

CHILDBIRTH PREPARATION (10 Weeks)

To understand the entire childbearing year so that parents can provide physical and emotional support for the growing baby as well as each other.

- * Focus on preparation for childbirth experience
- * Information given about freedom of choice based on knowledge of alternatives
- * Topics such as nutrition, medical procedures, fitness, lifestyle and fetal development
- * Learn stages of labour as well as useful coping and comforting techniques
- * Information on birth variations and choices available (medication, cesarean, etc.) should intervention be necessary
- * Parenting issues discussed including feeding, circumcision, lifestyle concerns

Call or stop by the YMCA for dates & times

CHILDBIRTH REFRESHER (5 Weeks)

Recommended for parents expecting second or subsequent babies.

- * Review of labour process, coping techniques, choices and alternatives for birth
- * Variations of labour as each labour experience is unique
- * Discussion of Vaginal Birth after Cesarean (VBAC)
- * Discussion of needs of parents and other children

Call or stop by the YMCA for dates & times

MULTIPLE PREGNANCY AND BIRTH

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

HOSPITAL TOURS

The YMCA of Regina is now booking and conducting all tours of the Labour/Birth, Mother/Baby and Neonatal Intensive Care Units of the Regina General Hospital. Prenatal Educators, Medical Practitioners and expectant families are invited to book tours through the front desk or through Sally Elliott at the YMCA: 757-9622 (ext. 242).

POST PARTUM SUPPORT NETWORK

The postnatal period with its demands, unpredictability, and lack of sleep is an adjustment for all of us. We focus on the needs and experiences of women who are adjusting to the lifestyle demands and role expectation of a "mother person". By networking with and learning from each other, we can decrease the isolation and increase the support. The opportunity to come together for information and support is especially important now that the Early Discharge for Hospital Program is in effect. Women who are experiencing a particularly difficult Post Partum adjustment with feelings of anxiety, panic and depression are invited to join a specific program focused on their individual needs and concerns, Phone Sally Elliott for details: 757-9622 (ext. 242).

PRIVATE CONSULTATIONS

The Perinatal Program Coordinator is available for private consultation if special information or privacy is desired. She can be available to you or provide resources during your pregnancy, labour and post-partum experience.

Y'S MOMS GROUP ACTIVITIES

- * Tuesdays – 1:30 – 3:30 pm, Drop in. No Fee.
- * Wednesdays – 1:30 – 3:30 pm, Drop in. No Fee.
- * Thursdays – 10:00 – 12:00 pm, Drop in. No Fee.

Y'S TODDLERS GROUP ACTIVITIES

- * Monday – 10:00 – 12:00 pm, Drop in. No Fee.

Y'S MOMS FOR MULTIPLES

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

PRENATAL AQUAFIT

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| *An ideal exercise medium during pregnancy | *Develops certain labour skills |
| *Cushions and protects weight bearing joints | *All classes are drop-in |
| *Enhances comfort and body awareness | *Non-members purchase a Special Fitness Pass |

***Held every Tuesday and Thursday in the Small Pool @ 5:15 – 6:15 p.m.
Small Pool is open from 5:00-5:15 pm.***

FIT FOR TWO

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.

Contact the Front Desk for times and locations

MASSAGE

- * Pregnant women attending the YMCA Childbirth class or the YMCA Childbirth Refresher class can book a massage at the member's rate (this applies during the weeks attending classes only).
- * Infant massage classes and consultations are available.

ABOUT THE COORDINATOR

Perinatal Program Coordinator Sally Elliott RN, CCE is a certified Childbirth Educator and an experienced pre and post natal fitness instructor.



The YMCA of Regina is a Family Facility offering full programs for all ages. Check our current brochure to see the range of pool, gym and social activities for infants, toddlers, children, youth and adults. Kiddie Kare is available in the mornings Monday through Saturday so you can attend classes; use the conditioning center; go for a run; swim in the pool; or have a massage. Now that you're a parent, you can keep up your active lifestyle with your choice of fitness classes and sports in the friendly, supportive environment of your Family YMCA.

