

# Sierra Notes

## Our New School Location

We are very excited to finally be moving into the new school facility of Sierra Music Academy. Beginning March 1, we will be teaching individual and group classes from our new location at 5425 Coronado Way on the corner of Sunset Boulevard in Rocklin.

Our new school is in the First Baptist Church of Rocklin. The church is comprised of two buildings and our school will occupy the first building. To get to our office and classrooms, just walk up the ramp to the set of double doors of the first building and walk down the hallway.

This new school site provides us with several different classrooms to teach from, our own office/waiting room, a hall for performances and recitals, and plenty of parking. In addition to the new carpet, paint, and furniture, our classrooms also feature brand new, top of the line Yamaha pianos – the same used in the music departments of colleges and universities around the country.

We hope everyone enjoys the spacious classrooms and convenient location of our new school. For a map and directions of our new school site, please see the map on page 4.

First Baptist Church of Rocklin and Site of Sierra Music Academy



## Group Classes for Toddlers, Seniors, and Everyone In-Between!

Last fall we began our first group classes at the Rocklin Community Center and are greatly expanding the variety of classes we offer now that we have a new school site. We have classes that are specially designed to meet the needs of toddlers, children, adults, and seniors and classes designed to meet the abilities of beginners to advanced students. A listing of this spring's group classes is shown on page 3.

Don't forget that our music classes are for everyone and are a lot of fun. We already have quite a few parents and grandparents signed up for classes and we encourage anyone to try a class even if you never took music lessons before. The following are some descriptions of our group classes.

### Performance Ensembles

While our classes are open to everyone, we really want to encourage all the students taking individual lessons to sign up for a choir or an ensemble group. These are great opportunities to learn how to effectively practice and perform with other musicians and broaden a student's repertoire. In addition, some of the students in the ensemble classes will be invited to perform at professional concerts with the Sierra Chamber Ensemble – a great opportunity to gain performance experience.

We will arrange the performance ensembles into groups that reflect similar skill levels and musical interests of the players. While we anticipate most of our ensemble groups

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will focus primarily on classical music and only dabble in other musical genres, other ensemble groups will focus on jazz, popular, rock, hymnal, or other types of music. Please let us know your preferences because there are surely other people out there with the same interests!

### **Feldenkrais – Awareness through Movement**

We are excited to have on our staff a certified practitioner of the Feldenkrais Method® who will be teaching an Awareness Through Movement (ATM) class at our school. While the Feldenkrais Method has become fairly well-known among professional musicians, dancers, and athletes over the last 50 years, it is still relatively unknown among the general public. For that reason, here is a brief description of the methodology and its purpose.

The *Feldenkrais Method* is about teaching people how to increase the awareness of their movements and how to improve their efficiency and movement ability. The method is of particular interest to musicians and teachers of musicians in that it embraces ways of finding greater ease, comfort, and skill of movement – even for complex and rapid movements. The Feldenkrais Method has not only been credited with helping to prevent repetitive motion injuries of musicians but also of improving their overall sound and skill level because the increased speed, agility, and coordination that the musicians gain.

In an Awareness Through Movement (ATM) lesson, the teacher gives verbal instructions and the students initiate movements themselves. The lessons are carefully constructed to follow what we know about how the brain organizes both movement and learning. Among the primary considerations are the quality of the movements, a proper pace to permit perception of detail, and a very precise sequencing of movements. If you join the class, you'll greatly increase your understanding of your body and how you use it.

### **Introductory Songwriting**

Ever wonder why some songs are so likeable and catchy? Ever felt like you would like to try to write your own song? If you answered yes to either of the questions above, then this is the class for you.

You will have the opportunity to learn the methodologies used by professional song writers and will learn the key ingredients needed for writing a song as you compose your own. Students wishing to enroll in this class must be able to read music or be able to play an instrument.

