

Childbirth & Parenting Classes Timetable 2010

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

| Fridays 7-9pm | | | | Saturdays | 10am - 12pm | 130pm-330pm |
|---------------|------------|-------------|------------------------|-----------|--------------|-------------|
| 27 August | 8 October | 5 November | 3 December | | 18 September | 16 October |
| 3 September | 22 October | 12 November | 10 December | | 13 November | |
| 10 September | 29 October | 26 November | 16 December (Thursday) | | | |
| 24 September | | | 17 December | | | |

Childbirth & Parenting Class (Cost \$350 per couple) (Attend around 32 weeks)

| 6 Week Programme | 7-9pm | Tuesday Nights | | Wednesday Nights | Thursday Nights |
|---|-------------------------|-----------------|--------------------|------------------|-----------------|
| Monday Nights | | 3 Aug - 7 Sep | 7 Dec - 25 Jan 11 | 4 Aug - 8 Sep | 12 Aug - 16 Sep |
| 23 August - 27 Sep | | 14 Sep - 19 Oct | | 15 Sep - 20 Oct | 23 Sep - 28 Oct |
| 11 October - 15 Nov | | 26 Oct - 30 Nov | | 27 Oct - 1 Dec | 4 Nov - 9 Dec |
| 5 Week Programme | | | | | |
| Monday Nights | Wednesday Nights | | 6-9pm | | |
| 22 Nov - 20 Dec | 8 Dec - 19 Jan 11 | | | | |
| 2 Day Consecutive Saturday Programme | | | 930am-430pm | | |
| 28 Aug & 4 Sep | 4 & 11 Sep | 11 & 18 Sep | 18 & 25 Sep | 25 Sep & 9 Oct | 16 & 23 Oct |
| 23 & 30 Oct | 30 Oct & 6 Nov | 13 & 20 Nov | 20 & 27 Nov | 27 Nov & 4 Dec | 11 & 18 Dec |

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

6 Sep - 11 Oct 8 Nov - 6 Dec

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

| Saturday | 930am-430pm | | |
|--------------|-------------|------------|------------|
| 11 September | 9 October | 6 November | 4 December |

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

| Thursday 600-900pm | Saturday 9am-12pm | Saturday 130pm-430pm |
|--------------------|-------------------|----------------------|
| 16 December | 16 October | 18 September |
| | | 13 November |

Yoga Classes (After 12 weeks)

| | | | |
|--|-------------------------------------|---------------------------|-----------------|
| Monday Nights | Cost \$150 per 10 week term booking | 6pm or 730pm class | 13 Sep - 15 Nov |
| Thursday Nights | Cost \$150 per 10 week term booking | 6pm or 730pm class | 12 Aug - 14 Oct |
| Casual Yoga Class -No Booking Required-Thursday 10am-1115am (Cost \$20 per class or \$75 for 5 classes) | | | |

Breastfeeding Classes (Complimentary) (Attend between 34-39 weeks) (Recommend booking after completion of Childbirth & Parenting Classes)

| Wednesdays | | | | |
|--------------|--------------|-------------|------------|-------------|
| 11am - 1pm | | | | |
| 8 September | 22 September | 6 October | 20 October | |
| 3 November | 24 November | 1 December | 8 December | 15 December |
| 4-6pm | | | | |
| 15 September | 13 October | 10 November | | |

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

| 2 Consecutive Tuesdays | 700pm-930pm |
|------------------------|---------------------------------------|
| 21 & 28 September | 19 & 26 October 16 & 23 November |

Becoming a Grandparent Workshop (Cost \$40 person)

| Tuesdays | 930am-1230pm | 600pm-900pm |
|-------------|--------------|-------------|
| 31 August | 28 September | 18 October |
| 30 November | 14 December | |

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

(Dates & times correct at time of printing - 23 August 2010)