



CHRISTCHURCH BOYS' CHOIR

Do you know a boy who loves to sing?

Christchurch Boys' Choir has been part of Christchurch for over 35 years.

We are passionate about maintaining an exceptional boys choir for the unique sound that is the treble voice. A choir not affiliated with any one Christchurch school or church, and one where enjoyment is key to creating choral excellence.

The CBC are taking auditions now.

For further information please see www.christchurchboyschoir.co.nz

See our [\[Joining the Choir\]](#) and [\[Auditions\]](#) tabs on the website.

Feel free to contact us on admin@christchurchboyschoir.co.nz

Find us www.facebook.com/ChristchurchBoysChoir



Did you know?

Singing is important because it builds self-confidence, promotes self-esteem, always engages the emotions, promotes social inclusion, supports social skill development, and enables young people of different ages and abilities to come together successfully to create something special in the arts.

Singing strengthens your immunity by releasing immune system antibodies, known as Immunoglobulin A into the bloodstream.

Singing is a workout, increasing your aerobic capacity and stamina. It also improves your posture as your chest cavity expands and your shoulders and back align.

Singing helps with sleep and is a natural anti-depressant, as it is known to release endorphins, the feel-good brain chemical that makes you feel uplifted and happy. It can lower stress levels by releasing stored muscle tension and decreasing the levels of a stress hormone called cortisol in your blood stream.

Singing improves mental alertness because of the improved blood circulation and an oxygenated blood stream allows more oxygen to reach the brain.

Singing can widen your circle of friends and can improve your social life. The bonds you form singing with others can be profound and can last for a lifetime. It boosts your confidence by overcoming stage fright and you may even find it easier to present any type of material in front of a group with poise and good presentation skills.

Singing increases your ability to appreciate other singers, as sometimes, you don't realize how difficult something is until you try it yourself. Music appreciation is always enhanced by music education, and children's choirs lay the ground work for music education. "Train up" a child in a children's choir and there's a good chance that child will keep singing their whole life long.

Contact us now for more information.