### **Harmony Road – A Rich Music Curriculum for Toddlers (2-5 Years Old)**

After much research, we chose the Harmony Road curriculum for our toddler classes because the classes are designed to not only be fun, but also help students begin building a strong foundation of musical knowledge. In Harmony Road classes taught at Sierra Music Academy, students will learn how to read music and learn how to play the piano by the age of 5 – an incredible head start if they are interested in playing the piano or any other instrument in the future. This is the only curriculum we could find that effectively teaches these skills at such a young age.

Students also learn other music fundamentals

including singing and solfege, beats and tempo, rhythm and pitch, and a variety of other musical concepts and skills. During the classes students participate in a wide range of music based activities and learn music skills when playing the keyboard, percussion, and other instruments.

These activity based classes require parent participation and offer a great opportunity to bond with your child or grandchild. Like all of our group classes, the tuition for these toddler classes is \$80 per month and because the materials and CDs are available for purchase, most of the activities done in class can be repeated at home.

Because numerous studies have shown the clear correlation between early music exposure and increased development of the brain and improved academic performance, we hope that these classes provide the children in our community a great learning experience that will benefit them throughout their lives.

**In our Harmony Road classes, students learn how to read music and learn how to play the piano by the age of 5.**

## Class Schedule – Spring 07

<b>GUITAR CLASSES</b> (start the week of March 5 <sup>th</sup> )	
Introductory Guitar - Level 1	Tuesday: 6:10 pm – 7:00 pm or Wednesday: 7:10 pm – 8:00 pm
Intermediate Guitar - Level 2	Wednesday: 6:10 pm – 7:00 pm
<b>VOICE</b>	
Children's Choir	To be determined
Adult Choir	To be determined
Beginner Voice Class	To be determined
<b>PIANO CLASSES</b>	
Beginner Keyboard	Thursday: 4:00 pm – 4:50 pm or 2 <sup>nd</sup> class time to be determined
<b>SONGWRITING CLASS*</b> (starts on April 3 <sup>rd</sup> ) *prerequisite: ability to play an instrument or read music	
Introductory Songwriting	Tuesday: 7:10 pm – 8:00 pm
<b>MUSIC THEORY</b>	
Music Theory	To be determined
<b>PERFORMANCE ENSEMBLE CLASSES</b>	
Jazz, Classical, and Rock Ensemble Groups	Each ensemble scheduled separately
<b>FELDENKRAIS METHOD</b>	
Feldenkrais: Awareness Through Movement®	Tuesday or Wednesday: time TBD
<b>HARMONY ROAD – TODDLER CLASSES</b> (start the week of March 12 <sup>th</sup> )	
Toddler Tunes (2-3 years old)	Thursday: 11:00 am – 11:35 am or Saturday: 9:30 am – 10:05 am
Music In Me (3-4 years old)	Thursday: 10:00 am – 10:45 am or Saturday: 10:20 am – 11:05 am
Music Time (4-5 years old)	Monday: 5:45 pm – 6:30 pm or Thursday: 2:00 pm – 2:45 pm

All class times are subject to change and require a minimum number of students enrolled.

If a class time does not fit your schedule,  
please let us know since we will be opening  
new classes throughout the year.

For more information, please call us at  
916-797-8741 or visit our website at  
[www.SierraMusicAcademy.com](http://www.SierraMusicAcademy.com).

