


# Childbirth Education Classes


## The Maternity Center at Nyack Hospital


### Traditional Lamaze Course

**7:00 P.M. – 9:00 P.M. TUESDAYS**

This six week course prepares expectant parents for the labor and delivery process. Topics include relaxation, breathing, and coaching techniques. Participants will also tour the Maternity Center.

 \$175 per couple

 Registration required


 Tuesdays: 12/5, 12/12, 12/19, 12/26, 1/5/2018, 1/12,2018


### Breastfeeding Basics


**10:00 A.M. – 12:00 P.M. SATURDAY**

**7:00 P.M. – 9:00 P.M. WEDNESDAY**

Learn about the benefits and basics of breastfeeding, including nutrition, storage, pumping, positioning, and use of breastfeeding equipment.

 \$50 per couple

 Registration required


 Saturday: 11/11 | Wednesday: 12/13


### Weekend Accelerated Lamaze Class


**10:00 A.M. – 3:00 P.M. SATURDAY**

**9:00 A.M. – 4:00 P.M. SUNDAY**

This class is ideal for the couple with limited time to attend childbirth classes. This two session class will cover relaxation and breathing methods, coaching techniques, and a tour of Nyack Hospital's Maternity Center.

 \$175 per couple


 Registration required


 November: 11/18 and 11/19 | December: 12/16 and 12/17


### Infant CPR

**3:00 P.M. – 5:00 P.M. MONDAY**

Two-hour course teaches how to perform CPR on children newborn to 12 months old.

 \$50 per couple


 Registration required


 Monday: 11/13, 12/11

### Infant Care and Nutrition Class

**6:30 P.M. – 9:00 P.M.**

This class is designed for first-time parents. Topics include the basics of holding, diapering, bathing, swaddling, sleeping patterns, infant feeding basics, choosing a pediatrician, infant safety, and pet issues.

 \$65 per couple


 Registration required


 Wednesday: 11/15


### Maternity Center Tours


**8:00 P.M. WEDNESDAYS | 12:00 P.M. SUNDAYS**


Take a tour of the Maternity Center at Nyack Hospital.

 Free of charge

 Registration not necessary

 Please call 845.348.2660 the day of to confirm the tour. Any questions or concerns, contact Deborah Hill, Nurse Manager at 845.348.2724.

 Wednesdays: 11/1, 11/8, 11/15, 11/22, 11/29, 12/6, 12/13, 12/20,12/27

 Sundays: 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17, 12/24, 12/31

To register for classes or to find out more information, call 845.348.2639 or email [farrellm@nyackhospital.org](mailto:farrellm@nyackhospital.org). For the most up-to-date class schedules go to [nyackhospital.org/community](http://nyackhospital.org/community).

**Nyack Hospital.**  
We're your neighbors. We're your hospital.

845.348.2639 | 160 North Midland Avenue, Nyack, NY 10960 | [nyackhospital.org/maternity](http://nyackhospital.org/maternity)



A Member of the Montefiore Health System

# Childbirth/Infant Care Education Registration

## The Maternity Center at Nyack Hospital

LAST NAME	FIRST NAME	PARTNER NAME	
ADDRESS	CITY	STATE	ZIP
HOME PHONE	WORK PHONE	CELL PHONE	

### Lamaze

- |   |         |             |             |       |
|---|---------|-------------|-------------|-------|
| <input type="checkbox"/> Childbirth Preparation             | 6 weeks | Date: _____ | Time: _____ | \$175 |
| <input type="checkbox"/> Accelerated Childbirth Preparation | 2 days  | Date: _____ | Time: _____ | \$175 |
| <input type="checkbox"/> Childbirth Refresher               | 1 day   | Date: _____ | Time: _____ | \$75  |

### Prenatal Classes

DISCOUNT FOR ALL 3 CLASSES: \$145

- |  |           |             |             |      |
|--|-----------|-------------|-------------|------|
| <input type="checkbox"/> Infant Care and Nutrition | 2.5 hours | Date: _____ | Time: _____ | \$65 |
| <input type="checkbox"/> Breastfeeding Basics      | 2 hours   | Date: _____ | Time: _____ | \$50 |
| <input type="checkbox"/> Infant/Child CPR          | 2 hours   | Date: _____ | Time: _____ | \$50 |

### Payment Method

- Check   Credit Card:  American Express    Discover Card    Visa    MasterCard

CREDIT CARD NUMBER	EXPIRATION DATE (MM/YYYY)	SECURITY CODE
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Discover, Visa, MasterCard: 3-digit number on the back of the card at the end of the signature panel.  
Am Ex optima: 4-digit number on face of card above and to the left of the card number.

Card holder name and address if different from above:

NAME	ADDRESS	CITY/STATE/ZIP
CARD HOLDER SIGNATURE	DATE	

NOTE: Full refunds will be given for cancellation prior to the 1st day of class only if withdrawal is due to early delivery.  
A 20% processing fee will be applied to cancellations for any other reason. Refunds for cancellations after classes have begun will be pro-rated.

Please mail completed registration form and check or credit card information to:  
Nyack Hospital, C/O C/B ED, Mother/Baby Unit, 160 North Midland Avenue, Nyack, NY 10960  
Visit [nyackhospital.org/events](http://nyackhospital.org/events) or email [farrellm@nyackhospital.org](mailto:farrellm@nyackhospital.org) for information regarding specific classes.

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