



# 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*



As lockdown is gradually eased we are delighted to be able to welcome back activities to Sunningdale Village Hall.

Please check with the class organiser to check availability before attending.

SVH is a covid secure venue and all our hirers comply with a series of measures to continue to keep you safe with regular cleaning, social distancing etc.

(See page 8 for more details)

**New**

**Focus Tae Kwon-Do**  
@ Sunningdale Village Hall  
Wednesdays  
6.30 - 7.30 pm



Wanting a martial arts class, learn self defence or just wanting to get fit?

Why not try  
Tae Kwon-Do.  
Classes help improve strength, stamina, flexibility, accuracy and power.

Work with Master Bertrand 8th Dan, coach to National, European and World Champions.

Suitable for all ages:  
men, women and children.

**For further information  
please contact Roy  
on 07950 300767 or  
email [theroybertrand@gmail.com](mailto:theroybertrand@gmail.com)  
[www.focustkd.com](http://www.focustkd.com)**

**New**

**Music with Mummy**  
@ Sunningdale Village Hall  
Tuesdays

**Jolly Babies : 1.00 - 1.30 pm  
and 1.45 - 2.15 pm**

Jolly Babies classes are suitable for babies 6 weeks to 14 months old. Watch your baby grow in confidence as they come each week and take part in our 30 minute small, friendly classes.



Full of music and fun props, classes allow young babies to have some of their first experiences with instruments and rhythm, whilst having that special bonding time with their accompanying grown up.

**For further information please contact Amy  
[amy.MWM.ascot@gmail.com](mailto:amy.MWM.ascot@gmail.com)  
[www.musicwithmummy.co.uk/ascot/](http://www.musicwithmummy.co.uk/ascot/)**

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



# 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**

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 mat.

Classes resume in the Hall on 20<sup>th</sup> May.

Zoom classes also being run until Covid  
guidelines allow normal capacity in classes at  
the Hall, please call Rebecca for further details.

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](mailto:pilatesascot@btinternet.com)**

**[www.pilatesascot.co.uk](http://www.pilatesascot.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.  
£12 pay as you go.

Zoom classes also run throughout the week  
please contact Kate for further details.

**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)**



# 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  
together with 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](mailto:christineunderhill.flexercise@gmail.com)**

**[www.fl-exercise.com](http://www.fl-exercise.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.



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**

## Pilates with Christine

**@ Sunningdale Village Hall**  
**Tuesdays :**

**11.00 am - 12.00 noon**  
**and**

**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.

One-to-one studio lessons available using the Pilates Reformer Machine.



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

## 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.  
(Proceeds once a month go to a local charity)

**Please contact Graham in advance to confirm attendance on 07733 322144 or email go2yoga.me@gmail.com**



**Sunningdale**  
**VILLAGE HALL**

T: 01344 297250 • E: SVH@sunningdaleparish.org.uk • W: 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 slots available in the Main Hall at Sunningdale Village Hall.

Monday 10.45 am - 2.45 pm  
Tuesday 5.35 - 6.55 pm  
Wednesday 12.30 - 2.45 pm  
Thursday 5.35 - 6.55 pm  
Friday 3.15 - 11.00 pm

The rate for regular hirers is £15 per hour.

The Hall is currently set up as a Covid secure venue and guidance is provided for hirers.

**Please call Gemma on 01344 297250 or email SVH@sunningdaleparish.org.uk**

# Activities @ Holy Trinity School

<b>SATURDAY</b>	Stagecoach Ascot Performing Arts : Early Stages 4-6 years Stagecoach Ascot Performing Arts : Main Stages 6-14 years Stagecoach Ascot Performing Arts : Further Stages 15-18 years Stagecoach Ascot Performing Arts : Early Stages 4-6 years Stagecoach Ascot Performing Arts : Early Stages 4-6 years Stagecoach Ascot Performing Arts : Main Stages 6-14 years	9.30 am - 11.00 am 10.00 am - 1.00 pm 10.30 - 1.30 pm 11.15 am - 12.45 pm 1.45 pm - 3.15 pm 2.00 pm - 5.00 pm	Emily 01344 206466 Emily 01344 206466 Emily 01344 206466 Emily 01344 206466 Emily 01344 206466 Emily 01344 206466
-----------------	--	--	--

