

Parent Education Department

732.745.8579

2017 Classes

To register for classes or a maternity tour please visit our website:

saintpetershcs.com/Parent-Education/

To view our maternity unit please visit: saintpetershcs.com/maternitytour

PLEASE CHECK CHOICES DESIRED:

Prenatal Yoga and Exercise Class

4 consecutive Wednesdays, 7:00 p.m. - 8:30 p.m. **\$65.00**

4 consecutive Fridays, 7:00 p.m. - 8:30 p.m. **\$65.00**

PREPARED CHILDBIRTH / LAMAZE (Includes a tour)

Single-Day Prepared Childbirth / Lamaze **\$155.00** (includes lunch) per couple

____ Saturday or ____ Sunday • 9:00 a.m. - 5:00 p.m.

Weeknight, four consecutive weeks **\$125.00** per couple

____ Monday, 7:00 p.m. - 9:30 p.m.

____ Wednesday, 7:00 p.m. - 9:30 p.m.

____ Thursday, 7:00 p.m. - 9:30 p.m. Please indicate first and second choices.

Marvelous Multiples **\$95.00** per couple

Monday evenings, three consecutive weeks • 7:00 p.m. - 9:30 p.m.

One Sunday • 9:00 a.m. - 5:00 p.m. (Bring your own lunch) **\$105.00** per couple

Childbirth Refresher Course **\$65.00** per couple

Two Thursdays • 7:00 p.m. - 9:30 p.m. *or* Two Mondays • 7:00 p.m. - 9:30 p.m.

Baby Care (Two consecutive Mondays or one Saturday or one Sunday) **\$55.00** per couple

____ Monday, 7:00 p.m. - 9:30 p.m. ____ Saturday, 9:00 a.m. - 1:00 p.m.

____ Sunday, 9:00 p.m. - 1:00 p.m. Please indicate first and second choices.

New Daddy Class **\$35.00** per dad

Last Thursday of every other month • 7:00 p.m. - 9:00 p.m.

Breastfeeding Once a month on a Saturday morning, 9:00 a.m. - 11:30 a.m. or **\$45.00** per couple

Thursday, 7:00 p.m. - 9:00 p.m.

Grandparents Class First Thursday, every three months • 4:00 p.m. - 6:00 p.m. **\$30.00** per person or **\$45.00** per couple

Sibling Preparation Saturday morning. Once a month (Tour included) **\$25.00** per child with a parent

Name and age of child _____ **\$10.00** additional sibling

____ Sibling Class (12:30 p.m. - 1:30 p.m.)

Infant Massage Class First Wednesday evening, every other month **\$35.00** for an infant two weeks to

6:00 p.m. - 7:30 p.m. six months old and an adult.

**After you deliver your baby, you are invited to join our Breastfeeding Support Group,
New Family Support Group, and Infant Massage Class. Registration required.**

***CANCELLATIONS. REFUNDS WILL BE GIVEN FOR MEDICAL REASONS ONLY WITH A PHYSICIAN'S NOTE.**