



## Chaminade Middle School Band Orchestra Program



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 3-4:45

**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.

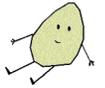
**Organizational & Time management skills:** Playing an instrument requires you to learn to be organized and manage your time wisely. Quality over quantity and efficient use of time is stressed.

**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.

