

# Guitar & Piano Lessons at Aldryngton Primary School

## The Many Benefits of Music Lessons for Children

- Learning music is fun, good for stress relief and mental health
- It can improve left brain mental development
- It is linked to improving academic success and maths
- It can help improve focus and concentration
- It is outlet for the self-expression for their emotions
- It can help improve social skills and team working
- It can help improve self-confidence and self esteem

## Group Guitar Lessons at Aldryngton

- Learn to play guitar in a fun, encouraging and collaborative environment
- Learn the fundamentals of how to play Pop & Rock guitar
- Children learn how to play chords and develop rhythm skills
- Lessons involve learning, and then playing along to, recorded versions of songs
- Lessons are held weekly in term time Monday through to Friday
- Lessons are held both in school time and after school hours
- All group lessons are organised by both age and ability
- Group lessons are 40 minutes in duration and charged at £15
- Lessons are taken by a leading guitar educator with over 30 years' experience

## Booking Information for Guitar Lessons

For further information please contact James Holt by leaving a voicemail with your name and contact details on: **0118 966 7579**. Alternatively, you can email James directly: [james.holt@hotmail.co.uk](mailto:james.holt@hotmail.co.uk)

## Group Piano Lessons at Aldryngton

Catherine has been teaching piano for over 20 years now, in a variety of settings, from a music school to peoples' homes to her own home in Reading, a move which became necessary when she had her first child. Catherine believes: *"Music should be a source of joy, fun and contribution. A way for people to express themselves, and to share their musical 'note' with others. That is why we learn music, and yet it is easy to lose sight of that sometimes when the joy of music is lost. This is why I teach in the way that I do, to really find the musical expression in each person, and alongside that tackle technique and learning the language of music. The two must go in tandem because otherwise the learning of music simply loses its purpose."*

## Booking Information for Piano Lessons

For further information please contact Catherine Holt by leaving a voicemail with your name and contact details on: **07968 863197**. Alternatively, you can email Catherine directly: [catlikestoplay@gmail.com](mailto:catlikestoplay@gmail.com)