



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

Do you offer a local service?

**Are you a cleaner, a window cleaner, a gardener, a handyman,
a plumber, an electrician, a carpenter, etc?**

Would you like to advertise to your local community?

Why not consider advertising in this magazine?

Quarter page adverts are £50 per issue.

Or you could place a loose insert into the magazine
(limited to 3 inserts per issue) at £200 for an A5 insert.

**Please contact us for further information, deadlines etc
on 01344 297250 or email village.venues@sunningdaleparish.org.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**



**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**

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

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



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**

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



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**



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



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

uenyoga@aol.co.uk

www.uyenyogameditation.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

Intermediate/Advanced, Intermediate, Mixed Ability and Beginner classes available

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.

For more information or to book your place on a class please visit www.activelivesphysio.co.uk

Contact Rebecca

on 07748 603145 or email

activelivesphysio@btinternet.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 your friends.

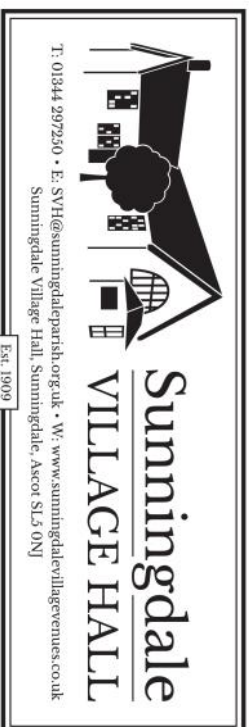
Excellent value.

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



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	Junior Tennis - Yellow Ball (12 years +) BMF Be Military Fit - outdoor bootcamp	5.15 pm - 6.15 pm 7.00 pm	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 classes for those recently diagnosed Yoga and Breath Guidance with Kate - beginners welcome	9.15 am - 10.15 am 10.30 am - 1.00 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	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 Yoga for Men	9.15 am - 10.15 am 11.15 am - 12.15 pm 8.00 pm - 9.00 pm	Wendy 07899 982909 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 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



**@ 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**

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

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

www.SunningdaleVillageVenues.co.uk

PARKINSON'S^{UK}

CHANGE ATTITUDES. FIND A CURE. JOIN US.

**Recently Diagnosed Exercise Classes
@ Sunningdale Village Hall
Monday mornings**

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**



**@ 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.

**Join our winter indoor
Short Mat games October to March
Most Monday, Wednesday and Friday
afternoons from 2 pm.
Tuition available.**

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



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, Tuesday and Wednesday : 4.00 - 5.00 pm, Saturday : 9.30 - 10.30 am

Orange Ball (8-9 years) - Monday and Wednesday : 5.00 - 6.00 pm, Saturday : 10.30 - 11.30 am

Green Ball (10-12 years) - Monday and 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 : 5.15 - 6.15 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



Be Military Fit

@ Broomhall Recreation Ground
Tuesdays and Thursday : 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

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

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

www.SunningdaleVillageVenues.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

All abilities welcome!

For further information please visit
www.charterstennis.com

or email

charterstennis@btinternet.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

A variety of books to choose from
- up to 30 at a time!

Or order the book you want to collect later.
Free for all to join with proof of address.

Also at the library:

- Story Time
- IT help
- Apply for a bus pass or Advantage card
 - Report a missed bin collection
 - Get general Council services help
- Laptop available to access emails, printing, etc

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

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



Looking for a venue for your class or activity?

The following weekday slots are currently available:

- Monday 1.00 pm - 3.00 pm
- Tuesday 10.40 am - 3.00 pm
- Wednesday 12.30 pm - 3.00 pm
- Wednesday 5.30 pm - 8.00 pm
- Thursday 12.35 pm - 1.45 pm
- Thursday 5.30 pm - 7.00 pm
- Friday 3.15 pm - 7.30 pm

Regular hire rate is £17.50 per hour.

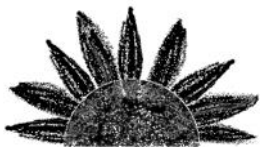
To book or enquire please contact Gemma on 01344 297250

or email

SVH@sunningdaleparish.org.uk

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.



Registrations are now being taken for the academic year September 2024/25. 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

Party Venue available @ Sunningdale Village Hall

The ideal location for your child's birthday party. The Large Hall ceiling is high enough to accommodate a bouncy castle.

A serving hatch from the kitchen allows easy access for catering purposes.



Available for party hire on Saturday and Sunday during term time as well as school holiday periods.

Please check out the calendar on our website.

For further information please call Gemma on 01344 297250 or complete the online booking enquiry on our website

ANASTASIA

@ BritVic Theatre, LVS Ascot Friday 3rd November to Sunday 5th November

Broadway's Anastasia is journeying to Ascot

This dazzling show transports us from the twilight of the Russian Empire to the euphoria of Paris in the 1920s, as a brave young woman (Anya) sets out to discover the mystery of her past.

Pursued by a ruthless Soviet officer determined to silence her she enlists the aid of a dashing conman and lovable ex-aristocrat. Together they embark on an epic adventure to help her find home, love and family.

Tickets and further information can be found at www.oceantheatre.com