# 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 4.00 pm - 5.00 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	11.00 am - 12.30 pm 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)	9.30 am - 11.00 am 4.30 pm - 5.30 pm 5.30 pm - 6.30 pm	Charlie 07766 045213 Charlie 07766 045213 Charlie 07766 045213
<b>SATURDAY</b>	Mini Tennis - Red Ball (5-7 years) Tots Ball (3-4 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 +)	8.45 am - 9.30 am 9.40 am - 10.20 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 @ 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 Music with Mummy: Jolly Babies for 6 weeks to 14 month olds * * NEW * * Music with Mummy: Jolly Babies for 6 weeks to 14 month olds * * NEW * * Beginners Ballroom and Latin American dance class * * NEW * * 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 7.15 pm - 8.00 pm 8.00 pm - 8.45 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 improver Focus Tae Kwon-Do - for all ages, men, women and children * * NEW * * Yoga for Men	9.30 am - 10.00 am 10.05 am - 10.55 am 11.15 am - 12.15 pm 6.30 pm - 7.30 pm 8.00 pm - 9.00 pm	Debbie 07411 180665 Debbie 07411 180665 Christine 07813 686130 Roy 07950 300767 Graham 07733 322144
THURSDAY	Wendy's Workout - Go with the Flow a low impact exercise class * * NEW * * Get Fit Stay Fit with FLEercise - low impact exercise for all abilities Tai Chi for Health 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 1.00 pm - 3.00 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 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	Stagecoach Ascot Performing Arts	11.00 am - 1.00 pm	Emily 01344 206466
SUNDAY	Joel's Place Church - everyone welcome	10.30 am - 12.00 noon	info@joelsplacechurch.org.uk

## MAD Academy @ Sunningdale Village Hall Tuesday mornings

Music and dance classes  
for babies and preschool  
children.



### Walkers to 4 years : 9.45 - 10.30 am

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

## 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.  
Register your child as soon  
as possible for  
consideration for the  
September 2021/22  
academic year.

Registrations also 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](mailto:sunningdale.preschool@gmail.com) (Pre-School)  
and [sunningdaleasc@gmail.com](mailto:sunningdaleasc@gmail.com) (After School Club)  
[www.sunningdalepreschool.co.uk](http://www.sunningdalepreschool.co.uk)



## Sunningdale Bowling Club @ Whitmore Lane

Fitness, Friendship and  
Fun in Sunningdale  
Come along and enjoy  
lawn bowling with club  
members.

All equipment provided,  
please wear flat soled shoes (trainers).  
Training provided and special offers  
on fees for new bowlers.

**OPEN DAY** every Saturday 11.00 am - 12.30 pm

For further information  
please contact Ken  
on 01344 626730 or email  
[enquiries@sunningdalebowling.co.uk](mailto:enquiries@sunningdalebowling.co.uk)  
[www.sunningdalebowling.co.uk](http://www.sunningdalebowling.co.uk)



Match Point  
Tennis Coaching  
@ Broomhall Park  
Tennis Courts  
Summer Term Tennis  
A very active tennis  
coaching programme that  
caters for complete

beginners through to experienced  
tournament players.

