

Childbirth & Parenting Classes Timetable 2012

For bookings contact Katie on (02) 8425 3280 or email matclasses@ramsayhealth.com.au

Early Pregnancy Class (Complimentary) (Attend between 6-14 weeks)

Fridays 7-9pm

13 January 2012
17 February 2012
20 April 2012

20 January 2012
9 March 2012
27 April 2012

10 February 2012
23 March 2012

Saturdays

10am - 12pm
28 January 2012

Saturdays

130pm-330pm
25 February 2012

Childbirth & Parenting Class (Cost \$350 per couple) (Attend around 28 weeks)

7 Week Programmes

7-9pm

Monday

16 Jan-27 Feb
5 March-23 April
30 April- 18 June
25 June- 6 Aug

Tuesday

31 Jan- 13 March
24 April-5 June

Wednesday

11 Jan-22 Feb
29 Feb-11 April
18 April-6 June
13 June- 25 July

Thursday

12 Jan -1 March
8 March-19 April
26 April-7 June
14 June- 26 July

Childbirth & Parenting Class (Cost \$350 per couple) (Attend around 28 weeks)

5 Week Programmes

6-9 PM

Monday

Tuesday

20 March-17 April

Wednesday

2 Day Consecutive Saturday Programme (Attend around 32 weeks)

14 & 21 Jan
3 & 10 March
21 & 28 April

21 & 28 Jan
10 & 17 March
28 April & 5 May

4 & 11 Feb
17 & 24 March
5 & 12 May

11 & 18 Feb 2012
24 & 31 March
12 & 19 May

930am-430pm

18 & 25 Feb 2012
31 March & 14 April
19 & 26 May

Multiple Birth Class (Cost \$350 per couple) (Attend around 26 weeks)

16 Jan - 13 Feb 2012 26 March - 30 April 2012

6-9PM

Caesarean Section & Parenting Intensive Workshop (Cost \$200 per couple) (Attend around 32 weeks)

Saturday

930am-430pm

4 February 2012

3 March 2012

21 April 2012

26 May 2012

30 June 2012

Refresher Class (Cost \$80 per couple) (Attend between 32-36 weeks)

Saturday 9am-12pm

25 February 2012

Friday 6.30-9pm

Saturday 130pm-430pm

28 January 2012
14 April 2012
2 June 2012

Yoga Classes (After 12 weeks)

Monday Nights

Cost \$150 per 10 week term

6pm or 730pm class

16 Jan- 19 March

26 March- 4 June

Thursday Nights

Cost \$150 per 10 week term

6pm or 730pm class

19 Jan - 29 March

12 April- 14 June

Casual Yoga Class -No Booking Required-Thursday 10am-1115am Ground Floor Conference Rooms

(Cost \$20 per class or \$75 for 5 classes)

Breastfeeding Classes (Complimentary)

(Attend 34-39 weeks)

Wednesdays

11am - 1pm

18 January 2012
11 April 2012

8 February 2012
9 May 2012

29 February 2012
30 May 2012

7 March 2012
6 June 2012

28 March 2012
27 June 2012

4-6pm

25 January 2012
14 March 2012

15 February 2012
18 April 2012

First Time Dad Workshops (Cost \$140 per person)

Tuesdays

700pm-930pm

10 & 17 January

7 & 14 Feb

6 & 13 March

10 & 17 April

8 & 15 May

Becoming a Grandparent Workshop (Cost \$40 person)

Tuesdays

9.30 - 12.30pm

24 January 2012

28 February 2012

27 March 2012

24 April 2012

