

Lamaze Childbirth Classes: Cost: \$215 per couple

Option 1: Six 2hr Classes

Sundays 6-8pm: July 18 - Aug 29, 2010(no class Aug 1)(FULL)
Sept 12 - Oct 24, 2010(no class Oct 10)
Nov 7 - Dec 12, 2010
Jan 9 - Feb 13, 2011

Thursdays 7-9pm: July 8 - Aug 12, 2010 (FULL)

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: Sept 12, 19 & 26, 2010
Nov 7, 21 & 28, 2010
Jan 23, 30 & Feb 6, 2011

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

Mondays 11am-12pm:

Jun 28 - Aug 16, 2010 (no class July 5 & Aug 2)
Aug 23 - Sept 27, 2010 (no class Sept 6)
Oct 4 - Nov 15, 2010 (no class Oct 11)
Nov 22 - Jan 3, 2011 (no class Dec 27)

OR Mondays 12:30-1:30pm:

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)
Nov 1 - Dec 6, 2010
Dec 13 - Jan 24, 2011 (no class Dec 27)

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

Currently on hold until Sept.
Sept 12 - Nov 7, 2010 (no class Oct 10)
Nov 21 - Jan 23, 2011 (no class Dec 26 & Jan 2)

Tuesdays 6-7pm

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

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

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

Saturday 9am - 12pm:

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

No classes over the summer.
Sept 8 - Oct 27, 2010
Nov 3 - Dec 22, 2010

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

Tuesdays 11am - 12pm

Sept 7 - Oct 12, 2010

Thursdays 11am - 12pm

Sept 9 - Oct 14, 2010

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

Wednesdays 10:15 - 11:00am

Fridays 10:15 - 11am

ON HOLD UNTIL FURTHER NOTICE

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

Aug 6 - Sept 24, 2010
Oct 8 - Nov 26, 2010

Level Two: 6-12 months old

Mondays 10-10:45am

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

July 16, 2010 August 20, 2010 September 24, 2010
October 29, 2010 December 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.