

CLEVELAND CLINIC HEALTH SYSTEM - CHILDBIRTH EDUCATION PROGRAM

CLASS SCHEDULE January - June 2012

For Registration and Information Call 216-445-2229 (Baby) or 440-312-4647. Classes held at Hillcrest (HC) unless otherwise specified.

<p>Family Maternity Center Tours FREE - Registration Required Note: Tours are NOT Held on Holidays Adult Only Tours</p> <p>Two Sundays Per Month 1:00 pm Saturday 12:00 pm First Wednesday 11:15 am</p> <p align="center">Sibling Tours</p> <p>Saturday 11:00 am</p>	<p>Infant Safety in the Car and Home \$20 Per Couple - North Campus 7:00 - 9:00 pm</p> <p align="center">February 8 April 4 June 6</p>	<p>Weekend Lamaze 9:00 am - 3:00 pm \$80 Per Couple Includes Tour</p> <p align="center">January 7 + 8 April 21 + 22 February 4 + 5 May 19 + 20 March 3 + 4 June 2 + 3</p>																																																								
<p>Night with the Anesthesiologist Class and Tour - FREE Tuesdays 6:30 - 8:00 pm</p> <p align="center">January 3 April 3 February 7 May 1 March 6 June 5</p>	<p>Childbirth Preparation/Lamaze \$80 Per Couple - 4 Week Series</p> <p align="center">Lamaze Series - Monday 6:30 - 8:45 pm January 9- January 30 May 2 - June 4 February 20 - March 12 June 18 - July 9 April 2 - April 23</p> <p align="center">Wednesday January 4 - January 25 May 2 - May 23</p> <p align="center">Thursday February 23 - March 15 + June 7 - 28</p>	<p align="center">Just the Facts - 1 Day Lamaze 9:00 am - 4:00 pm - \$80 Per Couple</p> <p align="center">Saturday January 14 Sunday January 22 Saturday February 18 Sunday March 11 Saturday March 31 Sunday April 15 Saturday May 5 Sunday June 10</p>																																																								
<p>Night with the Pediatrician Class and Tour - FREE Thursdays 6:30 - 8:00 pm</p> <p align="center">January 12 April 19 February 16 May 17 March 15 June 21</p>	<p align="center">Refresher Lamaze - Private Class \$50/Per Hour - Call for More Information</p> <p align="center">Bradley Natural Childbirth Method - 12 Weeks Held at Beachwood - \$160 Per Couple</p> <p align="center">Wednesday January 11 - March 18 Tuesday February 21 - May 8 Wednesday April 11 - June 27</p>	<p align="center">Fast Track Lamaze 6:00 - 9:00 pm</p> <table border="0"> <tr><td>Wed</td><td>January 18+25</td><td>6 pm-9 pm</td><td>HC</td></tr> <tr><td>Tues</td><td>January 24+31</td><td>6 pm-9 pm</td><td>HC</td></tr> <tr><td>Sat</td><td>February 4+11</td><td>9 am-12 pm</td><td>BWD</td></tr> <tr><td>Thurs</td><td>February 2+9</td><td>6 pm-9 