



CHILDBIRTH EDUCATION PROGRAM 2025

begin your classes at 28-30 weeks

Register a few months in advance to guarantee first choice of date(s).

One support person is encouraged to attend and is included in the class cost.

Prepared Childbirth Wednesday Series - 3 weeks

6:00-8:30 PM

January thru August classes will be held at 1249 Cocoa Ave, Hershey (2nd Floor) Room 221
September thru December class location will be provided on your confirmation letter and class reminder call

	<u>Class 1</u>	<u>Class 2</u>	<u>Class 3</u>
Start date Jan 8	8-Jan	15-Jan	22-Jan
Start date Feb 19	19-Feb	26-Feb	5-Mar
Start date Apr 2	2-Apr	9-Apr	16-Apr
Start date May 14	14-May	21-May	28-May
Start date June 25	25- Jun	2-Jul	9-Jul
Start date Aug 6	6-Aug	13-Aug	20-Aug
Start date Sept 17	17-Sep	24- Sept	1-Oct
Start date Oct 29	29- Oct	5-Nov	12-Nov
Start date Dec 3	3-Dec	10-Dec	17-Dec

**When registering, list your choice by 'start date'; a snow cancellation extends the session by 1 week*

Prepared Childbirth One Day Saturday Class

9:00 AM-4:00 PM

January thru August classes will be held at 1249 Cocoa Ave, Hershey (2nd Floor)
September thru December class location will be provided on your confirmation letter and class reminder call

4-Jan <i>(snow day 1/11)</i>	12-Jul
1-Feb <i>(snow day 2/8)</i>	2-Aug
1-Mar <i>(snow day 3/8)</i>	6-Sep
5-Apr	4-Oct
3-May	1-Nov
7-Jun	6-Dec

You may bring your snacks/drinks; dress comfortably.
Yoga mats and exercise balls are provided for class use.

There is a 45-minute lunch break and it is not provided