



NEW dancing for birth™

and Post-Partum

Come have fun and learn how expectant moms can move to music before, during, and after birth, using specific dance movements to:

- *Help get more comfortable during pregnancy*
- *Encourage babies into an optimal birthing position*
- *Promote healing in the post-partum period*

So tie a scarf around your hips, and spend an hour of fun bonding with your baby, as we dance and talk about birthing. Post-partum moms and newborns welcome!

Sign-up for a 4 week session nearest your due date

Session 1 Mondays, June 22 – July 13, 2015

Session 2 Mondays, July 20 – August 10, 2015

Session 3 Mondays, August 17 – September 14, 2015 **(No class 9/7/15...Labor Day!)**

Session 4 Mondays, September 21 – October 12, 2015

Session 5 Mondays, October 19 – November 9, 2015

Session 6 Mondays, November 16 – December 7, 2015

TIME: 6:30 p.m. - 7:30 p.m.

INSTRUCTOR: Vangee Guettinger, RN

COST: \$25

LOCATION: GYM-4

Check it out at www.dancingforbirth.com.



Register Today!

www.mercedcommunityservices.com

Merced College Community Services Registration Form & Contact Information

Mail to: 3600 M Street, Stop 51, Merced, CA 95348 **Phone:** 209-384-6224 **Fax:** 209-386-6793

Email: communitysvc@mccd.edu **Website:** www.mercedcommunityservices.com

Student Name (Please Print): _____ Date: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Date of Birth: _____

Email: _____

Check Below	Activity Title	Dates of Activity	Class Time	Fee
	<i>Dancing for Birth, Session 1</i>	<i>Mondays 6/22/15 – 7/13/15</i>	6:30PM – 7:30PM	\$25
	<i>Dancing for Birth, Session 2</i>	<i>Mondays 7/20/15 – 8/10/15</i>	6:30PM – 7:30PM	\$25
	<i>Dancing for Birth, Session 3</i>	<i>Mondays 8/17/15 – 9/17/15</i>	6:30PM – 7:30PM	\$25
	<i>Dancing for Birth, Session 4</i>	<i>Mondays 9/21/15 -10/12/15</i>	6:30PM – 7:30PM	\$25
	<i>Dancing for Birth, Session 5</i>	<i>Mondays 10/19/15 – 11/9/15</i>	6:30PM – 7:30PM	\$25
	<i>Dancing for Birth, Session 6</i>	<i>Mondays 11/16/15 – 12/7/15</i>	6:30PM – 7:30PM	\$25

Method of Payment: *Community Services no longer accepts checks.

Cash _____

Visa _____ MasterCard _____

Card Number: _____

Exp. Date: _____ 3 Digit Code _____

Signature: _____

Emergency Contact Name: _____

Emergency Phone Number: _____

NOTE:

***Our registration office is located in the downtown Merced College Business Resource Center, 630 W. 19th Street.*

***You can also call to register via phone at 384-6224 or online at www.mercedcommunityservices.com*

****A \$3 PROCESSING FEE WILL BE APPLIED TO ALL PHONE AND IN-PERSON REGISTRATIONS**

By signing the below form I hereby agree to participate in fitness activities and classes/or trips at Merced College. I acknowledge that I am in good health and able to safely engage in this activity. To the fullest extent permitted by law, I hold harmless Merced College and its agents, members and employees from claims, demands, causes of actions and liability of every kind and nature whatsoever arising out of or in connection with this event. This indemnification shall extend to claims occurring after this event is terminated as well as while the activity is occurring. The indemnity shall apply regardless of any active and/or passive negligent act of omission of Merced College or its agents, members, employees or volunteers. The indemnity set forth in this agreement shall not be limited by insurance requirements or by any other provision of any other agreements between the participant and Merced College. This agreement shall remain in full force until cancelled in writing or completion of activity.



Participant Signature _____

Parent/Guardian Signature (if younger than 18) _____

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