pm</td><td>HC</td></tr> <tr><td>Wed</td><td>February 22+29</td><td>6 pm-9 pm</td><td>HC</td></tr> <tr><td>Tues</td><td>March 6+13</td><td>6 pm-9 pm</td><td>HC</td></tr> <tr><td>Thurs</td><td>March 22+29</td><td>6 pm-9 pm</td><td>HC</td></tr> <tr><td>Wed</td><td>April 4+11</td><td>6 pm-9 pm</td><td>HC</td></tr> <tr><td>Sat</td><td>April 14+21</td><td>9 am-12 pm</td><td>BWD</td></tr> <tr><td>Thurs</td><td>April 19+26</td><td>6 pm-9 pm</td><td>HC</td></tr> <tr><td>Wed</td><td>May 2+9</td><td>6 pm-9 pm</td><td>HC</td></tr> <tr><td>Thurs</td><td>May 24+31</td><td>6 pm-9 pm</td><td>HC</td></tr> <tr><td>Thurs</td><td>June 7+14</td><td>6 pm-9 pm</td><td>HC</td></tr> <tr><td>Tues</td><td>June 19+26</td><td>6 pm-9 pm</td><td>HC</td></tr> </table>	Wed	January 18+25	6 pm-9 pm	HC	Tues	January 24+31	6 pm-9 pm	HC	Sat	February 4+11	9 am-12 pm	BWD	Thurs	February 2+9	6 pm-9 pm	HC	Wed	February 22+29	6 pm-9 pm	HC	Tues	March 6+13	6 pm-9 pm	HC	Thurs	March 22+29	6 pm-9 pm	HC	Wed	April 4+11	6 pm-9 pm	HC	Sat	April 14+21	9 am-12 pm	BWD	Thurs	April 19+26	6 pm-9 pm	HC	Wed	May 2+9	6 pm-9 pm	HC	Thurs	May 24+31	6 pm-9 pm	HC	Thurs	June 7+14	6 pm-9 pm	HC	Tues	June 19+26	6 pm-9 pm	HC
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<p align="center">Early Pregnancy 6:30 - 8:30 pm Free Class - Up to 24 Weeks February 6 + 13 April 2 + 9 June 4 + 11</p>	<p align="center">HypnoBirthing/Childbirth Preparation \$160 Per Couple - North Campus</p> <p>Saturday Jan 21 - Feb 11 10 am - 12:30 pm Tuesday April 3 - April 24 6:00 - 8:30 pm Tuesday June 5 - June 26 6:00 - 8:30 pm</p>	<p align="center">Boot Camp for New Dads Saturdays 9:00 am - 12:00 pm - North Campus \$20 (includes book)</p> <p align="center">January 7 February 11 March 10 April 14 May 12 June 9</p>																																																								
<p align="center">Mama/Baby Yoga Class Held at North Campus - \$10 Class FIRST CLASS FREE</p> <p align="center">Tuesday and Friday - 9:30 - 10:30 am</p>	<p align="center">Cesarean Class 6:30 - 8:30 pm - \$40 Per Couple</p> <p align="center">Wednesday - February 1 Monday - April 23</p>																																																									
<p align="center">Expecting Multiples \$45 Per Couple</p> <p>Saturday February 4 9:00 - 1:00 pm Saturday March 31 9:00 - 1:00 pm Saturday June 2 9:00 - 1:00 pm</p>	<p align="center">Teen Lamaze (Up to Age 21) - FREE Mondays - 3:30 - 5:00 pm</p> <p align="center">Call for More Information No Class on Holidays</p>																																																									