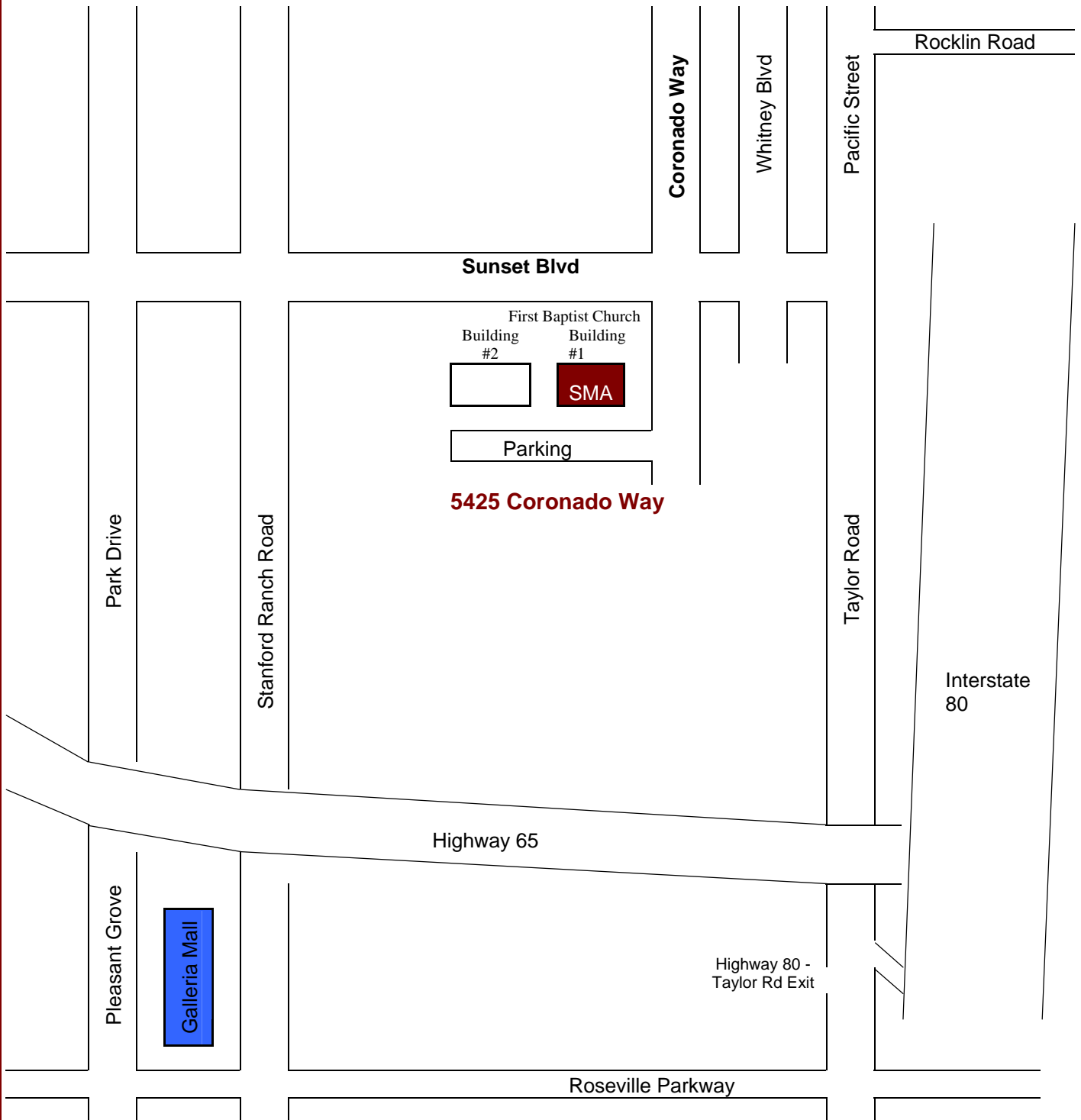
*Sierra Music Academy*

**\$10 off your first  
month!**

Good for all group classes.

Offer expires May 1, 2007

**SIERRA MUSIC ACADEMY'S NEW LOCATION:  
5425 Coronado Way, Rocklin, CA 95677**



To contact Sierra Music Academy or the Sierra Chamber Ensemble, please call us at (916) 797-8741  
or email us at [info@SierraMusicAcademy.com](mailto:info@SierraMusicAcademy.com).

For information about our school and upcoming events, please visit our website:  
[www.SierraMusicAcademy.com](http://www.SierraMusicAcademy.com).