



CHILDBIRTH EDUCATION PROGRAM 2024

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 at 25 Hope Drive, Hershey
unless otherwise indicated on confirmation letter

	<u>Class 1</u>	<u>Class 2</u>	<u>Class 3</u>
<i>Start date</i> Jan 17	17-Jan	24-Jan	31-Jan
<i>Start date</i> Feb 28	28-Feb	6-Mar	13-Mar
<i>Start date</i> Apr 10	10-Apr	17-Apr	24-Apr
<i>Start date</i> May 22	22-May	29-May	5-Jun
<i>Start date</i> July 10	10-Jul	17-Jul	24-Jul
<i>Start date</i> Aug 14	14-Aug	21-Aug	28-Aug
<i>Start date</i> Sept 25	25-Sep	2-Oct	9-Oct
<i>Start date</i> Nov 6	6-Nov	13-Nov	20-Nov
<i>Start date</i> Dec 4	4-Dec	11-Dec	18-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 at 25 Hope Dr, Hershey
unless otherwise indicated on confirmation letter

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