

Dalry Secondary Community Choir

Do you -

- enjoy singing?
- enjoy being sociable and working as part of a team?
- want to switch off from the stresses of life for an hour?

Then come along and join the **Dalry Secondary Community Choir** for a community sing-song; experience the buzz of singing in harmony, and sing for the sheer joy of singing. There are no auditions, and you don't have to be able to read music - all you have to do is to enjoy singing and to want to do this as part of a group; all ages are welcome. The repertoire will be mixed and will be tailored to meet the skills and interests of the participants! We meet on Thursdays from 3.30 - 4.30pm in the music room at Dalry Secondary*, **STARTING ON THURSDAY 16TH MAY 2019!** Everyone should have the opportunity to sing and there is growing scientific evidence that singing is good for you.

Singing -

- promotes physical health, with a beneficial influence on posture, breathing and the cardio-vascular system
- promotes mental well-being and feelings of self-worth
- helps keep the brain sharp
- is a wonderful learning experience, improving concentration and confidence
- encourages team-work and is a great social activity
- is fun!

For further details contact Sue St. Joseph gw08stjosephsue@ea.dumgal.sch.uk or the School Office 01644 430259 gw08officedalry@ea.dumgal.sch.uk

N.B. Instrumentalists are also welcome! If you enjoy making music as part of a group, then we'll find a way to fit you in! Come along and find out.

**There is a short flight of stairs to access the music room. If this creates problems, or is a barrier, for anyone who wants to join us then we'll look at relocating rehearsals to a room that is on the same level as the entrance - please let us know.*