

CHILDBIRTH EDUCATION PROGRAM 2027

begin your classes at 28-30 weeks gestation

Register a few months in advance to guarantee first choice of date(s).

One support person is encouraged to attend with no additional cost.

Prepared Childbirth Classes - offered as a 3-week series or one day option

You may bring a snack/drink. Dress comfortably.

Prepared Childbirth Wednesday Series - 3 weeks

Class time: 6:00-8:30 PM

Class location will be provided on confirmation letter and on class reminder call

	<u>Class 1</u>	<u>Class 2</u>	<u>Class 3</u>
<i>Start date</i> Jan 6	6-Jan	13-Jan	20-Jan
<i>Start date</i> Feb 17	17-Feb	24- Feb	3-Mar
<i>Start date</i> Apr 7	7- Apr	14-Apr	21-Apr
<i>Start date</i> May 12	12-May	19-May	26-May
<i>Start date</i> June 16	16-June	23- June	30-June
<i>Start date</i> July 21	21-July	28-July	4-Aug
<i>Start date</i> Aug 25	25- Aug	1-Sept	8-Sept
<i>Start date</i> Sept 29	29- Sept	6-Oct	13-Oct
<i>Start date</i> Nov 3	3-Nov	10-Nov	17-Nov
<i>Start date</i> Dec 1	1-Dec	8- Dec	15- Dec

**when registering, list choice by 'start date'; a snow cancellation extends session by 1 week*

Prepared Childbirth One Day Saturday Class

9-Jan	<i>(snow day 1/16)</i>	10-Jul
6-Feb	<i>(snow day 2/13)</i>	7-Aug
6-Mar	<i>(snow day 3/13)</i>	11-Sep
3-Apr		2-Oct
1-May		6-Nov
5-Jun		4-Dec

You may bring your own snacks & drinks; dress comfortably.

Please bring a yoga mat and exercise ball for practicing comfort positions.

There is a 45-minute lunch break and it is not provided

