

Lamaze Childbirth Classes: Cost: \$215 per couple

Option 1: Six 2hr Classes

Sundays 6-8pm: Jan 3 - Feb 7, 2010

Feb 21 - Mar 28, 2010

Apr 11 - May 16, 2010

May 30 - July 11, 2010 (no class July 4)

Thursdays 7-9pm: Feb 4 - Mar 11, 2010

Mar 25 - Apr 29, 2010

May 13 - Jun 17, 2010

Option 2: Three 4hr Classes

Sundays 1-5pm: Jan 10, 17 & 24, 2010

Mar 7, 14 & 21, 2010

Apr 25, May 2 & 16, 2010

Jun 13, 20 & 27, 2010

The Fourth Trimester Series is **FREE** when registered in the Lamaze Classes.

The Fourth Trimester Series: Cost: \$75 /6 wks or FREE with Lamaze Registration

Mondays 11am-12pm:

Nov 30 - Jan 11, 2009 (no class Dec 28)

Jan 25 - Mar 8, 2010 (no class Feb 15)

Mar 22 - May 3, 2010 (no class Apr 5)

OR

Mondays 12:30-1:30pm

Jan 4 - Feb 8, 2010

Feb 22 - Mar 29, 2010

VBAC Consultation: Vaginal Birth After Caesarean

Private consultation with a Registered Nurse. Please call for more information.

Pre-Natal Yoga: Cost: \$100 / 8wk series (individual class \$17)

Sundays 9:45-10:45am

Jan 10 - Mar 7, 2010 (no class Feb 14)

Mar 21 - May 16, 2010 (no class Apr 4)

Tuesdays 6-7pm

Jan 12 - Mar 2, 2010

Mar 23 - May 11, 2010

Wednesdays 7:15-8:15pm

Jan 13 - Mar 3, 2010

Mar 24 - May 12, 2010

Pre-Natal Stretch & Strength: Cost: \$100 / 8wk series (individual class \$17)

(Pilates & Yoga)

Tuesdays 7:15 - 8:15pm

Jan 12 - Mar 2, 2010

Mar 23 - May 11, 2010

Infant / Child CPR: Cost: \$50 single \$80 couple

Saturday 9am - 12pm:

Jan 16, 2010

Feb 20, 2010

Mom & Baby Yoga: Cost: \$100 / 8wk series

(Receipt will be given for the Child Fitness Tax Credit)

Wednesdays 11:45-12:30pm or **Wednesdays** 1:00 - 1:45pm

Jan 13 - Mar 3, 2010

Mar 24 - May 12, 2010

Mom & Baby Stretch & Strength: Cost: \$100 / 8wk series

(Receipt will be given for the Child Fitness Tax Credit)

Thursdays 10-11am

Jan 14 - Mar 4, 2010

Mar 25 - May 13, 2010

Baby Play: Infant Stimulation & Creative Play Cost: \$100 / 8wk series

(Receipt will be given for the Child Fitness Tax Credit)

Level One: 2-6 months old

Level Two: 6-12 months old

Fridays 12-12:45pm

Mondays 10-10:45am

Jan 15 - Mar 5, 2010

Jan 11 - Mar 8, 2010 (no class Feb 15)

Apr 9 - May 28, 2010

Apr 12 - Jun 7, 2010 (no class May 24)

Infant Massage: Cost: \$80 /4wk series

Taught by RMT. Receipt will be given for extended health benefits.

Tuesdays 10:45 - 11:45am

Jan 12 - Feb 2, 2010

Mar 2 - 23, 2010

Apr 20 - May 11, 2010

Make Your Own Baby Food Workshop: Cost: \$25 per person

Fridays 2:30-4:00pm

Jan 15, 2010

Feb 19, 2010

Mar 26, 2010

Apr 23, 2010

Cloth Diaper Workshop: FREE

Mondays 2-3pm

Registration is appreciated but not required.

Sling / Wrap Workshop: FREE

Mondays 1:30-2pm

Registration is appreciated but not required.