

2024 St. Michael's Teaching Schedule

Prenatal Prep – Tuesdays (6:30 p.m. to 8:30 p.m.)

January 9, 16, 30, Feb 6, 13, 20 (please note there is no class on January 23)
March 5, 12, 19, 26, April 2, 9
April 23, 30, May 7, 14, 21, 28
June 11, 18, 25, July 2, 9, 16
August 6, 13, 20, 27, Sept 3, 10
September 24, Oct 1, 8, 15, 22, 29
November 12, 19, 26, Dec 3, 10, 17

Prenatal Prep – Thursdays (6:30 p.m. to 8:30 p.m.)

January 11, 18, Feb 1, 8, 15, 22 (please note there is no class on January 25)
March 7, 14, 21, 28, April 4, 11
April 25, May 2, 9, 16, 23, 30
June 13, 20, 27, July 4, 11, 18
August 8, 15, 22, 29, Sept 5, 12
September 26, Oct 3, 10, 17, 24, 31
November 14, 21, 28, Dec 5, 12, 19

Prenatal Prep – Saturdays (10 a.m. to 2 p.m.)

January 6, 13, 20
February 3, 10, 17
March 9, 16, 23
March 30, April 6, 13
April 27, May 4, 11
June 15, 22, 29
July 6, 13, 20
August 10, 17, 24
September 7, 14, 21
October 19, 26, Nov 2
November 16, 23, 30
December 7, 14, 21

Infant Care – Wednesdays (6:30 p.m. to 9 p.m.)

January 10, 17
January 31, Feb 7
February 14, 21
March 6, 13
March 20, 27
April 3, 10
April 24, May 1
May 8, 15
May 22, 29
June 12, 19
June 26, July 3
July 10, 17
August 7, 14
August 21, 28
September 4, 11
September 25, Oct 2
October 9, 16
October 23, 30
November 13, 20
November 27, Dec 4
December 11, 18

Relaxation & Comfort Measures in Birthing – Mondays (6:30 p.m. to 9 p.m.)

January 8, 15
March 4, 11
May 6, 13
July 8, 15
September 23, 30
November 18, 25
(if this class becomes more popular, we can revisit and add more classes if necessary)

Breastfeeding Basics

January 17
February 21
March 13
April 10
May 8
June 5
July 10
August 14
September 11
October 16
November 13
December 4