



# 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*

## Safety Update for Hall Users

Sunningdale Village Hall has updated its policy for its hirers - in line with Government advice *"that whilst cases of Covid are high and rising, everybody needs to continue to act carefully and remain cautious"* - all hirers will therefore continue to adhere to our Covid secure guidelines and Special Conditions of Hire.

Measures in place include regular cleaning between activities, a one way system through the Hall, social distancing and reduced class sizes. In addition hand sanitizer dispensers and a forehead temperature check device have been provided.

**New**

### Power Yoga Class

KATE KEELEY



**@ 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)**

### Chair Yoga for Seniors

**@ Sunningdale Village Hall  
Wednesdays  
1.50 - 2.35 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

**New**



£40 for term of 5 classes  
or £10 per session.

**For further information  
please contact  
Rosie on 07804 446552  
or email [info@yogawithrosie.net](mailto:info@yogawithrosie.net)  
[www.yogawithrosie.net](http://www.yogawithrosie.net)**

## Music with Mummy

### Jolly Babies

@ Sunningdale Village Hall

Tuesdays

1.00 - 1.30 pm and 1.45 - 2.15 pm

Classes suitable for babies 6 weeks to 14 months. 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 email Amy  
[amy.MWM.ascot@gmail.com](mailto:amy.MWM.ascot@gmail.com)  
[www.musicwithmummy.co.uk/ascot/](http://www.musicwithmummy.co.uk/ascot/)

## 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)

10.00 am - 1.00 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.

### Half Term and Christmas Holiday Workshops

Workshops are run during all half term and school holidays - please contact Emily for details.

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)

## Tots Tennis

@ Sunningdale Village Hall

Saturdays : 9.40 am - 10.20 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. Tots 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)



## 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

#### 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 : 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 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)

**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**

## 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)**



**New Times**



## 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)**

## CHARTERS



TENNIS

## Charters Tennis

@ Charters School, Sunningdale

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 email [charterstennis@btinternet.com](mailto:charterstennis@btinternet.com) [www.charterstennis.com](http://www.charterstennis.com)

## 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 10.00 am - 1.00 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
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## 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>	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 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 * <b>NEW TIME</b> * * Improvers Ballroom and Latin American dance class * <b>NEW TIME</b> * *	9.45 am - 10.30 am 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 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 Chair Yoga for Seniors * <b>NEW</b> * * Yoga for Men	9.30 am - 10.00 am 10.05 am - 10.55 am 11.15 am - 12.15 pm 1.50 pm - 2.35 pm 8.00 pm - 9.00 pm	Debbie 07411 180665 Debbie 07411 180665 Christine 07813 686130 Rosie 07804 446552 Graham 07733 322144
THURSDAY	Wendy's Workout - Go with the Flow a low impact exercise class Get Fit Stay Fit with FL exercise - low impact exercise for all abilities Tai Chi for Health Power Yoga Class * <b>NEW</b> * * 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 6.00 pm - 6.55 pm 7.30 pm - 8.25 pm 8.30 pm - 9.25 pm	Wendy 07899 982909 Christine 07900 900616 Rebecca 07748 603145 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	Tots Tennis using sponge balls for 3-5 year olds Stagecoach Ascot Performing Arts	9.40 am - 10.20 am 11.00 am - 1.00 pm	Charlie 07766 045213 Emily 01344 206466
SUNDAY	Joel's Place Church - everyone welcome	10.30 am - 12.00 noon	info@joelsplacechurch.org.uk

## 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**



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](mailto:pilatesascot@btinternet.com)  
[www.pilatesascot.co.uk](http://www.pilatesascot.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,  
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](mailto:chrisjackman@btinternet.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**

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## 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**



**Launching**  
**2<sup>nd</sup> September**

## Be Military Fit

**@ Broomhall Recreation Ground**  
**Tuesdays and Thursdays : 7 pm**  
**Saturdays : 9.30 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**  
**www.bemilitaryfit.com**



**@ 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**

## Planning a Birthday Party, Anniversary or Wedding Reception?



Sunningdale Village Hall could be your perfect venue - please contact us to find out more.

## 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 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](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)



## 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  
Tuesday 10.35 am - 12.35 pm  
Wednesday 12.30 - 1.45 pm  
Friday 3.15 - 7.25 pm

The rate for regular hirers is £15 per hour.

Please call Gemma on 01344 297250 or email [SVH@sunningdaleparish.org.uk](mailto:SVH@sunningdaleparish.org.uk)



@ 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](mailto:info@joelsplacechurch.org.uk)  
[www.joelsplacechurch.org.uk](http://www.joelsplacechurch.org.uk)