



Ms. Cynthia Snyder
Band/Orchestra Director
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310 200 6756

Before School Class
Concert Band
Daily 7:30 -8:20am

During School Classes

**Advanced Band &
Composition**
Block C

Intermediate Band
Block F

Beginning Band
Block D

After School Classes

Jazz Band
Tuesday 3-4:15

Orchestra
Wed Thurs 3-4

Beginning Strings
Wed Thurs 3-4

Percussion Ensemble
Wed 4-5:15

Advantages of Band

“Music produces a kind of pleasure which human nature cannot do without.” Confucius

Relieves stress: Music therapy has been useful in treating children with autism, depression & other disorders. Playing what you choose to play with emotion relieves stress.



Memory capacity increases: Listening to music & playing a musical instrument stimulates the brain to increase memory. 22 children 3-4 years old were given singing or keyboard lessons. 15 were given no lessons. Those with the keyboard lessons improved spatial temporal skills 34% more than the others.

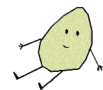
Organizational & Time management skills: Playing an instrument requires you to learn to be organized and manage your time wisely. Quality over quantity and efficient use of time is stressed.

Creates a sense of achievement: Overcoming musical challenges that you thought you'd never quite master can give you a great sense of pride. As you practice and become a more experienced musician, making beautiful music is very rewarding.

Boosts Team skills: Playing an instrument requires working with others in order to make music. To make beautiful music requires also constant listening and adjusting to others.

Increases responsibility: Maintaining instrument, managing rehearsal & practice time.

Promotes happiness: For your life and those around you. There is fun & gratification brought to those listening or watching you play.



Promotes social skills: Many times the friends you make in band become like family. It's very common for people to gain lifelong friendships through musical activities.

Math skills improve: Counting notes & rhythms includes many mathematical aspects which is one of the reasons those who continue to play instruments achieve higher grades in school than those who don't.

Enhances Coordination: The brain must subconsciously convert notes into specific motor patterns while also coordinating breathing and rhythm.

Sharpens concentration: To play well - constant listening of pitch, rhythm tempo, note duration, quality of sound is necessary.

Reading & Comprehension improve: From a study in “Psychology of Music”, children exposed to a multi-year program of music involving complex rhythmic, tonal and practical skills training display superior cognitive performance in reading skills compared with non-musically trained peers.

Teaches perseverance: Learning an instrument takes time and effort which teaches patience & perseverance. Playing perfectly does not happen right away. Practicing multiple times is necessary.

Teaches discipline: Practicing often and learning the hard parts of music requires discipline. The best musicians are masters of discipline.

