

**CLEVELAND CLINIC HEALTH SYSTEM
 CHILDBIRTH EDUCATION PROGRAM
 CLASS SCHEDULE July – December 2009**

For registration and information call 216-445-2229 (baby) or 440-312-4647. Classes held at Hillcrest (HC) unless otherwise specified.

Family Maternity Center Tours FREE Registration Required.	Infant Safety in the Car and Home \$20 per couple		Just the Facts – 1 Day Childbirth Preparation / Lamaze 9am-4pm. \$80 per couple				
	Tues	July 21 7-9pm	Sun	July 19			
Note: Tours are NOT held on holidays.	Thurs	August 20 7-9pm	Sat	August 8			
Adults Only Tours	Fri	September 4 7-9pm	Sun	September 13			
First & Third Sun 1pm	Tues	September 22 7-9pm	Sun	September 27			
Sat 12pm	Sun	October 4 10am-12pm	Sat	October 24			
First Wed 11:15am	Fri	November 6 7-9pm	Sun	November 22			
Siblings Tours	Sat	November 21 10am-12pm	Sat	December 5			
Sat 11am	Sun	December 6 10am-12pm					
Night with the Anesthesiologist Class & Tour. FREE Tuesdays 6:30-8pm.	Childbirth Preparation / Lamaze \$80 per couple		Fast Track – 2 Days Childbirth Preparation / Lamaze \$80 per couple				
	Sun	August 2-30 6-8:15pm	Mon	July 6 & 13	6:30-9:30pm	HC	
July 7	Mon	August 3-31 7-9:15pm	Sat	July 18 & 25	9am-12pm	BCWD	
August 4	Mon	September 14-October 12 7-9:15pm	Tues	July 21 & 28	6:30-9:30pm	HC	
September 1	Mon	November 2-30 7-9:15pm	W/Th	August 5 & 6	6:30-9:30pm	HC	
October 6	Tues	August 4-September 1 7-9:15pm	Wed	August 12 & 19	6:30-9:30pm	HC	
November 3	Tues	October 6-November 3 7-9:15pm	Sat	August 15 & 22	9am-12pm	BCWD	
December 1	Tues	December 1-29 7-9:15pm	Wed	September 2 & 9	6:30-9:30pm	HC	
Night with the Pediatrician Class & Tour. FREE Thursdays 6:30-8pm.	Wed	July 1-29 7-9:15pm	Tues	September 22 & 29	6:30-9:30pm	HC	
	Wed	October 7-November 4 7-9:15pm	Wed	October 7 & 14	6:30-9:30pm	HC	
July 16	Wed	December 2-30 7-9:15pm	Sat	October 17 & 24	9am-12pm	BCWD	
August 20	Thurs	July 2-30 7-9:15pm	Tues	October 20 & 27	6:30-9:30pm	HC	
September 17	Thurs	September 3-October 1 7-9:15pm	Wed	November 4 & 11	6:30-9:30pm	HC	
October 15		Thurs	November 5-19 7-9:15pm	Tues	November 17 & 24	6:30-9:30pm	HC
November 12		Huron Hospital Lamaze Classes		Sat	November 21 & 28	9am-12pm	BCWD
December 10		Ongoing. Call 440-312-4647		Thurs	December 3 & 10	6:30-9:30pm	HC
Boot Camp for New Dads Saturdays 9am-12pm. \$20 (includes book)	Refresher Lamaze Sundays 9:15am-12:45pm. \$40 per couple		Mon	December 7 & 14	6:30-9:30pm	HC	
	July 26		Sat	December 12 & 19	9am-12pm	BCWD	
October 25		Bradley Natural Childbirth Method-12 weeks Held at Beachwood. \$160 per couple		Childbirth Preparation / Lamaze – Includes Tour Saturdays and Sundays 9am-3pm. Weekend Class \$80 per couple			
July 11		Tues	August 25 – November 17 6:30-8:30pm	July 11 & 12			
August 15		Sun	September 20-December 6 5:30-7:30pm	August 1 & 2			
September 12		Thurs	October 1 – December 17 6:30-8:30pm	October 10 & 11			
October 3		Cesarean Class		November 7 & 8			
November 14		Mondays 6:30-9:30pm		December 12 & 13			
December 12		\$40 per couple 6:30-9:30pm		Prenatal Yoga Class			
Mama/Baby Yoga Class Held at Beachwood. \$10 class	July 20		North Campus Location. \$10 class				
	Fridays	10:30-11:30am	October 19	Mondays and/or Wednesdays 7-8pm			

