

# Centre of Creative Arts

## Choir



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## THE ACTIVITY

The Centre of Creative Arts (COCA) choir module is a series of 24 sessions that will assist you in discovering your potential as a singer in a fun and supportive environment.

These sessions will be offered for 6 hours, one day a week at your Community Hub.

The first 12 weeks is the Choir Primary Elective, where you will experiment and learn techniques in:

- Vocal warm-up
- Listening and singing along to popular songs
- Singing along with words displayed
- Singing with musical accompaniment
- Singing alone – choosing 'pitch'
- Using your voice as an instrument
- Body percussion
- Singing a cappella
- Learning 3 songs as a group
- Rehearsing songs
- Performing on stage.

You can then begin a follow-up 12 week Secondary Elective such as Organising a Performance Event.

At the end of the 25 weeks you will:

- Perform in a community event
- Develop your own song list
- Have prepared 3 performance pieces
- Understand how to perform as a group
- Collaborate with musicians
- Be familiar with types of performance venues and festivals
- Be familiar with performance stage craft.



## BENEFITS

- Assisting functional therapeutic goals
- Cognitive stimulation
- Memory development
- Appreciation of rhythm and timing
- Emotion regulation
- Development of vocal range
- Knowledge of different vocal ranges
- Experimenting with song arrangement
- Sense of belonging
- Working as a group / collaborating and communication with others
- Confidence/self – expression



## MORE INFORMATION

For more information talk to your Multicap Hub Service Leader, call 1300 135 886 or email [coca@multicap.org.au](mailto:coca@multicap.org.au)



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HIGH NEEDS DISABILITY SUPPORT

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