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Hush Little Baby

Gentle classes for the cautious set

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Music class isn't all that fun when the drums scare the bejeezus out of your baby. So we've rounded up three wonderfully gentle classes for timid tots.

We love that apple seeds offers modified "baby" versions of its most popular classes—like **Songs for Seeds**, a rockin' music class that they've adapted for babies ages 0 to 12 months. The amps are turned down, and the emphasis is shifted toward nursery rhymes, finger play, and peek-a-boo. Instructors also spend more time on the floor, playing with babies at their level. Class fee for non-members is \$660 for 16 weeks.

www.appleseedsnyc.com