



## CHILDBIRTH EDUCATION PROGRAM 2023

*begin your classes at 28-30 weeks*

**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- class location will be disclosed closer to the class date via confirmation letter and class reminder call

	<u>Class 1</u>	<u>Class 2</u>	<u>Class 3</u>
Start date <b>Jan 11</b>	11-Jan	18-Jan	25-Jan
Start date <b>Feb 22</b>	22-Feb	1-Mar	8-Mar
Start date <b>April 5</b>	5-Apr	12-Apr	19-Apr
Start date <b>May 17</b>	17-May	24-May	31-May
Start date <b>June 28</b>	28-Jun	5-Jul	12-Jul
Start date <b>Aug 9</b>	9-Aug	16-Aug	23-Aug
Start date <b>Sept 20</b>	20-Sep	27-Sep	4-Oct
Start date <b>Nov 1</b>	1-Nov	8-Nov	15-Nov
Start date <b>Dec 6</b>	6-Dec	13-Dec	20-Dec

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

### Prepared Childbirth One Day Saturday Class

9:00 AM-4:00 PM Location will be provided via class reminder call

7-Jan <i>(snow day 1/14)</i>	8-Jul
4-Feb <i>(snow day 2/11)</i>	5-Aug
4-Mar <i>(snow day 3/11)</i>	9-Sep
15-Apr	7-Oct
6-May	4-Nov
3-Jun	2-Dec

You may bring towel or yoga mat, snacks/drinks; dress comfortably

***Lunch break is 45 minutes on your own***