



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



uyen yoga mindfulness & meditation
Heart - Mind - Body AWARENESS

**Senior Warriors Club:
BEGINNER Chair Yoga and
Meditation for SENIORS
Be Happy Class
@ Sunningdale Village Hall
Thursdays 1.55 - 2.40 pm**

The class will help you with:

- Balance, strength, coordination and mobility so that you can get up and down and be independent.
- Vitality of your brain, your senses and having a greater ease in yourself.
- Calming your nervous system and increasing the potential for balancing your physical and emotional responses.

**For further information
please contact Uyen
on 07484 325685
or email uyenyoga@aol.co.uk
www.uyenyogameditation.com**



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.

***Discount offered based on
the number of classes you attend.***

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



Looking for a location to hold your class or activity?

Sunningdale Village Hall is the ideal location for exercise, yoga or dance classes as well as baby and toddler activity and music classes.

Craft fairs, table top sales and other similar events have also been successfully held at this venue.

Please see the back page of this magazine for the current available regular weekly slots or have a look at the Calendar on our website - www.sunningdalevillagevenues.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
Registered Charity Number 299966

ocean youth company

**@ 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**



**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**

ocean theatre company

**@ 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**

Sunningdale



**@ Community Room, The Pavilion
Broomhall Recreation Ground**

Fridays: 4 - 7 pm

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

Sundays: 11 am - 2 pm

There are a good selection of books to browse.

Books can also be sent from other libraries.

You are able to browse the internet, check emails and print (there is a charge for this).

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

**Visit RBWM website for more information on
this and other libraries.**

**[www.rbwm.gov.uk/home/leisure-and-culture/
libraries](http://www.rbwm.gov.uk/home/leisure-and-culture/libraries)**

Any events such as story times will be advertised in the library and on the website.

This new library facility is funded by Sunningdale Parish Council in partnership with RBWM.



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 : 8.45 - 9.30 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 : 5.00 - 6.00 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, Thursday : 5.30 - 6.30 pm
Saturday : 11.30 am - 12.30 pm

Adult Tennis

Cardio Tennis : Tuesday : 12.00 - 1.00 pm

Teams Doubles Practice : Wednesday : 9.30 - 11.00 am

Drills : Wednesday : 11.00 - 12.30 pm

Drills (Teens welcome) : Wednesday : 7.00 - 8.30 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**

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.

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**



**@ 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.
Just wear flat soled shoes/trainers.
Special offers on fees for new bowlers.

2023 TRY BOWLS DAYS:

April 22 and 23 and May 28

and every Saturday 10.30 am - 12.00 noon until September.

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



@ 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.

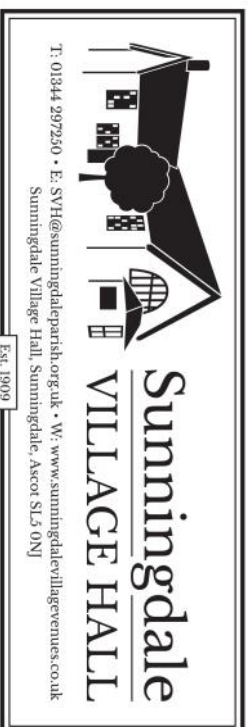
Red, Orange and Green Ball - 5-10 years
Yellow Ball - 10-16 years
Academies - 10-16 years

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**



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

	ACTIVITY	TIMES	CONTACT
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 5.00 pm - 6.00 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	12.00 noon - 1.00 pm 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 Doubles Practice Adult Tennis : Drills Mini Tennis - Red Ball (5-7 years) Mini Tennis - Orange Ball (8-9 years) Adult Tennis : Drills (Teens welcome)	9.30 am - 11.00 am 11.00 am - 12.30 pm 4.00 pm - 5.00 pm 5.00 pm - 6.00 pm 7.00 pm - 8.30 pm	Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742
THURSDAY	BMF Be Military Fit - outdoor bootcamp Junior Tennis - Yellow Ball (12 years +) BMF Be Military Fit - outdoor bootcamp	9.00 am 5.30 pm - 6.30 pm 7.00 pm	Jason 07746 020443 Charlie 07748 252742 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 +)	8.45 am - 9.30 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 @ Village Hall

	ACTIVITY	TIMES	CONTACT
MONDAY	Wendy's Workout - Cardio and Conditioning Parkinson's exercise class for those recently diagnosed * * NEW * * Yoga and Breath Guidance with Kate - beginners welcome	9.15 am - 10.15 am 11.00 am - 12.15 pm 6.30 pm - 8.00 pm	Wendy 07899 982909 Benny 07477 039109 Kate 01252 834240
TUESDAY	MAD Academy - music and dance for walkers to 4 years Yoga with Jane: Iyengar yoga class * * NEW * *	9.45 am - 10.30 am 7.30 pm - 8.30 pm	Kate 07770 931031 Jane 07748 902803
WEDNESDAY	Wendy's Workout - Strength and Stretch Pilates with Christine - Beginners and improvers M-KIND Fitness Bootcamp 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 for Seniors 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	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

Activities @ Holy Trinity Church

	ACTIVITY	TIMES	CONTACT
WEDNESDAY	Rendezvous Café - everyone welcome for tea, coffee and cakes	9.45 am - 11.45 am	Church Office 01344 621886

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**



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.

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

PARKINSON'S^{UK}

CHANGE ATTITUDES. FIND A CURE. JOIN US.

Recently Diagnosed Exercise Class

@ Sunningdale Village Hall

Mondays : 11.00 am - 12.15 pm

New

An exercise programme specifically designed for those diagnosed with Parkinson's in the last few years.

Classes include:

- Opportunities to try out exercises that will push your body and brain fitness.
- Education on concepts key to Parkinson's tailored exercise.
- The chance to meet and chat with other people who are newly diagnosed.

Classes led by a rehab specialist physiotherapist.

**For information about how to register
please contact Benny on 07477 039109
or email bennyadeola@gmail.com
www.bracknellparkinsons.org/exercise**



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
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**

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**



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**

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**

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.

Deadline for registrations is Friday 26 May.

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 Pre-School's Annual Fund Raising Quiz Night



Date to be confirmed @ Holy Trinity School

Please check out the website for further information about the date and how to book tickets

www.sunningdalepreschool.co.uk

Holiday Club

Ideal venue available for Summer Holiday Clubs

The Small Hall at the rear of Sunningdale Village Hall is available for hire to holiday clubs in the 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



Looking for a venue for your class or activity?

The following weekday slots are currently available:

- 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 - 1.45 pm
- Thursday 5.35 pm - 6.55 pm
- Friday 3.15 pm - 7.30 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

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

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

www.SunningdaleVillageVenues.co.uk