### Mini Tennis

#### Tots Ball (3-4 years)

Saturday : 9.40 - 10.20 am

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

Monday : 4.00 - 5.00 pm, Wednesday : 4.30 - 5.30 pm  
Saturday : 8.45 - 9.30 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 : 4.00 - 5.00 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 and 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 and 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)



## Adult Tap for Beginners and Improvers

@ Sunningdale Village Hall  
Wednesdays : 9.30 - 10.00 am

## Adult Classical and Contemporary Ballet

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

**New**

Beginners class  
7.15 - 8.00 pm

Experienced dancers  
8.00 - 8.45 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)

## Stagecoach Ascot Performing Arts @ Holy Trinity School Saturdays



Early Stages (4-6 years)  
9.30 am, 11.15 am  
and 1.45 pm  
(all 1.5 hour classes)

Main Stages (6-14 years)  
10.00 am - 1.00 pm and 2.00 - 5.00 pm

Further Stages (15-18 years)  
10.30 am - 1.30 pm

Stagecoach Theatre Arts teaches  
the disciplines of acting, singing and dance  
in a creative, inspirational, friendly and fun  
environment! Children build confidence and team  
work skills and explore their own creativity whilst  
making friends and learning  
how to be an all round performer.

### Summer Holiday Workshops

@ Windlesham Theatre  
Weds 28<sup>th</sup> - Fri 30<sup>th</sup> July 10 am - 4.30 pm  
Mon 16<sup>th</sup> - Fri 20<sup>th</sup> August 10 am - 4.30 pm  
(performance 7 pm Friday 20 August)

For further information please contact  
Emily on 01344 206466 or 07368 482058  
or email [ascot@stagecoach.co.uk](mailto:ascot@stagecoach.co.uk)  
[www.stagecoach.co.uk/ascot](http://www.stagecoach.co.uk/ascot)

## CHARTERS



TENNIS

## Charters Tennis @ Charters School, Sunningdale

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

### Mini Tennis

### Junior Tennis

### Performance Coaching

### Holiday Coaching

### Adults - Take Up Tennis

### Adults - Fit 4 Tennis

For further information  
please email  
[charstennis@btinternet.com](mailto:charstennis@btinternet.com)  
[www.charstennis.com](http://www.charstennis.com)

# JOEL'S PLACE CHURCH

@ Sunningdale Village Hall  
Every Sunday

10.30 am to 12 noon

Everyone welcome.

## The Parenting Course - for those parenting children aged 0-11 and Parenting Teenagers

10 week courses, for any parent, in any situation. Designed to provide the practical tools to improve and strengthen family life.

Sessions include 'building strong foundations', 'meeting your children's needs', 'setting clear boundaries', 'teaching healthy relationships' and 'our long term aim'.

Weekday courses - run daytime or evening subject to demand.

**For further information  
on these courses please  
contact Lorna on  
07730 930600**

**or email**

**info@joelsplacechurch.org.uk  
www.joelsplacechurch.org.uk**

## Looking for a location for your Wedding Reception?

Sunningdale Village Hall could be the ideal venue - contact us to find out more.



# Volunteers!

## Magazine Distribution

Would you be able to help deliver  
magazines to one road in  
Sunningdale?

Please contact Carol on 01344 297250



**Sunningdale**  
VILLAGE HALL

T: 01344 297250 • E: SVH@sunningdaleparish.org.uk • W: www.sunningdalevillagevenues.co.uk  
Sunningdale Village Hall, Sunningdale, Ascot SL5 0NJ

Est. 1909

## Covid measures

To comply with the regulations required for the Hall to be Covid-19 secure a number of measures are in place:

- The Hall is being thoroughly cleaned each night and all class instructors will ensure that all regularly touched surfaces have been wiped down before their participants enter the Hall and again on leaving.
- Hand sanitizer dispensers have been put up by the entrance and exit to the hall along with a temperature check device.
- A one way system has been established so that those leaving a class exit the Hall via a side door.
- Social distancing is encouraged and class sizes reduced to take this into account.
- For the time being the kitchen is out of bounds to those using the Hall.

Government guidance on permitted activities is being monitored and changes will be made as necessary. All hirers using the hall will comply with SVH special conditions of hire and have modified their classes putting additional safety measures in place.