

Lamaze Childbirth Classes: Cost: \$215 per couple

Option 1: Six 2hr Classes

Sundays 6-8pm: Feb 21 - Mar 28, 2010 (FULL)
Apr 11 - May 16, 2010
May 30 - July 11, 2010 (no class July 4)
July 18 - Aug 29, 2010 (no class Aug 1)
Sept 12 - Oct 24, 2010 (no class Oct 10)
Nov 7 - Dec 12, 2010

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

Mar 25 - Apr 29, 2010 (FULL)
May 13 - Jun 17, 2010
July 8 - Aug 12, 2010
Sept 9 - Oct 14, 2010
Oct 21 - Nov 25, 2010
Dec 2 - Jan 20, 2011 (no class Dec 23 & 30)

Option 2: Three 4hr Classes

Sundays 1-5pm: Mar 7, 14 & 21, 2010 (FULL)
Apr 25, May 2 & 16, 2010
Jun 13, 20 & 27, 2010
Sept 12, 19 & 26, 2010
Nov 7, 21 & 28, 2010

The Fourth Trimester Series: (New Mommy Classes) Cost: \$120 /6 wks or \$75 with Lamaze Registration

Mondays 11am-12pm:

Jan 25 - Mar 8, 2101 (no class Feb 15)
Mar 22 - May 3, 2010 (no class Apr 5)
May 10 - Jun 21, 2010 (no class May 24)
Jun 28 - Aug 16, 2010 (no class July 5 & Aug 2)

OR

Mondays 12:30-1:30pm:

Feb 22 - Mar 29, 2010
Apr 12 - May 17, 2010
May 31 - July 12, 2010 (no class July 5)
July 19 - Aug 30, 2010 (no class Aug 2)
Sept 13 - Oct 25, 2010 (no class Oct 11)

VBAC Consultation: Vaginal Birth After Caesarean

Private consultation with a Registered Nurse. Please contact kathy@serenitybirthstudio.ca for more information.

Pre-Natal Yoga: Cost: \$116 / 8wk series (individual class \$18)

Sundays 9:45-10:45am

Mar 21 - May 16, 2010 (no class Apr 4)
May 30 - July 25, 2010 (no class July 4)
Sept 12 - Nov 7, 2010 (no class Oct 10)
Nov 21 - Jan 23, 2011 (no class Dec 26 & Jan 2)

Tuesdays 6-7pm

Mar 23 - May 11, 2010
May 25 - July 13, 2010
July 27 - Sept 14, 2010
Sept 28 - Nov 16, 2010
Nov 30 - Jan 25, 2011

Wednesdays 7:15-8:15pm

Mar 24 - May 12, 2010
May 26 - July 14, 2010
July 28 - Sept 15, 2010
Sept 29 - Nov 17, 2010
Dec 1 - Jan 26, 2011

Pre-Natal Stretch & Strength: Cost: \$116 / 8wk series (individual class \$18)

(Pilates & Yoga)

Tuesdays 7:15 - 8:15pm

Mar 23 - May 11, 2010
May 25 - July 13, 2010
July 27 - Sept 14, 2010
Sept 28 - Nov 16, 2010

Infant / Child CPR: One 3 hour workshop Cost: \$55 single \$90 couple

Saturday 9am - 12pm:

March 27, 2010 April 24, 2010 June 5, 2010 July 17, 2010 August 21, 2010
September 25, 2010 October 30, 2010 December 4, 2010

Mom & Baby Yoga: Cost: \$116 / 8wk series (Individual class \$18.)

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

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

Jan 27 - Mar 31, 2010
Apr 14 - June 2, 2010
June 16 - Aug 4, 2010
Aug 18 - Oct 6, 2010
Oct 20 - Dec 8, 2010

Mom & Baby Stretch & Strength: Cost:\$116 / 8wk series (Individual class \$18)

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

Thursdays 10:00 - 11:00am

March 25 - May 13, 2010

Serenity Stroller Fitness: Cost: \$40 / 6wk series (Individual class \$10)

Tuesdays 11:00 - 11:45am

May 18 - June 22, 2010

Mom & Baby Salsa Dance: Cost: \$90. / 6wk series (Individual class \$18.)

Wednesdays 10:15 - 11:00am

Apr 7 - May 12, 2010
May 26 - June 30, 2010
July 14 - Aug 18, 2010

Fridays 10:15 - 11am

Apr 9 - May 14, 2010
May 21 - June 25, 2010
July 16 - Aug 20, 2010

Baby Play: Infant Stimulation & Creative Play Cost: \$116 / 8wk series (Individual class \$18.)

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

Level One: 2-6 months old

Fridays 12-12:45pm

Jan 15 - Mar 5, 2010
Apr 9 - May 28, 2010
Jun 4 - July 30, 2010 (no July 2)
Aug 6 - Sept 24, 2010
Oct 8 - Nov 26, 2010

Level Two: 6-12 months old

Mondays 10-10:45am

Jan 11 - Mar 8, 2010 (no class Feb 15)
Apr 12 - Jun 7, 2010 (no class May 24)
June 14 - Aug 16, 2010 (no class July 5 & Aug 2)
Aug 23 - Oct 25, 2010 (no class Sept 6 & Oct 11)
Nov 1 - Dec 20, 2010

Make Your Own Baby Food Workshop: Cost: \$30 per person

Fridays 2:30-4:00pm

Mar 26, 2010 Apr 23, 2010 June 4, 2010 July 16, 2010 Aug 20, 2010
Sept 24, 2010 Oct 29, 2010 Dec 3, 2010

Cloth Diaper Workshop: FREE

The first Thursday of every month. 5:30pm
Registration required.

Sling / Wrap Workshop: FREE

Mondays 2pm
Registration is required.