

So you are interested in playing percussion.....

Here are some of the benefits:

It helps to increase coordination, motor skills and promotes ambidextrousness – you will utilize your hands, fingers, arms and feet all the time.

It's a form of exercise – the repetitive motion and endurance constitute a good workout, whether you are sitting or standing. In fact, the exercise benefit of playing percussion was recognized by ParticipACTION as it was number 148 on their 150 playlist for Canada150!!

It helps relieve stress and enhances your mood – you can play as fast or slow as you like (provided there is no band conductor involved....) and as loud or soft as needed to make you feel better at the end of a long day.

It develops confidence – people love watching the fun things that happen in the percussion section and often you will be called upon to play “loud and proud”!

And.....you'll have rhythm – who could ask for anything more??

The percussion group meets on Thursdays from 6:00 until 7:00 pm ahead of the Blue Band rehearsal at William Aberhart High School. During this time, we work on technique on all percussion instruments, musicality, group playing (did I mention percussion can be very social??) and of course have fun! At 7:00 pm we join with the Blue Band until 9:00 pm, where we use our newly found skills to play with them!

Prerequisites to joining percussion – an ability to read music (yes, drummers do need to do this!), sense of humour and willingness to have fun!

If you have any burning questions prior to the Open House on September 13, please e-mail Rhonda at [rlroedler@shaw.ca](mailto:rlroedler@shaw.ca).