Expecting Twins & Triplets Saturdays 9am-1pm. \$45 per couple	Infant Massage and Happiest Baby on the Block \$50 per couple	Infant CPR (Emphasis on Infant) \$30 per person
August 22		Wed July 1 6:30-9:30pm
October 3	Sat August 15 4-1pm	Sun July 12 1-4pm or 5-8pm
December 12	Sun October 11 9am-12pm	Sat July 25 9am-12pm
Preparing your Pet for the Newborn Saturdays 10am-12pm. \$25 per couple	Sun December 6 1-4pm	Thurs July 30 6:30-9:30pm
	Baby Basics Class \$35 per couple	Sat August 1 9am-12pm or 1-4pm
August 15	Tues July 7 6:30-9:30pm	Wed August 12 6:30-9:30pm
October 3	Sat July 25 9am-12pm	Sun August 23 1-4pm or 5-8pm
December 5	Thurs July 30 6:30-9:30pm	Thurs August 27 6:30-9:30pm
Grandparent Information Class Tour of the OB Unit Included \$15 per grandparent	Sat August 8 9am-12pm	Wed September 2 6:30-9:30pm
	Thurs August 27 6:30-9:30pm	Sat September 12 9am-12pm or 1-4pm
	Sun August 30 9am-12pm	Thurs September 24 6:30-9:30pm
Sat August 15 9am-12pm	Wed September 23 6:30-9:30pm	Sun September 27 9am-12pm
Sun October 11 1-4pm	Tues September 29 6:30-9:30pm	Sat October 3 9am-12pm or 1-4pm
Sun December 6 9am-12pm	Sat October 3 9am-12pm	Wed October 7 6:30-9:30pm
Sign Language for Babies North Campus Location Saturdays 10am-12pm. \$30 per couple	Tues October 13 6:30-9:30pm	Thurs October 22 6:30-9:30pm
	Wed October 28 6:30-9:30pm	Sun October 25 1-4pm
July 18	Sat November 7 9am-12pm	Wed November 4 6:30-9:30pm
September 19	Sun November 15 5:30-8:30pm	Sat November 7 9am-12pm or 1-4pm
November 7	Tues November 24 6:30-9:30pm	Tues November 17 6:30-9:30pm
	Sat December 5 9am-12pm	Wed December 2 6:30-9:30pm
Breastfeeding Basics \$30 per couple	Thurs December 12 6:30-9:30pm	Sat December 5 9am-12pm or 1-4pm
	Mon December 21 6:30-9:30pm	Tues December 15 6:30-9:30pm
Wed July 8 6:30-9:30pm	Becoming a Big Brother / Big Sister Saturdays 10am-12pm. Tour of the Family Maternity Center included. \$25 per family w-1 child & \$5 for each addl child	Sun December 20 1-4pm or 5-8pm
Sat July 18 9am-12pm		CPR for Teens Saturdays 1-2:30pm. \$25 per person
Wed July 29 6:30-9:30pm		July 11
Thurs August 13 6:30-9:30pm		September 26
Sun August 16 1-4pm	July 11	November 14
Thurs August 27 6:30-9:30pm	July 25	Sitters School – One Class Saturdays 9am-1pm. \$40 per student
Sat September 5 9am-12pm	August 8	July 11
Tues September 15 6:30-9:30pm	August 22	September 26
Wed September 30 6:30-9:30pm	September 5	November 14
Sat October 10 9am-12pm	September 26	Parenting Classes Mondays 7-9pm. \$25/class
Thurs October 15 6:30-9:30pm	October 10	Monthly adult classes are presented to meet the needs of today's concerned parents and childcare providers. Topics include: effective discipline, establishing routines, eliminating battles, and enhancing playtime. Please call for more information. Scheduled as needed.
Wed October 28 6:30-9:30pm	October 24	
Thurs November 5 6:30-9:30pm	November 21	
Sat November 21 9am-12pm	December 19	
Tues November 24 6:30-9:30pm	Child CPR: 102 (Emphasis on Child) \$30 per person	
Thurs December 3 6:30-9:30pm		
Sat December 12 9am-12pm	Sat July 25 1-4pm	
Tues December 15 6:30-9:30pm	Sun October 25 5-8pm	