



SUMMER PROGRAMS



MUSIC THERAPY & ENRICHMENT
Achieve more with music!

ENROLLING NOW
Starts June 20th

PROGRAMS FOR • **Students with Special Needs** • Young Children & Parents • **Veterans** • Individuals with Autism or Other Cognitive Delays or Disabilities • **Children & Adults Interested in Music Technology** • Individuals with Traumatic Brain Injury (TBI)

SIGN UP ONLINE
ProgMT.com/summer
Questions? Call (860) 389-1356

Progressions Music Therapy
11 Main Street, Suite 1A, Old Mystic, CT 06372

PROGRAMS FOR ALL AGES AND ABILITIES

INTRO TO GARAGEBAND

Classes for Children & Adults
Mondays, June 20 thru August 8, \$100/\$120

SOCIAL SKILLS ROCK

Classes for Children Ages 5-10 & 10-14
Mon, Wed, or Fri, June 20 thru August 12, \$100

I ROCK!

Ages 13-18, Wed, June 22 thru August 10, \$120

MOMMY (OR DADDY) & ME

Ages 0-5 & Parent, Mon, Wed, or Fri, June 20 thru August 12, \$90

DRUMMING FOR VETERANS

Tues or Thurs, June 21 thru August 11, \$100

DRUMMING FOR THE BRAIN

For Individuals with TBI
Tues or Thurs, June 21 thru August 11, \$100

LET'S GET DRUMMING

For Individuals with Autism or other cognitive disabilities
Tues or Thurs, June 21 thru August 11, \$100



2016 Summer Programs

All programs offered at our clinic:

11 Main Street (Old Mystic Mill), Old Mystic, CT 06372

Sign up online at ProgMT.com/summer

Questions? Call (860) 389-1356 or email info@progressionsmusictherapy.com!

Introduction to GarageBand

Apple's GarageBand is a powerful application that allows users to record and edit music and audio recordings. Learn the interface and basic recording techniques, then move on to arranging a song, editing and mixing tracks, adding effects and distributing your music files. Through this class, students are given the opportunity to understand how multitrack recording is done to record podcasts and their own music. The students will understand the language, and basic methods of recording audio with a microphone, and midi instruments. They will understand how to add sound effects, layers sounds, and mix audio to get a unified sound. All are welcome!

Ages 13-18: Mondays 5:00-5:45, June 20 – August 8, \$100.00

Ages 18+: Mondays 6:00-7:00, June 20 – August 8, \$120.00

Social Skills Rock

Social skills naturally pair with music. This class, led by a board certified music therapist (MT-BC) will focus on teaching social skills, such as manners, turn taking, sharing, patience, and good sportsmanship through music.

Students in this class will sing, dance, and play while learning kindness, and friendship. Open to children of all ability levels and siblings are welcome! Parents/Guardians will attend with children so that they can take home ideas for use throughout the week.

Ages 5-10: Mondays, Wednesdays, OR Fridays 1:00-1:45, June 20 – August 12, \$100.00

Ages 10-14: Mondays, Wednesdays, OR Fridays 2:00-2:45, June 20 – August 12, \$100.00

iRock!

Music Technology provides people with an opportunity to trigger and manipulate music in a variety of different ways producing a cause and effect relationship. This group introduces students to specially programmed musical instruments that work with the press of a button, without the comprehension and skill of playing a live instrument to give participants a sense of pleasure and unity of playing together. Participants will learn how to play instruments as well as how to work together as a group.

Ages 13-18: Wednesdays 4:00-5:00, June 22 – August 10, \$120.00

Music for Mommy (or Daddy) and Me!

Our littlest friends discover the world in new and extraordinary ways through music! Guided by a board-certified music therapist, each weekly 30-minute class is designed to help infants and young toddlers (accompanied by a parent or caregiver) develop essential social, emotional, motor, and cognitive skills while experiencing the fun of making music. Activities will include singing, dancing, playing instruments, and playing with many other fun learning aids such as parachutes and streamers.

Ages 0-5: Mondays, Wednesdays, OR Fridays, June 20 – August 12, \$90.00

Drumming for Veterans

Rhythm is a key component to music, but is also consistently present in our day-to-day lives. Discover the therapeutic benefits of group drumming! Learn basic rhythms and chants, and collaborate with others to create rhythmic masterpieces.

Tuesdays OR Thursdays, June 21 – August 11, \$100.00

Drumming for the Brain

Specifically designed for individuals with traumatic brain injury (TBI), this drumming group focuses on rhythm and its remarkable effects on the brain. Drumming is accessible for everyone of all ability levels, and is great fun on top of it! Discover the therapeutic benefits of group drumming by learning basic beats and rhythms, and how rhythm is an effective tool for overcoming physical struggles.

Tuesdays OR Thursdays, June 21 – August 11, \$100.00

Let's Get Drumming

This drumming group is specifically designed for adults on the Autism spectrum, with Down Syndrome, or other cognitive delays or disabilities. Drumming is a great way to socialize and connect with other people verbally and nonverbally, and is accessible for everyone of all ability levels. Beats, rhythms, and chants combine to create beautiful and therapeutic rhythmic masterpieces!

Tuesdays OR Thursdays, June 21 – August 11, \$100.00