



# PennState Health

## Children's

### CHILDBIRTH EDUCATION PROGRAM 2026

*Begin your classes at 28-30 weeks of gestation*

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

**One support person is encouraged to attend and is included in the class 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

**6:00-8:30 PM**

**Location will be provided either on the confirmation letter or the class reminder phone call**

**The Labor and Delivery Unit Tour will be provided with class.**

	<u><b>Class 1</b></u>	<u><b>Class 2</b></u>	<u><b>Class 3</b></u>
<i>Start date</i> <b>Jan 14</b>	14-Jan	21-Jan	28-Jan
<i>Start date</i> <b>Feb 25</b>	25-Feb	4-Mar	11-Mar
<i>Start date</i> <b>Apr 8</b>	8-Apr	15-Apr	22-Apr
<i>Start date</i> <b>May 20</b>	20-May	27-May	3-Jun
<i>Start date</i> <b>July 1</b>	1-Jul	8-Jul	15-Jul
<i>Start date</i> <b>Aug 12</b>	12-Aug	19-Aug	26-Aug
<i>Start date</i> <b>Sept 23</b>	23-Sep	30-Sep	7-Oct
<i>Start date</i> <b>Nov 4</b>	4-Nov	11-Nov	18-Nov
<i>Start date</i> <b>Dec 2</b>	2-Dec	9-Dec	16-Dec

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

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#### Prepared Childbirth One Day Saturday Class

**9:00 AM - 4:00 PM**

**Location will be provided either on the confirmation letter or the class reminder phone call**

**Labor and Delivery Unit Tour will be scheduled on a separate date/time for this class.**

10-Jan	(snow day 1/17)	11-Jul
7-Feb	(snow day 2/14)	1-Aug
7-Mar	(snow day 3/14)	12-Sep
11-Apr		3-Oct

2-May  
6-Jun

7-Nov  
5-Dec

You may bring your own snacks/drinks; dress comfortably  
Yoga mats and exercise balls are provided for class use.

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