YMCA OF REGINA – PERINATAL MEMBERSHIP

- * 15 months membership for the price of 12
- * Decreased cost for Childbirth Preparation Classes
- * Unlimited participation in fitness and aquafit classes
- * Access to YMCA programs and membership benefits
- * Inquire at Reception Desk

STATEMENT OF PURPOSE

The YMCA in Canada is dedicated to the growth of all persons in spirit, mind, and body and in a sense of responsibility to each other and the global community.

MISSION STATEMENT

The YMCA of Regina is a charitable association open to all, dedicated to developing leadership and to enriching our community and people at every stage of life.



YMCA

We build strong kids, strong families, strong communities.

Updated – July 21, 2011

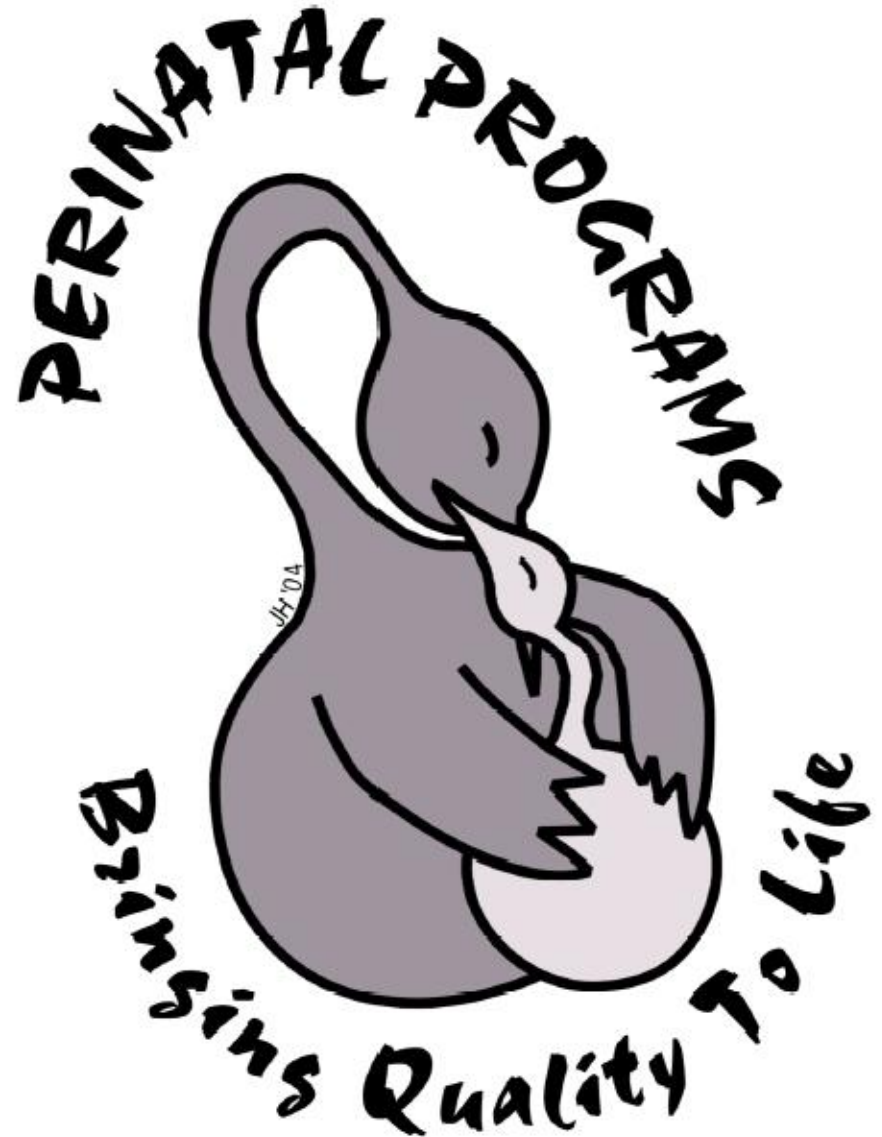
YMCA OF REGINA GUEST PASS

Please use this as a complimentary guest pass to use the YMCA facilities at your convenience.

Name: _____ Activity: _____

Address: _____

Issued by: Sally Elliott



YMCA of Regina

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 Fax: (306) 525-5508
 Website: <http://regina.ymca.ca>