


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.

 \$175 per couple


 Registration required


 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.

 \$175 per couple


 Registration required


 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.

 \$65 per couple

 Registration required


 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.

 \$50 per couple


 Registration required


 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.

 \$50 per couple


 Registration required


 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.

 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: 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. For the most up-to-date class schedules go to nyackhospital.org/community.

Nyack Hospital. Care beyond compare.

845.348.2639 | 160 North Midland Avenue, Nyack, NY 10960 | 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

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|--|-----------|-------------|-------------|------|
| <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 or email farrellm@nyackhospital.org for information regarding specific classes.

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