Preparing Your Pet for the Newborn 6:30 - 8:30 pm - North Campus \$25 Per Couple January 25 March 28 May 23				Infant Massage and Happiest Baby on the Block \$50 Per Couple Sunday February 19 1:00 pm - 4:00 pm Sunday April 29 1:00 pm - 4:00 pm			Prenatal Yoga Class North Campus Location - \$10 Class 6777 Mayfield Rd., Mayfield Hts., OH West Entrance FIRST CLASS FREE!! Mondays and Thursdays - 7:00 pm - 8:00 pm		
Grandparent Information Class Tour of the Family Maternity Center Included \$15 Per Grandparent Sunday February 19 9:00 am - 12:00 pm Sunday April 29 9:00 am - 12:00 pm				Baby Basics Class \$35 Per Couple Saturday January 7 1:00 pm - 4:00 pm Thursday January 12 6:00 pm - 9:00 pm Tuesday January 31 6:00 pm - 9:00 pm Sunday February 12 5:30 pm - 8:30 pm Wednesday February 15 6:00 pm - 9:00 pm Thursday February 23 6:00 pm - 9:00 pm Saturday March 10 9:00 am - 12:00 pm Wednesday March 14 6:00 pm - 9:00 pm Thursday March 29 6:00 pm - 9:00 pm Wednesday April 4 6:00 pm - 9:00 pm Saturday April 14 1:00 pm - 4:00 pm Tuesday April 24 6:00 pm - 9:00 pm Sunday May 6 5:30 pm - 8:30 pm Tuesday May 15 6:00 pm - 9:00 pm Thursday May 31 6:00 pm - 9:00 pm Saturday June 9 1:00 pm - 4:00 pm Wednesday June 13 6:00 pm - 9:00 pm Thursday June 28 6:00 pm - 9:00 pm			Infant/Child CPR \$30 Per Person Thursday January 5 6:00 pm - 9:00 pm Saturday January 14 9 am-12 pm or 1-4 pm Wednesday January 18 6:00 pm - 9:00 pm Sunday January 29 1:00 pm - 4:00 pm Thursday February 2 6:00 pm - 9:00 pm Saturday February 11 9 am-12 pm or 1-4 pm Wednesday February 22 6:00 pm - 9:00 pm Sunday February 26 1:00 pm - 4:00 pm Saturday March 3 9 am-12 pm or 1-4 pm Wednesday March 14 6:00 pm - 9:00 pm Monday March 19 6:00 pm - 9:00 pm Sunday March 25 1:00 pm - 4:00 pm Monday April 2 6:00 pm - 9:00 pm Saturday April 21 9 am-12 pm or 1-4 pm Thursday April 26 6:00 pm - 9:00 pm Sunday April 29 1:00 pm - 4:00 pm Saturday May 5 9 am-12 pm or 1-4 pm Wednesday May 16 6:00 pm - 9:00 pm Sunday May 27 1:00 pm - 4:00 pm Thursday May 31 6:00 pm - 9:00 pm Saturday June 2 9 am-12 pm or 1-4 pm Thursday June 7 6:00 pm - 9:00 pm Monday June 18 6:00 pm - 9:00 pm Sunday June 24 1:00 pm - 4:00 pm		
Sign Language for Babies Saturdays 10:00 am - 12:00 pm North Campus \$30 Per Couple February 18 May 19				Breastfeeding Basics \$30 Per Couple Saturday Jan 7 9:00 am - 12:00 pm HC Wednesday Jan 11 6:00 - 9:00 pm NC Tuesday Jan 24 6:00 - 9:00 pm NC Wednesday Feb 8 6:00 - 9:00 pm NC Saturday Feb 18 9:00 am - 12:00 pm HC Monday Feb 27 6:00 - 9:00 pm HC Tuesday March 6 6:00 - 9:00 pm NC Saturday March 17 9:00 am - 12:00 pm NC Thursday March 22 6:00 - 9:00 pm HC Thursday April 5 6:00 - 9:00 pm HC Saturday April 14 9:00 am - 12:00 pm HC Wednesday April 25 6:00 - 9:00 pm NC Wednesday May 9 6:00 - 9:00 pm NC Saturday May 19 6:00 - 9:00 pm HC Thursday May 24 6:00 - 9:00 pm HC Saturday June 9 9:00 am - 12:00 pm HC Wednesday June 13 6:00 - 9:00 pm NC Thursday June 21 6:00 - 9:00 pm HC			Becoming a Big Brother/Big Sister Saturdays 10:00 am - 12:00 pm \$25 Per Family With 1 Child & \$5 for Each Additional Child January 14 April 21 February 4 May 12 or 26 March 3 or 31 June 9 or 30		
Dancing for Pregnancy Birth™ Wednesday 6:30 - 7:30 pm 4 Week Series - \$40.00 March 7 - 28 May 2 - 23				Sitters School 9:00 am - 1:00 pm - \$40 Per Student Sunday - January 8 Saturday - March 10 Sunday - May 6					
				CPR for Teens 1:00 pm - 3:30 pm - \$25 Per Student Sunday - January 8 Saturday - March 10 Sunday - May 6					