with club members.

All equipment provided for new bowlers.

Special offers on fees for new bowlers.

2023 OPEN DAYS:

April 22 and 23 and May 28

and every Saturday 10.30 am - 12.00 noon.

For further information please contact Mike on 07904 492549 or email enquiries@sunningdalebowling.co.uk www.sunningdalebowling.co.uk

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

T: 01344 297250 E: village.venues@sunningdaleparish.org.uk

www.SunningdaleVillageVenues.co.uk



The following weekday slots are currently available for new classes and activities:

- Monday 12.30 pm - 3.00 pm
- Tuesday 10.40 am - 3.00 pm
- Wednesday 12.30 pm - 3.00 pm
- Thursday 12.40 pm - 1.50 pm
- Thursday 5.35 pm - 6.55 pm
- Friday 3.15 pm - 6.00 pm

Regular hire rate is £17.50 per hour.

To book or enquire please contact Gemma on 01344 297250 or email SVH@sunningdaleparish.org.uk

**Rendezvous Café
@ Holy Trinity Church
every Wednesday
9.45 am - 11.45 am**

A friendly meeting place where you will always receive a warm welcome from our volunteer staff.

Come alone or bring friends.

A special welcome offered to Ukrainian families and their hosts to meet up and get to know one another, now with informal English lessons.



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 www.holytrinitysunningdale.co.uk

**Tai Chi Yang Style
@ Sunningdale Village Hall
Fridays : 6.20 - 7.15 pm**



The solo form of Tai Chi is a moving meditation that promotes a peaceful and calm state of mind. It relaxes the body and strengthens an individual's constitution.



Suitable for adults of all ages and all abilities.

For further enquiries or to book a place please contact John on 07950 498858 or email RyberTaiChi@hotmail.com

Holiday Club

Ideal venue available for Easter or Summer Holiday Clubs

The Small Hall at the rear of Sunningdale Village Hall is available for hire to holiday clubs in the Easter and Summer school vacations as well as the school half terms.

During term time the Small Hall is used by Sunningdale PreSchool. Facilities include a 42.5m² hall, an outside undercover decked area, a small astroturf garden area, a small fitted kitchen with cooker, fridge, kettle and microwave plus unisex and disabled toilets.

If you are interested in exploring options please contact Gemma on 01344 297250 or email SVH@sunningdaleparish.org.uk