

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

Calling Local Businesses!



**Would you like
to reach your
local
community?**

We provide the opportunity for businesses to provide a loose insert for inclusion in this magazine (limited to 3 inserts per issue).

Our rates are:
£200 for an A5 insert,
£250 for an A4 single sheet
(or folded to a smaller size)
and £300 for A3 folded to A4.

Why not consider advertising with us?

**Please contact Carol
for further information, deadlines etc
on 01344 297250**

or email

village.venues@sunningdaleparish.org.uk



FLEXERCISE

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

Sunningdale Village Hall is available for private hire for party and event bookings at the weekends

Check date and time availability on the website Calendar.

Free slots are clearly listed.

Fill in a booking enquiry form

(found on the How to Hire page of the website).

Cost £25 per hour

(or £35 per hour if using a bouncy castle).

Further details and pictures can be found on the website

www.sunningdalevillagevenues.co.uk

or call Gemma on 01344 297250



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

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



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

www.healthyfreedom.co.uk



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 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.

Coming in the Autumn:

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

6 week daytime courses - register/request further information via email please.

For further information

please contact Rebecca

on 07748 603145 or email

activelivesphysio@btinternet.com

www.activelivesphysio.co.uk

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

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

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

www.SunningdaleVillageVenues.co.uk



**@ Sunningdale
WI Hall,
Broomhall
Recreation
Ground**

**Thursdays : 10.30 am
and Fridays : 9.15 am**

Come and join AM Pilates in a small friendly group setting to enhance your well-being and quality of life.

Pilates is designed to improve posture, core strength, mobilisation and flexibility. It links movement with breath, focuses on body alignment, and teaches co-ordination, concentration and control of the body. Leave the class feeling rejuvenated, taller and toned.

Santized luxury mats are available along with Pilates soft ball, trigger ball, foam roller, resistance band 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**

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.



**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



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

Sunningdale Pre-School and After School Club

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



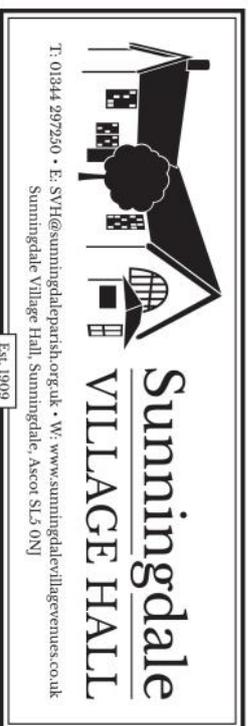
An established Ofsted Outstanding Early Years setting providing quality care and education for children aged 2 years 8 months until school age.

We are 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.

**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**



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 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
WEDNESDAY	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
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 +) 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

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 - 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 Ballroom and Latin American dance class - New Beginners Class	9.45 am - 10.30 am 6.45 pm - 7.35 pm	Kate 07770 931031 Victoria 07815 137215
WEDNESDAY	Pilates with Christine - Beginners and improvers Yoga for Men	11.15 am - 12.15 pm 8.00 pm - 9.00 pm	Christine 07813 686130 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 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 7.30 pm - 8.25 pm 8.30 pm - 9.25 pm	Wendy 07899 982909 Christine 07900 900616 Rebecca 07748 603145 Rebecca 07748 603145
FRIDAY	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
SATURDAY	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

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
www.chasambafitness.com



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
Please contact

Jenny on 07940 179310
or email

jenny@red-academy.co.uk
www.red-academy.co.uk

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



**@ 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

or email

charterstennis@btinternet.com



**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**



**@ 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



**@ All Saints Church Hall, Ascot
Saturdays 1.00 pm - 5.30 pm**

Ocean's Main Company offers 14 to 20 year
olds the opportunity to perform high quality,
well known productions. We aim to help
young people of all abilities from a variety of
backgrounds to develop their artistic, personal
and social skills. It is a nurturing, educational
and fun environment for young people whether
their desire is to build confidence and make
friends, or to ultimately work in the
professional world of theatre.

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

For more information please contact

Andrew on 07786 617891

or email info@oceantheatre.com

www.oceantheatre.com



**@ The Chalet,
Broomhall
Recreation
Ground**

Fieldhouse Coffee, Sunningdale

NEW INDEPENDENT COFFEE SHOP INTRODUCTORY OFFER!

We are Fieldhouse Coffee, Sunningdale.

A new independent takeaway coffee shop based in the Chalet at Broomhall Park, proudly serving a selection of locally sourced produce from independent suppliers and bakers, including speciality coffee, organic teas and cakes as well as a large selection of cold drinks, ice creams, smoothies and milkshakes. We also offer a selection of gluten free and dairy free options.

Bring this advert along when you purchase a coffee or tea and receive your second on the house.

Terms and conditions apply.

Offer ends 30 September 2022.

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

www.holytrinitysunningdale.co.uk



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

There are weekday hire slots currently available for new classes and activities:

- Monday 10.40 am - 2.45 pm
- Tuesday 10.40 am - 2.45 pm
- Wednesday 8.00 am - 11.00 am
- Wednesday 12.45 pm - 2.45 pm
- Wednesday 5.30 pm - 8.00 pm
- Thursday 12.40 pm - 2.45 pm
- Thursday 5.35 pm - 6.55 pm
- Friday 3.15 pm - 7.25 pm

Regular hire rate is £17.50 per hour.

The Addams Family

**@ BritVic Theatre,
LVS Ascot
SL5 8DR**

Friday 28 - Sunday 30 October

A magnificently macabre musical comedy.

The Addams Family is fun for the entire family and this production brings the beloved and bizarre first family of comedy to life, complete with show-stopping musical numbers.

For more information, and to book, please visit our website www.oceantheatre.com

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

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

www.SunningdaleVillageVenues.co.uk