

Prenatal Education Program, 2009

To help you plan your pregnancy, please register for classes early so that you will not be disappointed. Classes may fill up quickly and are subject to cancellation due to inadequate registration.

Prenatal Childbirth Preparation Series: Weekly series 7:00PM to 9:00PM. A series of 5 prenatal classes plus one postpartum reunion class (2-3 months after the completion of the series).

Tues. Jan 6, 13, 20, 27, Feb. 3 AND May 5 Wed. Jan. 7, 14, 21, 28, Feb 4 AND May 6 Thurs. Jan 8, 15, 22, 29, Feb. 5 AND May 7	Tues. Sept. 15, 22, 29, Oct. 6, 13 AND Jan. 5/10 Wed. Sept. 16, 23, 30, Oct. 7, 14 AND Jan. 6/10 Thurs. Sept. 17, 24, Oct. 1, 8, 15 AND Jan. 7/10
Tues. Feb. 17, 24, Mar. 3, 10, 17 AND June 16 Wed. Feb.18, 25, Mar. 4, 11,18 AND June 17 Thurs. Feb. 19, 26, Mar. 5, 12, 19 AND June 18	Tues. Oct. 27, Nov. 3, 10, 17, 24 AND Feb 16/10 Wed. Oct. 28, Nov. 4, 18, 25, Dec. 2 AND Feb 17/10 Thurs. Oct. 29, Nov. 5, 12, 19, 26 AND Feb 18/10
Tues. Mar. 31, Apr. 7, 14, 21, 28 AND June 23 Wed. Apr. 1, 8, 15, 22, 29 AND June 24 Thurs. Apr. 2, 9, 16, 23, 30 AND June 25	
Tues. May 12, 19, 26, June 2, 9 AND Sept. 8 Wed. May 13, 20, 27, June 3, 10 AND Sept.9 Thurs. May 14, 21, 28, June 4, 11 AND Sept. 10	

For **July and August only:** There are no Childbirth series. Instead, there is a prenatal-in-a-Day with a bonus Wednesday evening breastfeeding/Postpartum Class at no additional cost. The Saturday Prenatal-in-a-Day class 8:30AM to 4:00PM (includes tour) plus Wednesday class 7:00PM to 9:00PM.

Saturday July 4 and Wednesday July 8
Saturday July 18 and Wednesday July 22
Saturday August 8 and Wednesday August 12
Saturday August 22 and Wednesday August 26

Prenatal-in-a-Day: (8:30AM to 4:00PM) This class includes a hospital tour. There is no postpartum reunion

Jan. 10	Feb. 7	Mar. 7	Apr. 4	May 9	June 6	Sept.12	Oct 3	Nov.7	Dec. 5
Jan. 24	Feb. 21	Mar. 28	Apr. 25	May 23	June 20	Sept.26	Oct 24	Nov. 21	

Hospital Tours: For Tours of the Maternity Centre, please meet in the main lobby of the hospital at 6:00PM sharp. Registration is NOT required. The tours last 20-30 minutes and are free.

Jan. 7, 14, 21,28	July 8, 22
Feb. 4, 18, 25	Aug. 12, 26
Mar. 4, 11, 18	Sept. 16, 23, 30
Apr. 1, 8, 15, 22, 29	Oct. 7, 14, 28
May 13, 20, 27	Nov. 4, 18, 25
June 3, 10	