

# After School Drum Club

**Sustaining Rhythms offers a ten week program of weekly drum and percussion workshops at your school.**

- extra curricular, compliments Drumbeat
- learn traditional cultural rhythms and chants
- play rhythm games to teach rhythm and musicality
- create in-the-moment rhythms with drum and percussion
- develop self-awareness and self-esteem
- develop self-control, patience and cooperation
- develop hand and eye co-ordination
- develop right and left hand co-ordination
- balances right and left hemispheres of the brain
- develop motor skills
- improve listening skills and attention to task
- learn teamwork, facilitation and leadership skills



**Sustaining Rhythms Music Circles**



[www.sustainingrhythms.com.au](http://www.sustainingrhythms.com.au)



Contact Glenn Huxtable on 0413284095 or email [Sustaining.Rhythms@gmail.com](mailto:Sustaining.Rhythms@gmail.com) to find out more, and make a booking.