

# Childbirth Education Classes


## The Maternity Center at Nyack Hospital

### Traditional Lamaze Course


**6:30 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.


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 \$175 per couple

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 Registration required

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 1/2, 1/9, 1/16, 1/23, 1/30

### Weekend Accelerated Lamaze Class


**9:00 A.M. – 3:00 P.M. SATURDAY AND 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.


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 \$175 per couple

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 Registration required

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 January: 1/20 and 1/21  
February: 2/24 and 2/25

### Infant Care and Nutrition Class


**6:30 P.M. – 9:00 P.M. MONDAY AND WEDNESDAY**

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.


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 \$65 per couple

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 Registration required

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 Monday: 1/22 | Wednesdays: 2/28


### Breastfeeding Basics

**7:00 P.M. – 9:00 P.M. WEDNESDAY**


**10:00 A.M. – 12:00 P.M. SATURDAY**

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


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 \$50 per couple

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 Registration required

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 Wednesday: 1/17 | Saturday: 2/10

### Infant CPR


**7:30 P.M. – 9:30 P.M. MONDAY**

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

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 \$50 per couple

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 Registration required

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 2/12

### Maternity Center Tours


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

Take a tour of the Maternity Center at Nyack Hospital.


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 Free of charge


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 Registration not necessary

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 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.

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 Wednesdays: 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28  
Sundays: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25

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. Care beyond compare.

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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