

Ask a Specialist Times



Junior golf clinics at Guildford Golf Club.

Junior Golf Academy

LOCAL PGA professionals, Peter Hollington and Stewart Bartlett will be offering 18 three-hour Junior Golf Academy clinics (JGA) at Guildford Golf Club over the summer holidays.

The clinics run from July 24 to August 30. Everyone participating will be guided through a folder-based structured learning programme.

The folder covers five key areas of the game: putting, chipping, pitching, irons and woods.

An understanding and successful physical application of the material covered within the folder will obtain them the necessary signatures and stand them in good stead for their upcoming skill challenges.

For the last hour of each session, participants will have the opportunity to play a few holes on the practice ground as an informal competition. Each team of two will be given a handicap and the lowest net team score will receive a small prize.

For more details see advertisement.



Kitchen transformed by Re-Nu.

Re-Nu Kitchens

MOST fitted kitchens, even if looking tired, have a good basic construction. However, the doors, drawer fronts and sometimes the worktops can make a kitchen look old and outdated.

In 1986, Re-Nu pioneered the idea of renovating kitchens by making and fitting completely new doors, drawer fronts and worktops.

As the most experienced in this method in the industry, Re-Nu has enabled countless customers to enjoy a modern stylish kitchen without the expense and upheaval of having existing units ripped out and completely replaced.

It's as simple as this. Re-Nu surveys your existing kitchen and helps you select new doors, worktops etc from its extensive range and gives you a fixed price quotation with no hidden extras.

Re-Nu's own fitters, rather than sub-contractors, carry out the installation, and you will be pleasantly surprised at how quickly the work is carried out - and how little mess and disruption it causes. Most of its refurbishments take just a day or two to complete.

Choosing Re-Nu makes a great deal of sense. You save money; it's quick and efficient and your refurbished kitchen looks like a new one - as you can see from these before and after photos.

For more information and a survey of your kitchen, call Re-Nu on 0800 195 8641.

Website: www.re-nukitchens.co.uk

Plant Dance's *Burn the Floor* show

THE Princes Hall in Aldershot will be buzzing with excitement on Saturday, July 7, when more than 200 children, teenagers and adults take part in Planet Dance's extravaganza of jazz dance with its *Burn the Floor* show.

Students ranging in ages from just three years to adults from across Hampshire and Surrey will present their dance pieces in front of more than 1,000 families and friends during two performances.

The dancers have been practising for more than nine months and are looking forward to the opportunity of wowing the audience with their toe-tapping and hand clapping dances.

The show includes all aspects of dance with pieces from stage shows such as *Mary Poppins*, *Annie* and *The Rocky Horror Show*.

The performers will also have an opportunity to demonstrate their amazing fancy footwork in dances to the cabaret classic *Hey, Big Spender* and the entertaining *Hammer Time*.

Dance director Sam Punter said: "I hope everyone enjoys *Burn the Floor*. Planet Dance has come a long way and I know the students are looking forward to performing in a magnificent theatre such as the Princes Hall.

"I have no doubt that the costumes, lighting and choreography will all come together perfectly to enable us to present an entertaining show, full of energy that enthralls the audience."

Dance director Becky Moore-Morris added: "I am eager for Saturday to come around because I know the students are ready to put on an amazing show. They have all worked very hard and can't wait to get on stage."

Planet Dance School is a successful dance school based in Liphook, Guildford and now Godalming. Established in 1998, it is at the forefront in teaching dance to children, teenagers and adults.

Its directors, Sam Punter and Becky Moore-Morris are IDTA qualified and offer a range of classes specialising in

freestyle dance which covers all areas of modern dance from street jazz to rock 'n' roll.

For more information contact Sam Punter on 07940 500510 or Becky Moore-Morris on 07967 397379.

Sure Slim

SLIMMER Neomi went to Sure Slim wanting to lose the weight she had gained over two pregnancies, and also to learn to eat healthily for the rest of her life.

She said: "I read about the Sure Slim diet which uses blood tests to determine if any medical condition, such as diabetes, high cholesterol or gout exists, and checks for other pre-existing conditions that may prevent weight loss, like thyroid malfunction."

"When Sure Slim handed over my programme, I could not believe how much food I was allowed. In fact I struggled to eat it all for the first week."

"After two weeks, I'd lost 10lb and, by October 2006, I was down to 8st 3lb."

Neomi now feels happier and healthier and, in her words: "marvellous, slim, happy, confident and sexy".

She added: "After many years of dieting, Sure Slim has provided me with a healthier lifestyle, achieving my goal weight without starving!"

She now follows the Sure Slim lifestyle programme which re-introduced, on a regular basis, foods that would normally cause her to put on weight. And, to her amazement, the weight has stayed off and she has learned what foods her body can cope with.

Sure Slim has more than 160 wellness clinics throughout the world with currently 30 in the UK.

Sure Slim in Guildford has recently moved. To find it, go up

Guildford High Street, past Tunsgate on your right and between Molton Brown and Bradford & Bingley there is a narrow walkway called Milkhouse Gate. Sure Slim is on the left and the closest car park is the one in Sydenham Road.

To receive more information or book your free initial consultation, give your local weight and wellness specialist a call on 01483 511311.



Slimmer Neomi.

THE PERFECT FIGURE...

Sally Stoyles tells how she lost weight in time for her wedding thanks to Sure Slim:

"I wanted to lose 4st before my wedding. In March 2003 I was looking and trying on size 22 wedding dresses, and in September I ordered a size 12 with the aim of keeping me focussed on losing weight."

My friend recommended me to SureSlim, so I went along for my consultation and once I had received my blood test results I started the diet straight away."

"The first week I lost 8lbs and the weight kept falling off. In less than five months I had lost 4st and 25 inches." "The diet is like no other diet I have ever tried, because the weight loss happened so quickly, and I could see my dress sizes going down. I felt that the Quick Loss Diet was really working for me."

"A few of my friends are now on the Quick Loss Diet and they are having the same results. I am now on the maintenance plan and

the weight is staying off. The diet has really changed the way I think about food, and with the help and support from the SureSlim clinic, I know I will keep the weight off forever."

"Using your blood test results and medical history SureSlim designs an eating plan to correct your glucose metabolism and balance your hormone levels so you can lose weight easily and healthily. Your lifestyle, dietary restrictions, food preferences are also incorporated into your personalised eating plan."

SureSlim also provides one-to-one support until you reach your goal weight and will then introduce the Lifestyle program that will ensure you maintain your weight for life.

Call now and book in for free information consultation and have the concept explained. Now is the time to take action. Call the Guildford branch on: 01483 511311.



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Save £££'s on the cost of a new fitted kitchen

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- ◆ Save money and mess
- ◆ Fitted in a day or two



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