

# ADULT BAND WORKSHOPS



the beat goes on...

For bass players, electric and acoustic guitar players and drummers

## About the sessions

These sessions are aimed at anyone who wants to gain experience and confidence in playing and rehearsing with other musicians of a similar ability in a structured but fun, relaxed, small group setting.

They're ideal for people wanting to enjoy making music with others and get a feel for playing as part of a band line-up. It will help you make the step towards taking part in open mic nights, jam sessions and will give you confidence to join or even start a band!

They're suitable for beginners and developing players who are becoming competent with the basics, can play simple grooves or bass lines, or can follow basic chords. There'll be plenty of support so no-one will be put under the spotlight.

Full drum kits can be provided. You will need to bring your own guitar/bass, amplifier, effect pedals, cable, sticks, tuner and ideally a music stand and a stand for your instrument. The cost is £40 per person, per session.

## What you'll get

- A 2 hour session in a group of 6 – 12 people max with expert guidance and support
- A workbook of material for the session and ideas for future development
- Refreshments/Breakfast Buffet
- Ear protection (or you can bring your own)
- You can participate as much as you feel comfortable
- Opportunity at the end for some social time and to give feedback
- Ample free parking on site

## How it works

- View upcoming events and book online at [www.nikistokes.co.uk](http://www.nikistokes.co.uk)
- You'll get to work on pieces in your lessons or at home to prepare for the workshop. All relevant material will be emailed to you in advance along with full details of the session and what to bring on the day.

## Cancellations and refunds

- Cancellations 7 days or more before the event will be refunded at 50%
- Cancellations **less than 7 days** before the event are non-refundable
- If, in the event the workshop cannot go ahead, you will be fully refunded