

PERINATAL PROGRAMS

CARING, HONESTY, RESPECT, RESPONSIBILITY, INCLUSIVENESS

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Perinatal Program Co-ordinator Sally Elliott is a Registered Nurse, a Certified Childbirth Educator (CCE) and an experienced pre and postnatal fitness instructor.

Special Membership for the Childbearing Year

Recognizing the stresses of labour, birth and recovery, the YMCA offers 15 months of membership for the price of one year. Membership includes not only discounted rates for Childbirth Preparation Classes, but also free prenatal fitness classes in addition to all the other benefits of adult membership. This special membership is available upon request at the Membership Service Desk any time during pregnancy.

Childbirth Preparation

The goal of this program is to prepare in a comprehensive way, for the childbirth experience. The focus is freedom of choice based on knowledge of alternatives. The basis is the understanding of the needs and concerns of the entire childbearing year, and the growth and development of families. 10 Classes.

Th	6:30-8pm	Aug 13-Oct 29/09*
Tu	8-9:30pm	Aug 25-Nov 17/09**
Th	8-9:30pm	Oct 8-Dec 10/09
Th	6:30-8pm	Nov 5-Jan 21/10***
Tu	6:30-8pm	Dec 1-Feb 16****
Tu	8-9:30pm	Jan 5-Mar 9/10
Th	8-9:30pm	Feb 4-Apr 8/10
Tu	6:30-8pm	Feb 23-Apr 27/10
Tu	8-9:30pm	Mar 16-May 18/10
Th	6:30-8pm	Apr 1-Jun 3/10
Th	8-9:30pm	Apr 22-June 24/10
Tu	8-9:30pm	May 25-Jul 27/10
Tu	6:30-8pm	Jun 8-Aug 10/10
Th	8-9:30pm	Jul 8-Sep 9/10

All rates must add applicable taxes.

\$43.23/Member ● \$86.52/Public

*No class Sept 17, 24

**No classes Sept 15, 22, 29

***No classes Dec 24, 31

****No classes Dec 22, 29

Childbirth Refresher

Recommended for parents expecting second or subsequent babies. Review of labour process, coping techniques, choices and alternatives for birth as each labour experience is unique. Discussions include Vaginal Birth after Cesarean (VBAC) and needs of parents and other children.

5 Classes

Tu	6:30-8pm	Oct 20-Nov 17/09
Th	6:30-8pm	Feb 4-Mar 4/10
Tu	6:30-8pm	May 4-Jun 1/10
Th	6:30-8pm	Jul 8-Aug 5/10

\$21.63/Member ● \$47.38/Public

Multiple Pregnancy & Birth

Expecting multiples is double or triple excitement, but it can also mean extra questions and concerns. Education for the prenatal and perinatal period helps alleviate anxiety and assist in preparation for a healthy pregnancy, satisfying birth experience, and a happy family. Join us for an evening of discussion focusing on the special ramifications of multiple pregnancy and birth. Register as early as possible in your pregnancy.

W	7-9:30pm	Nov 1/09
W	7-9:30pm	Feb 17/10
W	7-9:30pm	May 19/10
W	7-9:30pm	Aug 18/10

\$15.45/Member ● \$21.63 Public

Y's Moms Group

Join us to share ideas, feelings and enjoy being with other mothers and babies. We focus on issues that are important during the newborn period and the first months of your baby's life. Everyone is welcome.

Tu	1:30-3:30pm
W	1:30-3:30pm
Th	10am-12pm

No Charge/Everyone

Y's Moms Group for Multiples

In partnership with the Regina Parents of Multiples, this support group meets the third Thursday of the month at 1:30pm.

No Charge/Everyone

Prenatal Aquafit

Tu/Th 5:15-6pm

Pool open at 5pm for relaxation.

No charge/Member ● Special Fitness Pass/Public

Fit For Two -Gym

Times are subject to change. Please see front desk reception to confirm times/locations.

Fit For Two Aquafit

M (Downtown Location)	10:45-11:30am
Th (Downtown Location)	1:30-2:15pm

A post partum fitness class for you and your baby to enjoy. Your new baby will help you get your workout and we will all have some fun.

No charge/Member ● Special Fitness Pass/Public

Special Fitness Punch Pass

All rates must add applicable taxes.

10 classes ● \$36.40

20 classes ● \$60.60

30 classes ● \$72.90

Post Partum Support Group

Post Partum Mood Disorders can happen any time within your child's first year of life. Join us if persistent, overwhelming feelings of depression and/or anxiety are controlling your life. The group provides understanding and support as well as information about such topics as medication and coping skills as we get through the disease together.

Please call Sally Elliott at 757-9622 ext. 242 to register.

Massage

Pregnant women attending the YMCA Childbirth class can book a massage at the member's rate. Infant massage classes and consultations are available.

Hospital Tours

The YMCA of Regina books and conducts tours of the Labour/Delivery, Maternity and Neonatal Units at the Regina General Hospital. Tours are free of charge. Prenatal Educators, Medical Practitioners and expectant families are invited to book tours through the Membership Service Desk or through Sally at 757-9622 ext. 242.

No charge/Everyone

Private Consultations

Sally is available for private consultation if special information or privacy is desired.